

THE OKAMI KAI HOWLER



Volume 22, Issue 9

May 2021

Chasing Perfection

By Shihan Scott Campsall

“Perfection is not attainable, but if we chase perfection, we can catch excellence.” – Vince Lombardi

There are several martial artists who inspire me. Some are amazing technicians. Others are exceptional teachers. Some are both. All of them push me to be better.

When I say that, I know full well that they are most likely not thinking of me when they are doing what they do. They are just doing what they love to the best of their ability and it is that drive that fuels the motivation in me to try and get lower stances, higher kicks, stronger punches, and above all else teach better classes.

We need people in our lives that will help push us to the next level. The frustrating thing is that if you pick a good role model, they will always hold the position over you because they are working hard to outdo their own accomplishments. What’s more, they most likely have their own hero that they are looking up to which means you are now part of a never-ending line. This could be aggravating, but there is a concept that we also should not lose sight of and that is somewhere, there is someone looking up to YOU.

What are YOU doing in your life that is encouraging to the people who are lower in experience? What are you doing to secure a future generation of people in your line of work, your classroom, or your dojo? What are you doing to make sure that they are inspiring the people below them?

Whether it be in martial arts or just life, we all have a part to play in making the world a better and stronger place. We may never surpass the people who set our goals, but it is our pursuit that drives other generations in the evolution of the things we hold dear.

**Train hard! The next kyu belt testing date is
Sat. June 26.**

Wolf Pack Report

Green Pack Congratulations to Amelia Clark who was chosen as Ichiban for April! Due to us being in lockdown, we will keep the title vacant for this month. The belt is waiting for her when we return to the dojo.

3075 points

Yellow Pack

2625 points

Blue Pack

2003 points

Red Pack

1092 points

TRAIN WITH YOUR PETS!

During Lil’ Dragons and Karate Classes on



May 8!

All animals are welcome so our students and instructors can meet the other members of your family!

WORLD MARTIAL ARTS LIVE
★ 2021

JOIN A 24-hour

REMINDER!
ALL MARTIAL ART CLASSES ARE CANCELLED ON MAY 15 DUE TO THE WORLD MARTIAL ARTS LIVE EVENT!

...mada;
...pm Mumbai, India;
...Brisbane, Australia...
...are, we're LIVE!

...masters, Legends... Instructors from around the world!

facebook.com/worldmartialartslive

Lockdown Class Schedule

Okami Kai is pleased to offer the below schedule of online classes. All students should use their name (not a parent) and their belt level for martial art classes when signing in. Late arrivals will not be allowed to participate so we encourage all students sign in at least 5 minutes prior to their class time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am-10:15am Yoga	9:15am-10:15am Perpetual Motion	9:15am-10:15am HIIT	9:15am-10:15am 20/20/20	9:15am-10:15am Muscle Mix	9:30am-10am Lil' Dragons
	10:30am-11:30am Stretch & Mobility		10:30am-11:15am Youth/Adult Karate		10:15am-11am Youth/Adult Karate
					Bojutsu 11:15am-12pm
4:15pm-4:45 Lil' Dragons			4:15pm-4:45 Lil' Dragons		12:15pm-1pm Aikido
5pm-5:45pm White to Yellow Adv. Youth/Adult	5pm-5:45pm White to Yellow Adv. Youth	5pm-5:45pm White to Yellow Adv. Youth	5pm-5:45pm White to Yellow Adv. Youth		
6pm-6:45pm Orange to Blue Adv. Youth/Adult	6pm-6:45pm Orange to Blue Adv. Youth	6pm-6:45pm Orange to Blue Adv. Youth	6pm-6:45pm Orange to Blue Adv. Youth		
7pm-7:45pm Brown & Black Youth/Adult	7pm-7:45pm Weapons TBA	7pm-7:45pm Brown & Black Youth/Adult	7pm-7:45pm Brown & Black Youth/Adult		
	8pm-8:45pm Adult Karate All levels	8pm-8:45pm Adult Karate All levels	8pm-8:45pm Adult Karate All levels		



Okami Kai Martial Arts and Fitness
(905) 852-1521
www.okamikai.com

Private classes
arranged by
appointment.