

THE OKAMI KAI HOWLER



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May 2019

Special Guest Instructor on May 11!



We are thrilled to announce that 9th degree Jiu-Jitsu Black Belt, Hanshi Darrell LaFrance will be teaching a special Youth/Adult class on Sat. May 11 from 10 - 11:30am.

Hanshi LaFrance is a police officer as well as the founder and Chief Instructor of Kumo Jiu Jitsu in Oshawa. Hanshi LaFrance has been training for over 50 years and has travelled the world teaching and sharing his knowledge openly with many schools. He also pioneered the first free-style grappling tournaments ever held in Canada.

As head coach and instructor of the three time World Champion Canadian Grappling Team, Hanshi guided the team to gold medals at the 1998 French Convention, the 1999 Quebec Convention, and the 2000 WKF Austrian World Cup without losing a single match.

This special event is FREE for all Okami Kai students.

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 weeks of July 8-12 and **now a recently added week of July 29 - Aug.2!** Participants will do Karate in the morning and then another fun activity in the afternoon. Price is \$215 plus HST if you register now. The price goes up June 1!



MONDAY JUNE 17

**5:30PM - 6:30PM YOUTH
(\$15 PER PERSON)**

**6:30PM - 8PM - ADULT
(\$25 PER PERSON)**

SPACE IS LIMITED SO REGISTER NOW!

**STAY UP TO DATE ON ALL OF THE LATEST
OKAMI KAI NEWS! LIKE US ON FACEBOOK,
FOLLOW SHIHAN ON INSTAGRAM AND
TWITTER, AND DOWNLOAD OUR
OKAMI KAI PHONE APP!**

Mark Your Calendar!

For more information visit www.okamikai.com!

Fri. May 3 & 31 @ 7pm - Brown & Black Belt Class

Sat. May 4 - Showcase Saturday

Sun. May 5 - MS Walk

Fri. May 10 - Ladies Friday Fight Fit Class

Sat. May 11 10-11:30am - Hanshi Darrell LaFrance

May 25-26 - Budofest

Sat. June 8 - Kidsfest BJJ Tournament

Mon. June 17 - Hanshi Alain Saily

**July 8-12 and July 29-Aug.2 - Karate Day
Camps!**

Wolf Pack Report

Earn extra points for helping out worthy causes!

You can earn 100 points for each bag of clothes you bring in for the Kidney Foundation. You can also earn points for joining our team for the MS Walk and for encouraging others to join us too!

Red Pack

5463 points

Green Pack

5238 points

Yellow Pack Congratulations to Jacob Boake for being chosen to receive the Ichiban title this month! Jacob attended 11 classes last month and at the printing of this newsletter was ranked in the Top 10 of online fundraisers for the MS Walk.

3411 points

Blue Pack Tyler and Tanner McDonald got 100 points for encouraging their Mom to join Okami Kai.
3237 points



Kickboxing

Wednesdays 6:30am-7:30am

Thursdays 9:15am-10:15am

Fitness Membership Required



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

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!

Ladies Friday Night Fight Fit



Save the date, Friday May 10 7:00-8:00. Ladies only FRIDAY NIGHT FIGHT FIT Class!! This is your ultimate opportunity to sweat out the stress of the week. Kicking, punching, strike shield drills and various conditioning exercises will be utilized in this fitness class creating a full body workout. A perfect Mother's Day night out for hard working moms!! Taught by black belt and fitness instructor, Jennifer Neveu-Campsall, women, ages 13 and up are encouraged to join in the action! Free for Okami Kai members. \$15.00 for non members. Pre registration requested.



**THE LAST DAY TO DROP
OFF YOUR GENTLY
USED CLOTHING FOR
THE KIDNEY
FOUNDATION IS MAY 7
SO PLEASE RAID YOUR
CLOSETS NOW!**