



DOJO NEWS

<http://www.ScottHayesKarate.com>

December 2003

<http://www.usashorinryu.org>

Happy Holidays

Winter is right around the corner. As the year comes to a close I want to thank each of you. Without you and your support the Dojo would be a lonely place. Check the Calendar, December is a busy month: Leadership and BBC Classes, Mini Camp, Belt Presentations, Winter Break Camp, and the New Year's Eve Sleep Over.

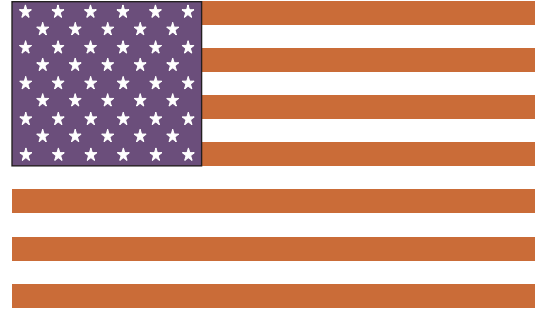
Mega Mini-Camp starts Friday December 12 at 6 PM. Camp will be action packed and full of intense training. The Association test will start at 7 AM Saturday Morning. If you are testing, be sure to be at the dojo by 6:50 or sleep over at the dojo Friday night.

WINTER BREAK: It's not too soon to be thinking about what to do over the winter break. In years past the Dojo has run a Winter Break Day Camp. The Dojo is opens at 7 AM. We run several classes during the day, watch movies, do some fun activities, and weather permitting head outside to the parks. Parents, if you are starting to think about what do with your children while you are at work, give the Winter Break Day Camp a try. We need at least 8 participants to hold the camp. Discounts available for families, BBC, and Leadership Team members.

Winter Camp will be February 27-29th in Virginia Beach. This is our Karate Association's **BIGGEST CAMP**. Dojo's from Bermuda, Canada, and the U.S. will be coming to Virginia Beach to train and test. Winter Camp is a great training opportunity and I *strongly* recommend this camp to all of my students. Over the past four years, our Dojo has had the largest attendance at Winter Camp. Let's make it five years!

Students of the Month

Little Dragons - Demetri Workman
Dragons - Antuan Byalik
Teens - Richard Hudnall



Schedule

<http://ScottHayesKarate.com/news/calendar.cfm>

December 5th

Leadership Team 7:30 - 10 PM

Black Belt Club Class 7:30 -10 PM

December 12-14

December Mini-Camp

December 18

Belt Presentation

December 22 - January 2

Winter Break Day Camp

December 24 - 25

DOJO CLOSED

December 31

New Year's

Eve Sleepover

January 2

Leadership Team 7:15

January 9

Black Belt Club 7:15

February 6th

Leadership Team 7:15

February 13th

Black Belt Club 7:15

February 27 - 29

Winter Camp

Virginia Beach

Let Black Belt Be Your Goal

BIRTHDAYS

November

Bob Brest 11/9
 Justin Brooks 11/13
 Zach Hudnall 11/19
 Jake Lafrance 11/19
 Matthew Abeyounis 11/20
 Scott Hayes 11/27
 Ethan Berry 11/29

December

Seth Berry 12/5
 Anthony Davis 12/10
 Kathy Adams 12/27



See the front desk to make sure we have your correct birth date (Don't panic adults we only need the day and month — not the year). We have left a few people out of the birthday list in the newsletter because we did not have this information. Help us recognize your special day!

BIRTHDAY PARTIES

Have your birthday party at the Dojo. These parties are very flexible and we can easily accommodate your birthday wishes. Talk to Shihan Scott or the front office, and we'll do our best to be sure this birthday party is one you won't soon forget.

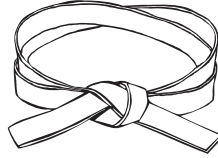
NEW STUDENTS!

The Dojo wants your friends! Tell your friends about the Dojo. Tell them how much you like doing karate. Bring your friends to the Dojo. Go to the front desk and ask for a week pass for your friend!

Jacob Stien
 Adam Stien

Jacob Pierce

WELCOME TO THE DOJO!



BELT TESTS

NOVEMBER PROMOTIONS

Aaron Stamp - Dragon Gold Belt
 Clarence Nguyen - Dragon Gold Belt
 Alexis Meyers - Dragon Gold Belt

Testing will be done at Mini-Camp for 6th Kyu Green and above for Teens and Adults, and for Junior Brown Belts and above for Dragons. Lower ranks that attend camp will also be tested at camp.

Testing for ranks below 6th Kyu Green for Teens and Adults, and for Junior ranks below Brown for Dragons and Little Dragons will be in class during the week of the 15-17.

If for some reason you cannot attend Mini-Camp or class on the 15-17, please let Sensei know ASAP!

BLACK BELT CLUB

Justin Brooks	Emmanuel Feygelson	Jake Lafrance	Brittany Browne
Jason Gargaro	Richard Hudnall	Stephanie Adams	Alex Browne
Matthew Abeyounis	Antjuan Walker	Jessica Myers	Bob Brest
Antuan Byalik	Jeff Browne	Gordon Weeks Jr.	Kevin Hutchinson
Lev Feygelson	Clint Lafrance	Gordon Weeks III.	Zach Hudnall
			Ryan Salnoske

LEADERSHIP TEAM

D.E.L.T.A Force	S.W.A.T.	S.W.A.T. Cont.	S.T.O.R.M.	S.T.O.R.M. Cont.
Matthew Abeyounis	Justin Brooks	Richard Hudnall	Carter-Gage Malpass	Stephanie Adams
Jeff Browne	Antuan Byalik	Clint Lafrance	Antjuan Walker	Jessica Myers
S.W.A.T. II	Bob Brest	Zach Hudnall	Emmanuel Feygelson	Kevin Hutchinson
Jason Gargaro	Gordon Weeks	Lev Feygelson		
	Brittany Browne	Vanessa Menendez		

Black Belt Principles

What is a Black Belt? It is not the obi you tie around your waist. A Black Belt is a person who has put the time and effort to learn Karate-do. Being a Black Belt is more than just knowing how to kick, punch, and block. A Black Belt is a person who of good character who lives by a set of principles. We call these the Black Belt Principles:

MODESTY: Being proud of your accomplishments but not boastful. Able to do well but not act superior to others.

COURTESY: Having respect for other people's feelings. Helping someone out, not laughing at other's mistakes, being polite, and not being a pest.

INTEGRITY: Being a person that others can trust, rely on, and count on at all times. Be Honest and truthful.

PERSEVERANCE: To keep on going even when you fell like quitting, to keep on trying to do your best.

SELF-CONTROL: Having the courage to walk away from someone who is trying to make you lose your temper, but also not doing anything that is unhealthy for you.

INDOMITABLE SPIRIT: Not discouraged or defeated easily. Willing to say, "I know I can". Having the spirit, courage and determination meeting new challenges head on.

We have all set "becoming a Black Belt" as one of our goals. To become a Black Belt, you must now start following the Black Belt Principles. These principles will not magically become part of you when your black obi is tied on you. You have to work now on following these principles. Make the Black Belt Principles a part of you and your life. Work on following these principles in the Dojo, at home, at school, and everywhere you go. The Black Belt Principles will make you stand out and get noticed!

You do not get a black belt. You become a Black Belt. Follow the Black Belt Principles and you will reach your goal of becoming a Black Belt!

