

THE OKAMI KAI HOWLER



Volume 22, Issue 1

September 2020

New September Schedule

We resumed our in-person classes last month and rolled out a new class schedule to help accommodate as many students as we could while observing new safety protocols due to the Covid pandemic.

We are happy to say that we succeeded in our attempts to make sure no student was refused entry due to too many students being in a class. In fact, some classes even had less numbers than anticipated which have allowed us to make some changes to help accommodate even more of what we believe will be positive changes in order to allow for more one on one instruction and higher class energy levels from instructors and students.

In order to constantly improve our programs, we will be continuing to review the schedule as it is now to see if more improvements can be made. In the meantime, please consult the email sent Aug.31, our website, the mobile app, or the schedule attached to this newsletter so that you are up to date on any changes that might affect you.

Wolf Pack Report

Congratulations RED PACK!!!

You've beaten the competition for a third year in a row!!!
Be sure to see Shihan this month to receive your prize of a \$20 gift certificate from Sugar FX!

10369 points

Yellow Pack

8587 points

Blue Pack

4814 points

Green Pack Congratulations to Damen Krol for being chosen to receive the Ichiban title for September! Damen hasn't wasted any time since we have been allowed to return the dojo and worked hard in 14 classes last month! **Welcome to Amelia Clark, Nolan Clark, Mitchell Metauro, Ackerly Baker, Emerson Baker, and Isaiah Shah.**
4258 points

All scores have now been reset to zero. Who will be our 2020/2021 Champions? You decide!

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More Stars!



In an effort to encourage happiness in our students and our community during our time out of the dojo, we created the Cyber Superstar program. Students were asked to fulfill criteria outlined in our "Happiness Plan" and submit them for star patches that could be worn on their uniform. Every fifth star earned a special patch and a \$5 Tim Horton's gift card. We are happy to announce that we have decided to continue the star program and our Happiness Plans will be altered this month to reflect this and will still be available from the Special Events section of our website. Paper copies will also be available at the dojo.

We would like to thank those students who have participated so far and have helped to make the people in their world (including them and ourselves) so happy!

September Class Schedule

As well as providing Zoom simulcasts in the classes indicated **(Z)**, Okami Kai is pleased to offer the below schedule of in-dojo/studio classes. Space is limited for these classes in order to provide the necessary space for social distancing. Late arrivals will not be allowed to participate.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:15am - 9:15am Spin
9:15am - 10:15am Yoga (Z)	9:15am - 10:15am Spin	9:15am - 10:15am HIIT (Z)	9:15am - 10:15am 20/20/20 (Z)	9:15am - 10:15am Muscle Mix (Z)	9:30am - 10am Lil' Dragons (Z)
	10:30am - 11:30am Stretch & Tone (Z)		10:30am - 11:15am Adult/Youth Karate		10:15am - 11am Youth/Adult Solo Karate* (Z)
				Private classes arranged by appointment	11:15am - 12pm Youth/Adult Family Class
4:15pm - 4:45 Lil' Dragons (Z)			4:15pm - 4:45 Lil' Dragons (Z)		Bojutsu 12:15 - 1pm
5pm - 5:45pm White to Yellow Adv. Youth/Adult (Z)	5pm - 5:45pm White to Yellow Adv. Youth	5pm - 5:45pm White to Yellow Adv. Youth (Z)	5pm - 5:45pm White to Yellow Adv. Youth	Private classes arranged by appointment	1:15pm - 2:15pm Aikido
6pm - 6:45pm Orange to Blue Adv. Youth/Adult (Z)	6pm - 6:45pm Orange to Blue Adv. Youth	6pm - 6:45pm Orange to Blue Adv. Youth (Z)	6pm - 6:45pm Orange to Blue Adv. Youth		Private classes arranged by appointment
7pm - 7:45pm Brown & Black Youth/Adult (Z)	7pm - 7:45pm Weapons TBA	7pm - 7:45pm Brown & Black Under 19 (Z)	7pm - 7:45pm Brown & Black Under 19	7pm - 8pm Couples Kickboxing Sept. 25	
	8pm - 8:45pm Adult Karate All levels	8pm - 8:45pm Adult Karate All levels (Z)	8pm - 8:45pm Adult Karate All levels		



Okami Kai Martial Arts and Fitness
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www.okamikai.com

*Solo Karate is exclusively for students who do not have other family members training with us.

Please consult weekly email updates for information on special classes and the weapons focus for the Tuesday evening classes. Facial coverings (masks) are required to enter and leave the facility. In agreement with Durham Board of Health regulations, no student will be forced to wear a mask during the actual class time unless it has been deemed necessary by our instructors (eg: during socially distanced drills with a partner from another household).



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by appointment only