

# THE OKAMI KAI HOWLER



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## Ichigo Ichie

By Shihan Scott Campsall

*“Few of us ever live in the present. We are forever anticipating what is to come or remembering what has gone.” — Louis L’Amour*

The bow. A single expression of respect that martial artists use when they walk into a dojo or onto the training area of a dojo. Most do a standing bow, but I have seen Aikido students sit in seiza and do a kneeling bow. They take time to perform the ritual. They acknowledge the action of them getting ready to train. No matter how hard we try, we will never be able to repeat the minutes that will pass between the moments where we enter and then leave the dojo and yet, in our world of instant gratification, we often ignore the gesture of the bow.

What other things do we ignore? Moments with our friends and family members? Glimpses into the miracle of nature as we move from place to place in our vehicles or on foot? How much of our life and our world are we truly missing by not acknowledging the moment?

In a world of cellphones, it's easy to get distracted and focus on our screens and less on our surroundings. This can obviously be dangerous as it can cause accidents, but is could it also be dangerous in the sense that we are losing valuable time that make up experiences in our lives?

Ichigo Ichie (一期一会, which means “one time, one meeting”) is a Japanese *yojijukugo* (四字熟語, meaning “four-character proverb”) that describes the thought of being present and mindful in all moments. It is a recognition that time is fleeting and that we should value every second. Once it's gone, it's gone forever.

The bow is important. The minutes in a class are important. Each moment out of a dojo is important. We're privileged to be able to experience every second. One day we won't be able to.

# SUMMERY CAMP

**Our Karate Day Camp is back!  
Participants do Karate in the  
morning and then enjoy another fun  
activity in the afternoon!**

**July 17-21**

**Aug. 14-18**

**9:30am-3pm each day.**

**Only \$215 plus HST!**

**For children 7 and older.**

### Wednesday Weapons Classes

May 3	eku, sai, nunchaku
May 10	tonfa, eku, nunchaku
May 17	kama, tonfa, eku
May 24	kama, sai, tonfa
May 31	kama, sai, nunchaku

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

**There will be no  
classes May 20-22!  
Happy Victoria  
Day Weekend!**



**Ladies Only Friday Night Fight Fit!**

**Fri. May 5 & 19 at 8pm**

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

**Our next testing day for White,  
Yellow and Yellow Advanced Karate  
students is**

**Fri. May 26 at 7pm!**

**Note: The next full grading day for all  
martial art programs is Sat. June 24.**



**Mother's Day Pottery Sale**

ING STUDIOS POTTERY FEATURE  
AT  
BODY FIT HEALTH CLUB / OKAMI KAI

141 Reach Street, Uxbridge

SATURDAY MAY 13TH 2023 9:30-2:30

Wolf Pack Report

**Red Pack Welcome Marcus Smith!** Victoria Pizzulo got 100 points for encouraging you to join. She also got 100 points for encouraging her sister Abigail to join Lil' Dragons! **Welcome Abigail!**

9499 points

**Yellow Pack YOU MOVED TO 2<sup>ND</sup> PLACE!** Welcome Alice Mills! Your brother Henry got 100 points for encouraging you to join!

6908 points

Blue Pack

6860 points

**Green Pack** Congratulations to Noah Ballantine who was chosen as Ichiban for this month! Noah has only just started, but attended 14 classes last month and is talking us up to his friends! He got 100 points for encouraging Maxwell Geer to join! **Welcome Maxwell! Welcome also to Parker DeCaire!** Harper Patterson got 100 points for encouraging you to join. **Welcome also to Renee Reed!** Selen Seyitler got 100 points for encouraging you to join. **Welcome also to Drake Horton, Samuel Czyzkowski, Jeremiah Santhikumar, Austin Ellis, Edith Dempster, Evan Daoussis and Johnny McGuire!**

6607 points

**Time to grab extra points!**

**Join your team and win at the**

**Wolf Pack  
Games!**



**Earn points for your Pack while playing fun games and getting to know your other pack members!**

**Mon. May 15 at 5:30pm**

**For Lil' Dragons and Youth Karate students.  
All evening classes except for BJJ are cancelled.**