

THE OKAMI KAI HOWLER



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December 2019

Join Us For Lunch!

We hope all of our martial art and fitness students will join us for a potluck lunch on Sat. Dec.21 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.

Wolf Pack Games III

Your Wolf Pack is counting on you!

All Wolf Pack members including Senior Dragons should make sure they attend the Youth class on Thursday Jan.16 so they can compete against the other Packs and earn points!

Extra points will be awarded for attendance, but there will also be points awarded during games and activities that will be done during the class. This is a great way to change the scores if you're trailing behind!

Take your training to the next level!

We offer private classes for those looking for extra one on one instruction!

Speak with Shihan for more information.



We are thrilled to have Shihan Bill Gatchell coming to visit us from Ottawa on Mon. Dec.9!

There will be a Youth class from 6-7pm (\$15 per person) and an adult class 7pm-8:30pm (\$25 per person).

REGISTER NOW!

Please note that a Youth/Adult all level Karate class will run from 5-5:45pm.

Mark Your Calendar!

For more information visit www.okamikai.com!

Fri. Dec.6 @ 7pm – Brown and Black Belt Class

Sun. Dec.8 @ 2pm – NKS Black Belt Graduation

Mon. Dec.9 – Shihan Bill Gatchell

Sat. Dec.14 – OKCC Bake Sale

Fri. Dec.20 @7pm – Brown and Black Belt Class

Sat. Dec.21 @ 9:30am – Karate Kyu Belt Testing

Sat. Dec.21 (after the grading) – Potluck Lunch

Dec.22-Jan.2 – No Karate or Aikido Classes

Thurs. Jan.16 @ 5:30pm – Wolf Pack Games III

Wolf Pack Report

Yellow Pack Welcome Fraser McKenzie!
3230 points

Red Pack Congratulations to Sienna Savoia for being chosen to receive the Ichiban title this month! Sienna attended 11 classes last month and has been doing an excellent job and conquering our new curriculum changes. Keep kicking Sienna! You're doing so well!

2662 points

Blue Pack *1747 points*

Green Pack Welcome Rowan Booth, Ilianna Foroglou, Éowyn Milne, and Michael Petch!
1125 points

Okami Kai Community Council Update

The first meeting of our new Okami Kai Community Council saw a respectable turnout of 15 people who are interested in being more involved with school events and activities.

This was a great way for a communication line to be opened up between instructors and families about our operations, but it also sparked a few ideas about fundraising opportunities for our event fund which helps cover training costs for students wishing to travel to martial art events which happen throughout the year (eg: Capital Conquest, Masters Summit, Summer Synergy, etc.).

Tania Lentini has offered to be head of communications for the group. Please email her at tania.lentini@hotmail.com if you would like to have more information about how you can help make this part of our team even better. A sign up list is also available at the dojo if you would like to participate or just simply be aware of up to date information.

A bake sale is being planned for Dec.14. Some details still needed to be worked out at the printing of this newsletter. Look for information coming soon!

Listen to Shihan and Sensei Jennifer talk with Dan Pollard on the third Thursday of every month between 8 and 8:45am!



Bring in this newsletter and get one FREE yoga class with Monica Dillon on Fridays at 10:30am.

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 that special someone!

Don't forget about our sportsbags, sweatshirts, yoga mats, and our wide selection of T-shirts too!



Cheer On Kokoro!

Our mascot Kokoro has been challenged to fight Shoshinkai's mascot Musashi the dragon and Northern Karate's mascot, Tora the tiger in a triple threat battle! Come to York University's Tait McKenzie Gym on Sun. Dec.8 at 2pm to cheer on our favourite wolf...and to be there to experience the positive energy as hundreds of students receive their black belt ranks. Admission is a new unwrapped toy for the Chum/City toy drive.