

THE OKAMI KAI HOWLER



Volume 20, Issue 5

January 2019

NEW Martial Art Class Schedule Starts NOW!

Happy New Year!

We've made some adjustments to our Martial Art class schedule so you may want to check out okamikai.com and verify that your usual training time has not been changed.

1. We are introducing a NEW Lil' Dragons program which is suitable for ages 3-6 year olds. Due to us opening this program up to a younger age group, we have changed the class times to 30 minutes and have added a NEW class at 9:30am on Saturdays. This means that all of the regular Saturday classes are still running, but they have been pushed to a later time slot by a half hour.
2. The Monday 4:30 class is now only for Lil' Dragons. There will now be a half hour "Grading Prep." Class for Youth from 5pm-5:30pm. Students and instructors will work together to make sure that anyone who attends can be ready to test at future gradings. Our next Kyu (colour) belt testing day will be March 30.
3. There will be an Open Mat practice time for all Brazilian Jiu-Jitsu students from 7:45pm-8:30pm (after the 6:45pm class). The Karate and Aikido classes running from 8pm-9pm will remain unaffected that evening.

Have you got our 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 news and events!



Showcase Saturdays!

Sign up on the list next to the sign in computer and then demonstrate your stuff at the end of the Youth/Adult Karate class on Sat. Jan.26!

**Demonstrate individually or with a partner!
We want to see your martial art talent!**

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 holding a draw for a FREE Huawei Tablet! Check out the next page for more information about the draw.

Mark Your Calendar!

For more information visit www.okamikai.com!

Fri. Jan.4 @ 7pm – Brown and Black Belt Class
Sat. Jan.19 – Masters Summit in Ottawa
Sat. Jan. 26 – Showcase Saturday
Thurs. Jan.31 – Wolf Pack Games
Fri. Feb.1 @7pm – Brown and Black Belt Class
Sat. Feb.16 – Open House (**No Weapons Class**)
Mon. Feb.18 – Family Day (**No Classes**)
Sat. Mar.30 – Kyu (colour) Belt Testing

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

Don't forget about our first ever Wolf Pack Games Night on Thurs. Jan.31 too. Your Pack is counting on you!

Green Pack

1845 points

Blue Pack

1740 points

Red Pack Congratulations to Graham Letsche who was chosen as our Ichiban student for this month! Graham attended 14 classes last month and did an awesome job in the demonstration at our December grading!

1511 points

Yellow Pack

1500 points

Win A FREE Tablet!

The Iannuzzi family has very generously donated a Huawei Mediatablet 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.

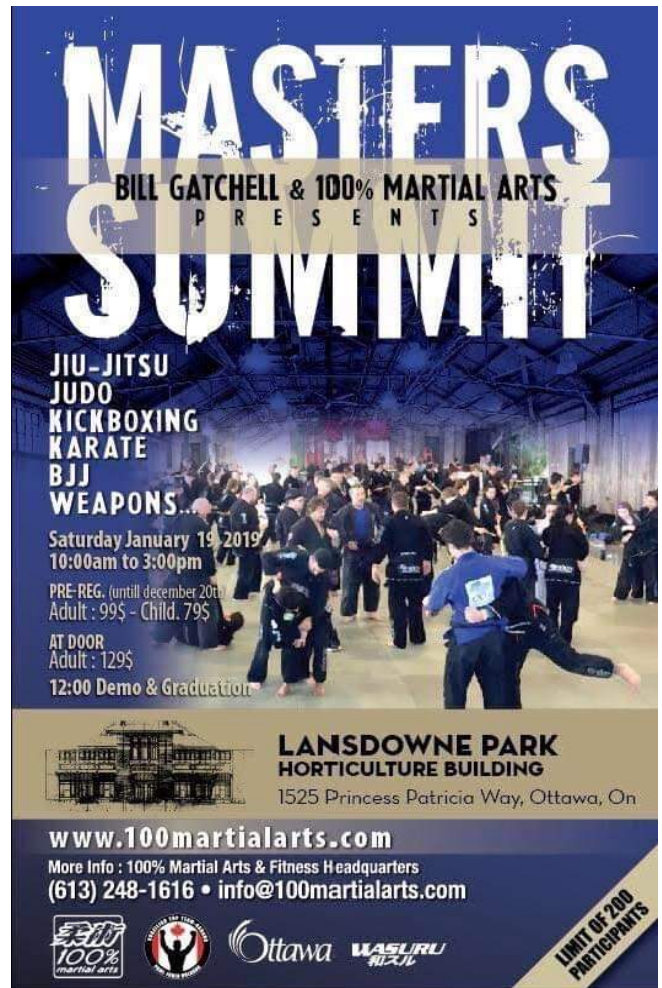
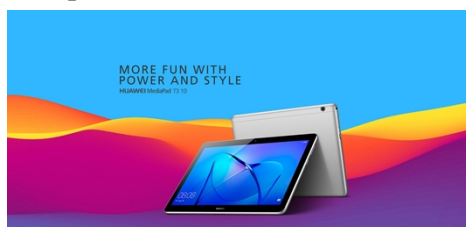
10 points:

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 !



MASTERS SUMMIT
BILL GATCHELL & 100% MARTIAL ARTS PRESENTS

JIU-JITSU
JUDO
KICKBOXING
KARATE
BJJ
WEAPONS...

Saturday January 19, 2019
10:00am to 3:00pm

PRE-REG. (until december 20th)
Adult : 99\$ - Child. 79\$

AT DOOR
Adult : 129\$
12:00 Demo & Graduation

LANSDOWNE PARK HORTICULTURE BUILDING
1525 Princess Patricia Way, Ottawa, On

www.100martialarts.com
More Info : 100% Martial Arts & Fitness Headquarters
(613) 248-1616 • info@100martialarts.com

100% martial arts
Ottawa
WASURU

LIMIT OF 200 PARTICIPANTS

Wolf Pack Games Class!

Your Wolf Pack is counting on you!

All Wolf Pack members should make sure they attend the Youth class on Thursday Jan.31 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!

