



DOJO NEWS

<http://www.ScottHayesKarate.com>

January 2004

<http://www.usashorinryu.org>

Happy New Year! 2003 was a very exciting year. This year can be even better! Leadership and BBC meetings start the month. Winter Camp is at the end of February, and the Mini-Camp is in March! The year is new so if you have any ideas for any events or activities, please let us know.

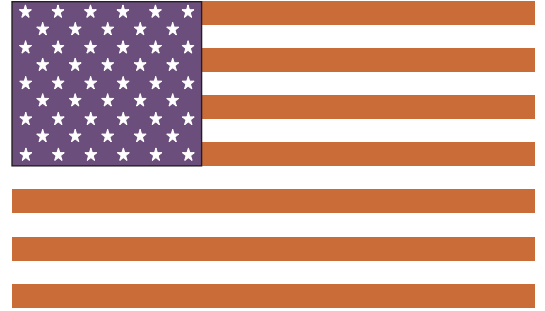
Winter Camp is February 27-29th in Virginia Beach. This is a great camp with fantastic training. This is our Karate Association's BIGGEST CAMP. Dojos from Bermuda, Canada, and the U.S. will be coming to Virginia Beach to train and test. Brittany Browne will be testing for Shodan, and Antuan Byalik and Richard Hudnall will be testing for Shodan-Ho. Come and support your fellow students as they test. Instructors at the camp will be Shihan Scott, Renshi Tucker, Renshi Roberts, Renshi Owens, Shihan Dai Joe Niemiec, and Sensei Heidi. We also have a special guest instructor returning this year. 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!

Mega Mini-Camp starts Friday March 19 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.

Tell your friends about the Dojo. Get your friends into karate and you both can have fun. You can help the Dojo grow. YOU are the BEST source for getting new people to join! Talk to your fiends, co-workers, or anyone you know. Look for information on our Bring-A-Friend Program.

Students of the Month

Little Dragons - Trevor Trippett
Dragons - Jake Lafrance
Teens - TBA



Schedule

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

January 2

Leadership Team 7:15

January 9

Black Belt Club 7:15 - 10 PM

January 11

Association Test in Altivista

February 6th

Leadership Team 7:15

February 13th

Black Belt Club 7:15

February 27 - 29

DOJO CLOSED

NO CLASSES

February 27 - 29

Winter Camp
Virginia Beach

Are You Going?

March 5

Leadership Team 8:00

March 12

Black Belt Club 8:00

March 19-21

Mini-Camp

Starts Friday at 6 PM

March 20th

Association Test

March 25

Belt Presentation

Let Black Belt Be Your Goal

BIRTHDAYS

December

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

January

Antuan Byalik 1/9
Hunter Schmitz 1/14
Clarence Nguyen 1/26

February

Ann Myers 2/13
Aaron Stamps 2/17
Alan Dekhanov 2/23



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

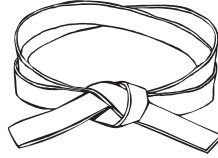
Have your birthday party at the Dojo. These parties are very flexible and we can easily accommodate your birthday wishes. Talk to Shihan Scott or the front office, and we'll do our best to be sure this birthday party is one you won't soon forget.

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!

Logan

WELCOME TO THE DOJO!



BELT TESTS DECEMBER PROMOTIONS

Antuan Byalik - Junior Black Belt 4
Lev Feygelson - Junior Black Belt 3
Will Leet - Shodan-Ho
Richard Hudnall - Ikkyu Brown Belt
Bob Brest - Roku Green Belt
Clint Lafrance - Roku Green Belt
Zach Hudnall - Roku Green Belt
Stephanie Adams - Dragon Green Belt 1
Jake Lafrance - Dragon Blue Belt 3
Kevin Hutchinson - Dragon Blue Belt 3
Jessica Myers - Dragon Blue Belt 3
Ryan Salnoske - Hachikyu Blue Belt
Vanessa Menendez - Hachikyu Blue Belt
Hunter Schmitz - Dragon Purple + White Belt
Mason Lenard - Dragon Purple + White Belt

Nancy Brest - Kukyu Purple Belt
Kathy Adams - Kukyu Purple Belt
Anne Myers - Kukyu Purple Belt
Anita Lenard - Kukyu Purple Belt
Max Devine - Kukyu Purple Belt
Clarence Nguyen - Dragon Gold Belt
Aaron Stamp - Dragon Gold Belt
Tervor Trippet - Dragon Gold Belt
Ethan Berry - Dragon Gold Belt
Demetri Workman - Dragon Gold Belt
Alexis Crouch - Dragon Gold Belt
Eric Workman - Dragon Gold White Belt
Tyler Gregg - Dragon Gold + White Belt
Alexis Myers - Dragon Gold + White Belt

BLACK BELT CLUB

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

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		

Pushing the Bubble

It was near the end of class. Sensei was running a hard class. Very little rest, just enough time to keep the gi on. Sensei was working basics today and the class was doing a lot of repetitions. Everyone was sweating, everyone was tired. Sensei kept pushing. He wanted more kicks. "Higher and stronger! Good 4 count kicks" Sensei shouted over the class's kiai. Sensei kept class working right up to the time to bow the next class in.

After saying the pledge, one of the students asked Sensei a question: "Sensei, why did we do so much basics? We know how to kick, punch, and block. Why did we do so much Sensei?"

Sensei answered, "I was pushing your bubble. That means I was working you hard to see how far I could make you go. I wanted to push you to your limits to see if you were willing to take the next step and go beyond your limits. Anyone can do karate and look good when they are rested and fresh. What matters, is how is their karate when they are tired, sore, injured, or at some disadvantage."

"Most people start slacking when they get tired or sore. They stop giving their best and try to get by with the bare minimum that they think will do. As students of Karate-Do, myself included, we strive to keep giving our best until we can't give anything else. When we get tired, we should focus on technique, give proper chambers on the kicks, sit down in the stances, and give proper speed and power on every technique."

"When I tell you to get your kicks up, or to get stronger or faster, I'm not being heartless and cruel. I'm making you push yourselves harder and more than you would do just by yourselves."

"I call your limits your bubble. I'm making you reach beyond your limits. Reaching beyond your limits is called Pushing Your Bubble. You grow when you reach beyond your limits. Over time you will learn to push your own limits and realize that there is so much more that you can do."

"As Sensei it is my duty to train you to be the best Black Belts that you can be. It is your duty as my students to train to the best of your ability. And, I will help you train to the best of your ability."

Winners Never Quit!

