

THE OKAMI KAI HOWLER



Volume 23, Issue 11

July 2022

How Heavy Is a Truck...Really?

By Shihan Scott Campsall

Fear is only as deep as the mind allows.

-Japanese Proverb

In 1977, 63-year-old Laura Shultz picked up the back end of a Buick to get it off her grandson's arm. Up until then, she had strained to lift a 50lb bag of dog food. After reading about her in the National Enquirer, Dr. Charles Garfield interviewed her to find out more, but she kept resisting any chance to talk about what she called "the event". She said she didn't like to think about it because it challenged her beliefs about what she could and couldn't do and about what was possible. She said, "If I was able to do this when I didn't think I could, what does that say about the rest of my life? Have I wasted it?" After being convinced that she still had more life to live, she ended up going back to school to study geology. Something that she felt was denied to her in her younger years. She eventually got her degree and went on to teach at a community college. She had lived 63 years putting mental restrictions in place that stopped her from changing the course of her life and making it more fulfilling. Are you wanting to do something, but excuses are holding you back?

I walked by a Karate school advertising a start up package for weeks before I finally went in and inquired about classes. Even then, it was 6 months after that initial walk in before I registered. No, I didn't wait 63 years, but if I had just taken the steps necessary, I could have started my journey into martial arts, a major life changing activity for me, sooner.

My challenge for you this month is to seriously look into your dreams and write out a list of all the reasons why you're not fulfilling them. You may find that with some courage, planning, or both that your passion can be stronger than your excuses.



Mon. July 18

**Wear your favourite superhero T-shirt
for all classes!**

No dogi top required for martial art classes.

Wednesday Weapons Classes

July 6	eku, kama, sai
June 13	eku, kama, tonfa
June 20	tonfa, nunchaku, eku
July 27	nunchaku, kama, tonfa
August 3	kama, nunchaku, sai

All classes are at 7pm.
For Orange Belt and Higher Students
Talk to Shihan for details.

Train hard!

The next kyu belt testing date is

Sat. Aug.27!

RTG forms MUST be in by Aug.13.

**Lil' Dragons test at 9:30 and Youth/Adult
students test at 10:30. All classes except
for Spin are cancelled**

Wolf Pack Report

Don't forget to bring in your school report cards when you get them! You get points for As and Bs!

Yellow Pack Congratulations to Evelyn Aldridge who was chosen as Ichiban for this month! Evelyn attended 15 classes last month did extremely well in while testing for her Green Advanced belt!

8043 points

Red Pack

6343 points

Green Pack Welcome Harper Patterson, Benjamin Melecio, and Adrianna Palmer!

5407 points

Blue Pack Welcome Cecilia Leenheer!

5236 points



Now available on Google, Apple, Spotify, and other fine podcast directories!

There will be no classes on Sat. July 30 or Mon. Aug. 1 due to the Civic Holiday weekend!

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."

- Nelson Mandela



Stay up to date on all the latest Okami Kai news!

Download our mobile app!

Now available on Apple and Android devices!



INTEGRITY

Definition: To adhere to moral principles

Synonyms: decency, goodness, honesty, honour

"If you have integrity nothing else matters. If you don't have integrity, nothing else matters."

- Alan Simpson

