

# THE OKAMI KAI HOWLER



Volume 24, Issue 3

November 2022

## Testing Our Superpowers

By Shihan Scott Campsall

"You've grown stronger here than I ever could have imagined. The only way to know how strong is to keep testing your limits."

- Russel Crowe as Jor El in Man of Steel (2013)

*I am a long time Superman fan. Of course, the idea of being able to fly would be awesome, but there are also the other powers that are cool too. He is strong. He has x-ray vision and heat vision. In comics, on television, and in the movies, every enemy that has confronted him thought they had the ultimate plan to stop him, but then soon learned they underestimated his abilities.*

*I remember as a kid watching Superman 2 while my jaw dropped on the floor when Christopher Reeve removed his "S" off his chest to trap a bad guy. I remember thinking "Superman can do that!?! I didn't know Superman could do that!!!"*

*I'm lucky enough to have a friend in Bob Ruffo. Bob is in his early 80s and has lived in gyms for most of his life. I often say that he has forgotten more about strength training than I will ever know. He walked over to me while I was bench pressing one day and asked how I was doing. I told him that I was getting discouraged because I could see that I was getting weaker, and I had assumed it was a part of aging. He started giving me some tips and after about 6 months, I am happy to say that I was wrong about what was holding me back. It wasn't my physical limitations. It was my mental ones. I just needed someone to change my way of thinking so that I could realize how strong I truly am. I should add "for now". He's still training me and I'm still improving.*

*Bob encourages me, but it takes me to walk into the gym. It takes me to believe that something is possible even if I don't truly know that it is. We can't realize our full potential unless we try. We can't know what powers we truly possess unless we are brave enough to test ourselves to find out. How brave are you?*



**Ladies Only Friday Night Fight Fit!**

**Fri. Nov.18 at 8pm**

**For ages 13 and older**

**Free for Okami Kai Martial Art and  
Fitness members!**

**\$20 for non-members.**

**Time to grab extra points!**

**Join your team and win at the**

**Wolf Pack**

**Games!**



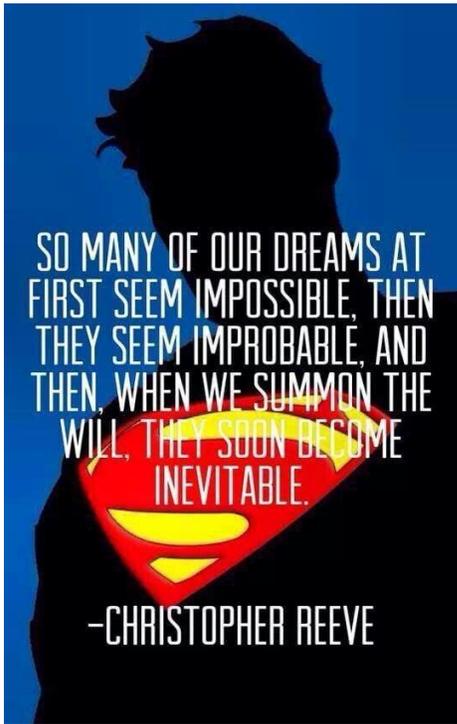
**Earn points for your  
Pack while playing**

**fun games and getting to know your  
other pack members!**

**Mon. Nov.28 at 5:30pm**

**For Lil' Dragons and Youth Karate  
students.**

**All evening classes are cancelled.**



Wednesday Weapons Classes	
November 2	kama, eku, sai
November 9	tonfa, sai, eku
November 16	eku, tonfa, nunchaku
November 23	tonfa, nunchaku, kama
November 30	kama, sai, nunchaku
<p>All classes are at 7pm. For Orange Belt and Higher Students Talk to Shihan for details.</p>	

**Our next testing day is**  
**Sat. Dec.17!**  
**RTG Forms MUST be in by Dec.3**  
**All classes except for Spin and Lil' Dragons are cancelled.**

## Wolf Pack Report

**Red Pack Welcome Loki Tustin-Vaughn!** Mason Ramsay got 100 points for encouraging you to join. **Welcome also to Nico Damianidis!** Jaxon and Kloé Bowen got 100 points for encouraging you to join.

2988 points

**Green Pack** Congratulations to Amelia Clark who was chosen as Ichiban for this month! Amelia attended 20 classes last month including Karate, BJJ, and weapons! She also did a great job on test for her Green Advanced belt last month!

1412 points

**Blue Pack Welcome Owen Fudge!**

1305 points

**Yellow Pack Welcome Will Renette, Faustina Kwong, Cian Quirke, Zachary Di Venanzo, Dylan Scott, Carter Scott, Henry Mills, Vanessa Pope, John Barrington!**

1023 points

**Find us on Facebook!**



**Join the Okami Kai groups (Okami Kai Community, Okami Kai Parent Connection, Okami Kai Business) and Like the Okami Kai Martial Arts and Fitness fanpage!**

## Did you know?

- Although weapons training is not required until our Karate students have achieved their Green belts, any Karate student who is Orange belt or higher can start going to weapons classes. This includes bo on Saturdays and our other weapons classes on Wednesday nights. Students who are 12 and older can do laido (Japanese Sword).
- Some of the revenue from our new vending machine is being donated to the Make-A-Wish Foundation.
- We raised over \$500 for the Canadian Breast Cancer Society last month! THANK YOU!