

THE OKAMI KAI HOWLER



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Join Us For Lunch!

We hope all of our martial art and fitness students will join us for a potluck lunch on Sat. Dec.22 around 12pm after our Karate Kyu (Colour) Belt test.

Please sign your name on the list located next to the computer if you can attend so we have an idea of numbers.

We're looking forward to enjoying salads, main courses, and desserts and of course some wonderful social time together before we start going separate ways for the holiday season.

Updated fitness class schedules are posted and can also be found on our website. All Karate and Aikido classes will be cancelled from Dec.22 until Jan.2.

Don't Forget Us At Christmas!

Whether it's weapons, boxing/sparring gloves, uniforms, or maybe even private classes or memberships, we've got you covered when you're looking to buy for the special someone!

Don't forget about our new LARGE sportsbags and our wide selection of T-shirts too!



Wear your favourite Superhero shirt or costume to class on Mon. Dec.17!



Have you got our new mobile app yet?

Now available for Android and Apple users.

Note: Please make sure you have your notifications enabled so you can have up to date information on special club events!



Wolf Pack Report

Green Pack

1776 points

Blue Pack Congratulations to Senpai Alicia Iannuzzi who was chosen as our Ichiban student for this month. Senpai Alicia attended 15 classes last month and has been working really hard at home and in the dojo to be the best Okami Kai student she can be. She's an awesome artist too!

1658 points

Yellow Pack

1482 points

Red Pack

1340 points

Mark Your Calendar!

For more information visit www.okamikai.com!

Fri. Dec.7 @ 7pm – Brown and Black Belt Class

Sat. Dec.22 @9:30am – Karate Kyu Belt Test

Sat. Dec.22 (after the test) – Christmas Potluck Lunch

No Martial Art Classes from

Dec. 23 - Jan.1.

Classes resume on Wed. Jan.2.

Fri. Jan.4 @ 7pm – Brown and Black Belt Class