

# THE OKAMI KAI HOWLER



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## **Sell Yourself On The Idea of You!**

By Shihan Scott Campsall

*We spend a lot of time and effort trying to create a good presence on social media platforms. We talk about our classes. Our amazing students and the events that make us the most popular martial art and fitness school in Uxbridge.*

*See what I did there in that last sentence? There are other martial art schools in town. We've done our research and have learned that we have more students than them. We have also won awards that have indicated that we're the best in town. To say that we are the most popular is not a lie based on this small amount of evidence. Do I know we're the most popular though? Well, I said it. It must be true! Will we stay the most popular? Well, I'm saying we are now and so that gives it value. Why would I allow someone else to easily take that title away from us? I've given us something to be proud of and something to strive for, and something that hopefully, the rest of us will feel is important. It was all done by saying that one sentence.*

*This month, I want to encourage you to start using this type of positive thinking in your own lives. Tell yourself things like you're a hard-working martial artist or fitness student. Tell yourself you're good at school or at your job. If you're entering a tournament or other sports activity that you're a strong player. There's no reason to feel that you're not and even with a small amount of evidence to prove this is a fact, you can start to look for more proof that will validate your thought process.*

*If you create a thought process that says you're good at something, you'll start to believe it and you will do your best to make it true. Be careful though. Telling yourself that you're bad at something can have the same effect if you do it often enough. Sometimes people don't even find out if they can do something because they've already told themselves that they cannot!*

*Your value is created by what you do which is inspired by what you think. Do your best to think good thoughts and see how far a positive attitude can take you!*

## **New Class Schedule Starts This Month!**

Don't forget that our new class schedule has big changes for your Youth Karate students, and it starts this month! **Please consult the Okami Kai mobile app or pick up a paper copy at the dojo.**

**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.27 at 5:30pm**

**For Lil' Dragons and Youth Karate students.  
All classes except Brown and Black Belt Karate and BJJ are cancelled.**



**CAPITAL  
CONQUEST**

**NOVEMBER 3 - 4 - 5 2023**

Please note that due to most of our instructors and senior students being away at this event, all classes will be cancelled except for 20/20/20, all BJJ classes, and Iaido. We apologize for the inconvenience but hope this will give you a reason to join us and not miss out on this amazing weekend!

## Weapons Class Schedule

Wed. Nov.1	kama, eku
Sat. Nov.4	No class
Wed. Nov.8	bo, tonfa
Sat. Nov.11	tonfa, nunchaku
Wed. Nov.15	bo, eku
Sat. Nov.18	bo, sai
Wed. Nov.22	kama, nunchaku
Sat. Nov.25	bo, tonfa
Wed. Nov.29	kama, eku
Sat. Dec.2	bo, sai
For Orange Belt and Higher Students Talk to Shihan for details.	

**Our next grading days will be  
Sat. Nov.25 at 1:30pm for Youth &  
Adult BJJ students.**

The regular BJJ classes and afternoon Karate class will be cancelled.

**Sat. Dec.9 for all other programs**

Lil' Dragons 9:30am (during regular class)

Youth/Adult Karate 10:30am

Aikido 1:15pm (during regular class)

The BJJ classes will be cancelled.

**Request to grade forms from Aikido students and Orange and higher belt karate students MUST be in by Nov.25.**

**Okami Kai  
T-shirt Sale!  
All this month  
grab a T-shirt  
for 10% off!**



Thank you for keeping outdoor shoes in change rooms (both students and spectators) and for not walking in bare feet in the restroom areas.

Your consideration is helping to keep our dojo area clean and sanitary!



## Wolf Pack Report

**Green Pack** Congratulations to Sienna (Cee Cee) Sims who was chosen as Ichiban for this month! Sienna attended 14 classes last month and has been working hard in her Karate classes.

3997 points

**Yellow Pack** Welcome Abby and Zoë Tabar

2817 points

**Red Pack** Welcome Charles Perks, Cameron Foo, Feliks Filatov, Florence Thompson Selby, Owen and Quinn Trudel, Hardy Steerment, and Wesley Mills. Welcome also to Yamato Valcour! Your sister got 100 points for encouraging you to join.

2432 points

**Blue Pack** Welcome Calvin Crate, and Maverick Walsh,

2137 points

