

THE OKAMI KAI HOWLER



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Keep Your Fire Going!

By Shihan Scott Campsall

One of the best things about being a martial art instructor is hearing about students who have improved their lives since they started training. It could be that they have increased their self-confidence or their self-discipline. Maybe, they lost weight or have a better home or work life.

This is always great to hear, and I will always say that it isn't me that helps you accomplish these goals as much as it is me that provides the path for students to gain success. Sometimes, people do get in a rut though and I hope you realize that when that happens, we're still here for you just as much as we are available when your triumphs happen.

If you're struggling to even get out of bed in the morning, that's OK. There are days when I don't want to go to classes taught by my own instructors. Those are the days I push myself to go because I know that even a bad class is better than not going and it still surprises even me how much better I feel afterward.

It's great to have a big vision, but sometimes the best thing is to remember the little goals that make the journey. A small step is still a step forward.

It's good to remember your motivation too. Even if it's embarrassing, it's still a reason you do what you do. I met a guy who started BJJ because he never found anything that made his body look so good and he wanted to be attractive to women.

Absurd goals have driven people since the beginning of time. Michael Jordan became the greatest basketball player of all time because he wanted to prove to the coach that cut him in high school that he was wrong.

You might think your reason is stupid, but it doesn't matter because it's YOUR reason and if you're like me, you'll train with a purpose and then realize that the list of benefits increases. Soon, the small flame you started with ends up becoming a full-blown fire of excuses to get to class!

First, you must walk in the door, then you must do it again. It's surprising how a little repetition adds up. Find your fuel and light your fire so we can enjoy the warmth of your glow together!



All this month, we will be raising money and awareness for Breast Cancer Canada. Please contact our office to donate.



**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 canceled. We apologize for the inconvenience but hope this will give you a reason to join us and not miss out on this amazing weekend!

NEED FUNDS? We have a great coffee fundraiser available! Talk to us for details.

Weapons Class Schedule

Wed. Oct.4	kama, eku
Sat. Oct.7	No class
Wed. Oct.11	bo, tonfa
Sat. Oct.14	bo, nunchaku
Wed. Oct.18	kama, nunchaku
Sat. Oct.21	bo, tonfa
Wed. Oct.25	kama, sai
Sat. Oct.28	bo, sai
Wed. Nov.1	kama, eku
Sat. Nov.4	No class
For Orange Belt and Higher Students Talk to Shihan for details.	

Wolf Pack Report

Green Pack Welcome back **Sophie Dubuc-Lewis!** You got 100 points for encouraging your Dad to start with you. **Welcome Lucas Humphreys!** Your sister, Claire got 100 points for encouraging you to join. **Welcome Kinsley Jamieson!** Harper Patterson got 100 points for encouraging you to join. **Welcome Alexander Edwards!** Maxwell Geer got 100 points for encouraging you to join. **Welcome to Cyairra Stewart!** Your brothers Austyn and Riley got 100 points for encouraging you to join and another 100 points for encouraging your sister Hannah to start too! Thomas and Evan Stephenson earned 100 points for encouraging their Mom to start karate! Noah Ballantine got 100 points for encouraging his mom to return to fitness classes!

3030 points

Yellow Pack Welcome **Ryleigh Di Vananzol!** Your brother Zachary got 100 points for encouraging you to join. Declan Robinson got 100 points for encouraging his dad to join!

2292 points

Blue Pack Welcome **Zoe Brown, Wilson Obara, Francis Kowaleski, Lucas Pumo, Tristan Haughie**

1863 points

Red Pack Congratulations to **Jaxon Bowen** who was chosen as Ichiban for this month! Jaxon attended 13 classes last month and has been extremely focused while working both in Karate and weapons. **Welcome Brayden Benincasa!** Victoria and Abigail Pizzulo got 100 points for encouraging their mom to join!

1726 points

Our next grading day will be

Sat. Oct.28

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

Youth/Adult Karate 10:30am

Aikido 1:15pm (during regular class)

Request to grade forms from Orange and higher belts and Aikido students MUST be in by Oct.14.

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Purchase tea and help Okami Kai students participate in martial art events and tournaments!

<https://fundraise-ca.sipology.com/collections/okami-kai-martial-arts-fitness-fundraiser>

