

THE OKAMI KAI HOWLER



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New Mats!

By Shihan Scott Campsall

I have lost a lot of sleep trying to figure out how to accommodate our growing Karate and Brazilian Jiu-Jitsu class sizes. This last year in particular has been extremely stressful as I have noticed that our small 670 square foot "mat room" was not enough space for everyone to do the necessary techniques that are taught in each session. For a martial art like Karate that is mostly taught standing up, our sprung hardwood floor was more than acceptable (most dojo in Okinawa have hardwood floors). We don't just teach stand up techniques though and although our old rollout mats were well used, we needed to find another solution.

This is why we now have new mats covering the main training area. This has been a long time coming and most students and parents seem to be happy with the change.

I wanted to take a moment to thank all the students and their families who have helped to make this alteration possible.

First, to the several individuals who helped unload and place the new mats when they arrived. This was a lot bigger job than I thought it would be and your many hands made the workload feel a lot lighter.

Second, to everyone who has supported us. New mats are not cheap. If it wasn't for all of you, we couldn't have afforded them. These are YOUR mats for YOUR dojo.

Third, to the fitness members who attend our Spin classes. I realize that most studios do not make you move mats before and after every class. Your understanding and ability to adjust has not been overlooked at all.

All of you are way more appreciated than you know. Thank you.

Pizza Party!

Bring your friends and join us!

We'll do some training, play games, watch some martial art demonstrations and of course eat pizza!



Sat. Sept.16 at 1:30pm

(all afternoon classes are canceled)

Bring a friend to earn 50 points for your Wolf Pack. You and your friend will get a \$10 gift card for Kawartha Dairy if they register for a Start Up Package that day!

You must pre-register you and your friend on or before Thurs. Sept.14 to participate. All registration forms from friends MUST be in by then.

Check out the NEW class schedule!

Although most classes have remained the same, we have made some alterations and also added some classes that were not available during the summer. Be sure to pick up your copy, or find it on our Okami Kai mobile app, and at www.okamikai.com.

**Our next beginner Youth/Adult Karate
grading will be**

Fri. Sept.29 @ 7pm

All classes will be canceled.

Weapons Class Schedule

Wed. Sept.6	kama, tonfa
Sat. Sept.9	tonfa, bo
Wed. Sept.13	bo, sai
Sat. Sept.16	bo, eku
Wed. Sept.20	bo, nunchaku
Sat. Sept.23	sai, nunchaku
Wed. Sept.27	kama, sai
Sat. Sept.30	bo, tonfa
Wed. Oct.4	kama, eku
Sat. Oct.7	bo, sai
For Orange Belt and Higher Students Talk to Shihan for details.	



SAVE YOUR USED CLOTHING!

We will be donating clothing to the Kidney Foundation so they can sell it to thrift stores. The money raised will not only go towards helping their efforts, but will also go towards helping to pay for our students to go to martial art training events and competitions.

We will be collecting from Sept.16 (at our Pizza Party) until Sat. Sept.30.

Wolf Pack Report

All scores were reset to zero after Yellow Pack was declared the winner of last year's competition. Every point counts so get to class and work hard!

Green Pack Congratulations to Maxwell Geer who was chosen as Ichiban for this month! Maxwell attended 14 classes last month and has been working exceptionally hard since getting his Yellow Advanced belt. **Welcome Ben and Ethan Chant, Rylie and Austyn Stewart! Welcome also to Maddox Ruta!** Micah Christensen got 100 points for encouraging you to join. **Welcome to Thomas and Evan Stephenson!**

1060 points

Yellow Pack

761 points

Red Pack

733 points

Blue Pack Welcome Atlas Bolingbroke, Hendrix Noble, Maverick Walsh, Mason Mast, Liam Howell! Welcome also to Brian Gonzales and Cain Gonzales! Brian got 100 points for encouraging Cain to join.

525 points



NOVEMBER 3 - 4 - 5 2023

Don't miss out on the martial art event of the year! Register now at www.capitalconquest.org.

