

THE OKAMI KAI HOWLER



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March 2019

New Class Changes!

Wednesday Night Youth Class Split

In an attempt to provide more one on one instruction to our students in the Youth Karate program, on Wednesday nights we will be teaching White and Yellow belt curriculum from 5pm-5:45pm and Orange and Higher curriculum from 5:45pm-6:30pm. Orange and Higher belt students are welcome to train in the earlier time slot, but the main focus will be on teaching our newer beginner students.

Early Morning Kickboxing

Starting Wednesday Mar.20, we will be adding a new weekly Kickboxing class at 6:30am. This will be considered to be a Premium class for those gym members still following the Basic/Premium member rate.

Tuesday Open Mat/Dojo

We will be opening the dojo on Tuesdays for anyone wishing to practice from 11am-12pm. This will be a good time for BJJ students to get some sparring in, but it will also be a good warm up for those wishing to stay for Sensei Wally's Karate class at 12:15pm.

More Brown and Black Belt Classes

Shihan is going to start adding more Brown and Black Belt classes to the schedule on selected Friday nights. Keep checking the "Mark Your Calendar" box in the newsletter as well as the class schedule on the website.

Women's Self Defence Class

Senpai Jennifer Neveu- Campsall will be teaching a class on Friday March 22 from 7pm-8:30pm which will be aimed at providing the introductory skills of awareness, empowerment, and basic self defence to girls and women ages 13 and up.

Sensei Garrett Clifford is a police officer with York Regional Police Services and will also be teaching and will be on hand to discuss the legalities involved with use of force situations in regards to defending oneself as well.

The price is a minimum \$20 donation to our MS Walk team which will be walking on Sun. May 5. Space is limited so please register in advance as soon as possible by contacting the dojo office or Senpai Jennifer.



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



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

Mark Your Calendar!

For more information visit www.okamikai.com!

Fri. Mar.1 @ 7pm – Brown and Black Belt Class
Wed. Mar. 6 – New Wednesday Youth Classes
Fri. Mar.15 @ 7pm – Brown and Black Belt Class
Wed. Mar.20 @6:30am – New Kickboxing Class starts
Fri. March 22 @7pm – Womens' Self Defence
Sat. Mar.23 – Kyu Belt Testing (**No Lil' Dragons**)
Fri. Apr.5 @ 7pm – Brown and Black Belt Class
Sun. May 5 – MS Walk
May 25-26 – Budofest
July 8-12 – Karate Day Camp!

Wolf Pack Report

We're still taking report cards! You can earn 10 points for every A and 5 points for every B. You can also earn bonus points for straight As!

Want even more points for your Pack? Join our team for the MS Walk! Wolf Pack members get 100 points if they participate and they get 50 points for each person they can encourage to walk with us!

Green Pack Congratulations to Damen Thompson who was chosen as our Ichiban student for this month! Damen attended 16 classes last month and has really made a great impact since joining only a few months ago. We're looking forward to seeing him test for his Yellow Belt on March 23!

3226 points

Red Pack

3136 points

Blue Pack

2486 points

Yellow Pack

1877 points

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!

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 \$195 plus HST if you register now. The price goes up May 1!

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.

