

THE OKAMI KAI HOWLER



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The Four Laws of Habits

By Shihan Scott Campsall

Every January people make resolutions for the New Year. The foundation of most of these promises comes down to forming good habits and getting rid of bad ones.

In his book, Atomic Habits, James Clear outlines habits as being formed based on four laws. One, make it obvious (cue). Two, make it attractive (craving). Three, make it easy (response). Four, make it satisfy (reward). It is irrelevant what the habit is or whether we consider it good or bad, we go through the same four steps for each habit. Let's take brushing our teeth. What's your cue? Going to the washroom before bed and seeing your toothbrush and toothpaste? Now, the makers of your favourite toothpaste need to put a flavour in it to make it attractive. You wouldn't brush your teeth as easily if it tasted bad. Have you ever come home late at night and been exhausted? Did you still brush your teeth before bed? Do you think you would have if it was an arduous task? No, the response to the cue and craving is easy to perform so we can have the reward of clean teeth.

These laws can be inverted too. Want to eat less junk food? One, make it less obvious by not keeping it in the house. This can also make it less attractive because now you must go to a store to get it and therefore the response is harder to do and is the reward worth the effort? If you want to eat less junk food, the reward might be reinforced when you don't fall into the trap of buying it.

So, as a martial art and fitness school, we need to spin this, so all this information is worth putting into a newsletter. So, here it goes; form your habits. Figure out how to get to class more often by following the four laws of habit change. We can do our part to help, but in the end, it's up to you.

When I started learning Karate I idolized my then 6th degree black belt instructor who had just become a Shihan. Years later, now I'm the Shihan with a red and white belt around my waist. The habits that got me here were created over time and became a way of life. How? Through constant improvement and looking for ways to be better. I don't have a big resolution for the New Year, but using the four laws of habits, I think I may have several now.

HANSHI ALAIN SAILLY



FRI. FEB. 4

**YOUTH (AGES 6-11) 6PM - \$15
ADULTS (AGES 12 AND OLDER) 7:30PM \$25**

Train hard!

The next kyu belt testing date is

Sat. Feb. 26!

**All regular classes except Spin
and Lil Dragons will be canceled.**

RTG forms must be in by Feb.12.



Ladies Only Friday Night Fight Fit!

Fri. Jan.28 at 7pm

**For ages 13 and older
Free for Okami Kai Martial Art and
Fitness members!
\$20 for non-members.**

Wednesday Weapons Classes

January 5	kama, eku, sai
January 12	eku, sai, tonfa
January 19	sai, tonfa, nunchaku
January 26	tonfa, nunchaku, kama
All classes are at 7pm. For Orange Belt and Higher Students Talk to Shihan for details.	

We are
what we repeatedly
do.
Excellence, then,
is not an act
but a
habit.
- Aristotle

Wolf Pack Report

Red Pack Congratulations to Mason Ramsay who was chosen as Ichiban for this month! Mason attended 11 classes last month and has been showing a constant improvement while training hard in class.
Welcome George McInnis!

4357 points

Yellow Pack Welcome Reshvin Samamrat, Jaxon Broadfield,

3590 points

Green Pack

3220 points

Blue Pack Welcome Cameron Borland, and George McInnis! Welcome also to Payton Poirer! Your brother Rylan got 100 points for encouraging you to join.

2988 points



**We're going to do a demonstration
before the**

**February Grading
Saturday, Feb 26, 2022**

But we're going to have to practice first.

ALL STUDENTS WELCOME!

**Any age, belt level or discipline;
must be able to attend the event and
(most) practices.**

*Practices Mondays 5PM or 6PM (TBD)
starting Jan 10th, 2022*

Sign-up sheet in the dojo.

*Questions? Comments? Suggestions?
Call or text Sensei Jonathan Gladstone at
647-500-4489*

or e-mail jbglad59.ca@gmail.com