

THE OKAMI KAI HOWLER



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Kyu Belt Gradings

Our next kyu (colour) belt gradings will be on Dec.19. At the time of writing this newsletter, Durham Region is currently in Red Control and therefore, at this time we are planning on having students test in the dojo, but all spectators will need to watch on Zoom.

Any student who is Orange belt or higher **MUST** submit their request to grade form by Dec.5 if they feel they are ready to test. Late forms will not be accepted. Students will be notified of the exact time of their test once the list of candidates has been established. White, Yellow, and Yellow Advanced students will also be notified by a letter if they are ready to test. White belts need to have one black (Student Creed) stripe and two yellow stripes before they are considered to be ready to advance. Yellow belts need to have a Student Creed stripe and a Discipline Stripe. Yellow Advanced students need to have their Student Creed stripe as well. Notifications of the grading time will be provided no later than one week before testing.

**Don't miss important updates!
Download the
Okami Kai mobile app!**

Looking for stocking stuffers?



Okami Kai masks are only \$15 plus HST and Okami Kai water bottles are \$15 tax included!

Wolf Pack Report

Green Pack

1885 points

Yellow Pack

Welcome back Fraser McKenzie!

1663 points

Blue Pack

1136 points

Red Pack Congratulations to Aliya Rolph for being chosen to receive the Ichiban title for this month! Aliya has just recently returned to the dojo from a bit of a break, but has been working very hard by attending 14 classes both onsite and online last month!

Welcome Brette Dart, Ivy and Lily Cave , and Sydney Clark

634 points

Holiday Break

As we do every year, we will be closing for the Christmas break. There will be no classes from Dec.20 until Mon. Jan.4. We hope everyone has a safe and happy holiday season.



Red Control Class Schedule

As well as providing Zoom simulcasts in all classes except Spin and Aikido, Okami Kai is offering the below schedule of in-doj/studio classes for up to 10 people including instructors. Unfortunately, space is limited for these classes. First come, first served. Late arrivals will not be allowed to participate.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:15am-9:15am Spin (No Zoom)
9:15am-10:15am Yoga	9:15am-10:15am Spin (No Zoom)	9:15am-10:15am HIIT	9:15am-10:15am 20/20/20	9:15am-10:15am Muscle Mix	9:30am-10am Lil' Dragons (A-K odd dates, L-Z even dates)
	10:30am-11:30am Stretch & Mobiliy		10:30am-11:15am Adult/Youth Karate		10:15am-11am Youth/Adult (A-K)
				Private classes arranged by appointment	Bojutsu 11:15am-12pm (A-K odd dates, L-Z even dates)
4:15pm-4:45 Lil' Dragons (A-K)			4:15pm-4:45 Lil' Dragons (L-Z)		12:15am-1pm Youth/Adult (L-Z)
5pm-5:45pm White to Yellow Adv. Youth/Adult (A-K)	5pm-5:45pm White to Yellow Adv. Youth (L-Z)	5pm-5:45pm White to Yellow Adv. Youth (A-K)	5pm-5:45pm White to Yellow Adv. Youth (L-Z)	Private classes arranged by appointment	1:15pm-2:15pm Aikido (No Zoom)
6pm-6:45pm Orange to Blue Adv. Youth/Adult (A-K)	6pm-6:45pm Orange to Blue Adv. Youth (L-Z)	6pm-6:45pm Orange to Blue Adv. Youth (A-K)	6pm-6:45pm Orange to Blue Adv. Youth (L-Z)		Private classes arranged by appointment
7pm-7:45pm Brown & Black Youth/Adult	7pm-7:45pm Weapons TBA	7pm-7:45pm Brown & Black Under 19 (A-I)	7pm-7:45pm Brown & Black Under 19 (J-Z)		
	8pm-8:45pm Adult Karate All levels (L-Z)	8pm-8:45pm Adult Karate All levels (A-K)	8pm-8:45pm Adult Karate All levels (L-Z)		



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Letters in brackets refer to the beginning of a student's last names who can attend those classes