

THE OKAMI KAI HOWLER



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Introducing Discipline Stripes!

We're extremely excited about a new grading requirement for Okami Kai Yellow, Orange, Green, and Blue Belt Karate students who are under the age of 16.

Each student will be given a task from their parent or guardian. The task provided must be done for 7 consecutive days and should be something that the student should be able to do easily, but should also be something that requires a good amount of self discipline to accomplish. The task should also be something that teaches a good positive action from the student.

Examples of this might be chores around the house, reading for a certain amount of time each day, having some sort of beneficial downtime away from screens (televisions, tablets, cellphones, etc.). Even studying our student handbook or practicing Karate could be chosen as a possible task. The task chosen is at the discretion of the parent or guardian.

Upon completion of the task, the parent or guardian should then indicate what the task was on the chart below and also provide their signature or initials to indicate that the task was completed to their approval.

The completed chart should be handed in to Shihan, Renshi, or a Sensei who will then provide a stripe to indicate that the grading requirement has been fulfilled. A minimum of one Discipline Stripe per belt must be obtained by the student in order for them to be tested to their next belt level, but students can obtain as many as three discipline stripes per belt level should they choose to obtain more.

This was already introduced last month and we're seeing some great results so far.

Open House Feb.16!

We're going to be offering FREE classes to anyone wanting to join in on Sat. Feb.16.

Bring your friends for...
Spin 8:15am-9:15am
Lil' Dragons 9:30am-10am
Karate 10am-11am
Kickboxing 11am-11:45am
Aikido 11:45am-12:45am



We're going to have lots of special activities and giveaways and will be announcing the winner of the FREE Huawei tablet when it is all over so invite your friends and earn those points!



Hey Parents! Drop off the kids with us on **Fri. Feb.15 from 6pm-9:30pm!**

We're going to be playing games, eating pizza, watching a movie, and of course there will be popcorn!

We'll look after you children while you look after yourself!

Everyone 5 years of age and older is welcome. Price is \$10 for Okami Kai Members and \$15 for Non-members.

Mark Your Calendar!

For more information visit www.okamikai.com!

Fri. Feb.8 @7pm – Brown and Black Belt Class
Fri. Feb.15 6pm – 9:30pm – Parents' Night Out
Sat. Feb.16 – Open House (**No Weapons Class**)
Mon. Feb.18 at 11am – Open Mat (**No Other Classes**)
Feb.22 & Feb.23 – Parent/Shihan Interviews
Fri. Feb.22 & Sat. Feb.23 – Student/Parent and Shihan Interviews
Fri. Mar.1 @ 7pm – Brown and Black Belt Class
Sat. Mar.30 – Kyu Belt Testing (**No Lil' Dragons**)

Wolf Pack Report

Students who bring in friends to help enter to win the Huawei Tablet will earn points for the contest, but also Wolf Pack points as well! You can earn 10x the points if your friend comes to the Open House on Sat. Feb.16.

You also can earn 25 points for your Pack if you participate in a Showcase Saturday demonstration so be sure to sign up!

Want even more points? Bring a friend to join you at our Parents' Night Out event on Fri. Feb.15. You'll get 25 points for each friend you bring!

Green Pack Congratulations to Kathryn Marlatt who was chosen as our Ichiban student for this month! Kathryn attended 11 classes last month and was one of the first students to receive a Discipline Stripe!

2727 points

Blue Pack

2262 points

Red Pack

2019 points

Yellow Pack

1681 points

Student/Parent and Shihan Interviews

Shihan is going to be available and at the dojo on the evening of **Fri. Feb.22** and in the afternoon on **Sat. Feb.23** for parents and students to come in to discuss training goals and how to get the most out of their time in the dojo.

This is going to be a good time to get answers to questions and find out what is needed to progress.

Please insert your name on the schedule located on the sign in table if you would like to book an appointment. Please note that this is for parents of Lil' Dragons and Youth students, but can also be for Adult students should they wish to take advantage of this strategic planning time as well.



Join our BJJ Youth Competition Team!

For ages 8 and older
Sign up on the list on the sign in table and start learning from our Brazilian Jiu-Jitsu Instructor, James An on Wednesdays at 5:30pm starting Feb. 13.

Note: BJJ uniforms are recommended, but are not necessary to start. Contact us to purchase

Join us on Family Day (Feb.18) for Open Mat training at 11am! (All other classes are cancelled)

Thank you for continuing to put all outside boots and coats in lockers before classes!

Win A FREE Tablet!

The Iannuzzi family has very generously donated a Huawei Mediapad tablet and they would like to offer it as a prize to anyone who is willing to spread the word about Okami Kai Martial Arts and Fitness!

Earn points and win!

1 point:

Bring a friend to any martial art or fitness class.

5 points:

If your friend purchases a Start Up Package.

10 points:

If your friend signs up for a 6 month martial art or fitness membership.

15points:

If your friend signs up for 1 year membership.

The person with the most points will win the tablet after our Open House on Sat. Feb. 16 !

