

THE OKAMI KAI HOWLER



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April 2019

Spring Clothing Drive



We're once again collecting gently used clothing for the Kidney Foundation. They sell our items to second hand stores in return for funds which can be used to help victims of various kidney diseases.

They will also give a portion of funds to our students travelling to martial art training events like Budofest happening May 25-26 in Quebec City.

The last day to drop off your clothing is May 7 so please raid your closets now!

Superhero Shirt Day Returns!



We want to see our superheroes back in the dojo on Monday April 22. Wear your favourite superhero shirt or costume! Don't have one? You can always make one or just wear your Karate uniform. We think you're pretty super in that too!

Register now for...

SUMMERY CAMP

Sensei Nicole Elliott is returning to run her amazing Karate Day Camp for children ages 6 and older during the week of July 8-12. Participants will do Karate in the morning and then another fun activity in the afternoon. Price is \$205 plus HST if you register now. The price goes up May 1!

New Monday Karate Classes!

In an attempt to provide more one on one instruction, we are changing the Monday evening class schedule. Starting April 1, 5-5:45pm will be a Youth and Adult Karate class for White and Yellow belts while Orange and Higher Youth and Adult students will have their class from 5:45pm-6:30pm. Orange and Higher belts can and are encouraged to train during the earlier class time, but should realize that the focus will be on beginner curriculum.

We Still Have a Few Large Okami Kai Sports Bags Left!



Get yours before they're gone!

Only \$50 tax included!

Mark Your Calendar!

For more information visit www.okamikai.com!

- Fri. Apr.5 & 12 @ 7pm** – Brown & Black Belt Class
- Mon. April 22** – Superhero Shirt Day
- Sat. April 27** – Showcase Saturday
- Fri. May 3 & 31 @ 7pm** - Brown & Black Belt Class
- Sun. May 5** – MS Walk
- Fri. May 10** – Ladies Friday Fight Fit Class
- May 25-26** – Budofest
- Sat. June 8** – Kidsfest BJJ Tournament
- July 8-12** - Karate Day Camp!

Wolf Pack Report

Earn extra points for helping out worthy causes!

You can earn 100 points on each bag of clothes you bring in for the Kidney Foundation. You can also earn points for joining our team for the MS Walk and for encouraging others to join us too!

Red Pack Adrian and Daniel Morales earned 100 points for encouraging their Mom, Gloria to join Okami Kai!

4070 points

Green Pack Congratulations to Daniel and Nicole Dubois who were chosen to share the Ichiban title this month! This brother and sister team attended 19 classes last month where they not only trained, but also were a great help working with our younger students.

3721 points

Blue Pack Welcome Belle Sawh! Senpai Alicia got 100 points for encouraging you to join Okami Kai!

2767 points

Yellow Pack Welcome Riley Jones! Garret Alzner got 100 points for encouraging you to join Okami Kai!

2349 points



**We're walking again Sun. May 5!
Register now and join the
Okami Kai Team!
www.mssociety.ca**

**STAY UP TO DATE ON ALL OF THE LATEST
OKAMI KAI NEWS! LIKE US ON FACEBOOK,
FOLLOW SHIHAN ON INSTAGRAM AND
TWITTER, AND DOWNLOAD OUR
OKAMI KAI PHONE APP!**

Join Us At Budofest!

We're thrilled to once again be invited to train at an annual martial art event in Quebec City on May 25-26!

The weekend will feature two days of classes where we can learn different disciplines. There will also be a team kata competition (must have 3 members) as well as a competition in individual Kobudo (weapons) kata. There will also be breaking demonstrations as well as initiation class to breaking if you would like to participate.

A special area for children from 7 to 13 years old will also be available featuring some amazing and fun instructors too.

Events like Budofest are a great way to meet new friends, reunite with friends we don't see often, and also spend time with your fellow Okami Kai students.

We know Quebec City seems like a long distance, but trust us...it will be so worth the trip!

Friday Night Fight Fit

Save the date, Friday May 10 7:00-8:00. Ladies only FRIDAY NIGHT FIGHT FIT Class!! This is your ultimate opportunity to sweat out the stress of the week. Kicking, punching, strike shield drills and various conditioning exercises will be utilized in this fitness class creating a full body workout. A perfect Mother's Day night out for hard working moms!! Taught by black belt and fitness instructor, Jennifer Neveu-Campsall, women, ages 13 and up are encouraged to join in the action! Free for Okami Kai members. \$15.00 for non members. Pre registration requested.

**We're looking for children ages 8-15 to join our
Youth Brazilian Jiu Jitsu competition
team!**

Classes are Wednesdays from 5:30-6:30pm.

**Free for Okami Kai students, but no martial art
experience is necessary.**

**Speak to Shihan or our BJJ
Instructor, James An if you
would like more
information.**

