



DOJO NEWS

<http://www.ScottHayesKarate.com>

March 2004

<http://www.usashorinryu.org>

March is here. Spring is around the corner. February was a busy month with Winter Camp finishing things off. The next few months will be very interesting, so keep your eyes out.

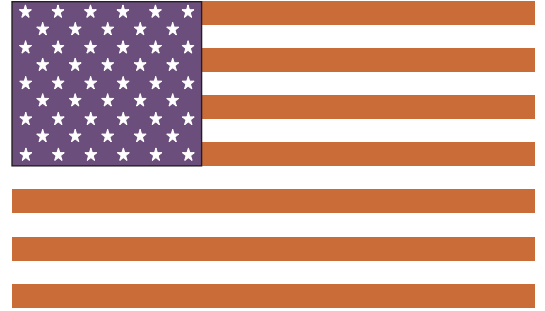
Congratulations Brittany Browne! Brittany earned her Shodan, 1st Degree Black belt at Winter Camp. Brittany, along with four other women and three teenage boys had the times of their lives testing at Winter Camp. (Just for the record that was 5 females and 3 males). Be sure to give Brittany a pat, a gentle pat, on the back.

Winter Camp was OUTSTANDING! Congratulations to everyone. At Winter Camp Brittany Browne earned her Shodan, and Antuan Byalik and Richard Hudnall earned their Shodan-Ho. The Dojo was well represented both in numbers and in behavior. Mrs. Nancy saved us all from a bad dinner by finding a much better restaurant for use to eat at on REAL short notice. Thanks Nancy! Thank you all. Parents, I want to give you a very special THANK YOU for your support and the support of your families.

Mega Mini-Camps! Yes that's right CAMPS! We are having two camps this month. One for the Dragons and Little Dragons, and one for the Teens and Adults. The Dragon and Little Dragon Mini-Camp will start Friday March 12 at 6 PM. The Teen and Adult Mini-Camp will start 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 March 20. If you are testing, be sure to be at the Dojo by 6:50 or sleep over at the Dojo Friday night.

Students of the Month

Little Dragons - TBA
Dragons - TBA
Teens - TBA



Schedule

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

March 5

Leadership Team 7:30
Black Belt Club 7:30

March 12 - 13 - 14

**Mini-Camp
Dragons and Little Dragons
Starts Friday at 6 PM**

March 19-21

**Mini-Camp
Teens and Adults
Starts Friday at 6 PM**

March 20th

Association Test

March 25

Belt Presentation

April 2

Leadership Team 8:00

April 9

Black Belt Club 8:00

May 7

Leadership Team 8:00

May 14

Black Belt Club 8:00

Summer Camp TBA Summer

No Whiners Camp TBA Summer

Let Black Belt Be Your Goal

BIRTHDAYS

March

Trevor Tippett 3/3
 Lissy Menendez 3/3
 Alexis Couch 3/5
 Mason Leonard 3/8
 Adam Stien 3/12
 Alexander Allen 3/18
 Steve Bateman 3/31



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!

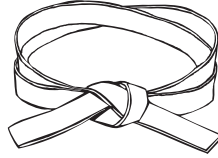
The Dojo wants your friends! Tell your friends about the Dojo. Tell them how much you like doing karate. Bring your friends to the Dojo. Go to the front desk and ask for a week pass for your friend!

Emmit Necaise
 Trevor Janson

Bryce Cogdell
 Britini Cogdell

Christopher Jackson
 Jamie Bourgeois

WELCOME TO THE DOJO!



BELT TESTS

WINTER CAMP PROMOTIONS

Brittany Browne - Shodan
 Antuan Byalik - Shodan-Ho
 Richard Hudnall - Shodan-Ho
 Bob Brest - Gokyu Green Belt
 Stephanie Adams - Dragon Green 2
 Michelle Washington - Rokukyu Green Belt
 Jake Lafrance - Dragon Green 1
 Kevin Hutchinson - Dragon Green 1
 Nancy Brest - Hachikyu Blue Belt

BLACK BELT CLUB

Justin Brooks
 Jason Gargaro
 Matthew Abeyounis
 Antuan Byalik
 Lev Feygelson
 Emmanuel Feygelson

Richard Hudnall
 Antjuan Walker
 Jeff Browne
 Clint Lafrance
 Jake Lafrance

Stephanie Adams
 Jessica Myers
 Gordon Weeks Jr.
 Gordon Weeks III.
 Brittany Browne

Alex Browne
 Bob Brest
 Kevin Hutchinson
 Zach Hudnall
 Ryan Salnoske
 Max Devine

LEADERSHIP TEAM

D.E.L.T.A Force
 Matthew Abeyounis
 Jeff Browne
S.W.A.T. II
 Jason Gargaro

S.W.A.T.
 Justin Brooks
 Antuan Byalik
 Bob Brest
 Gordon Weeks
 Brittany Browne

S.W.A.T. Cont.
 Richard Hudnall
 Clint Lafrance
 Zach Hudnall
 Lev Feygelson
 Vanessa Menendez

S.T.O.R.M.
 Carter-Gage Malpass
 Antjuan Walker
 Emmanuel Feygelson
 Stephanie Adams
 Jessica Myers

S.T.O.R.M. Cont.
 Kevin Hutchinson
 Alex Browne
 Jake LaFrance
 Max Devine

SENSEI'S CORNER

Public concern is increasing regarding the tragedy of missing children. Not all missing children are runaways; some children just seem to vanish without a trace. We cannot always be with our children, so we must count on their intelligence and good judgment to protect them. At our school, we teach children to be alert to the world. We give them knowledge to cope with the times they may find themselves in danger. We don't necessarily expect our eight-year-old martial artists to defend themselves against adult attackers, but through martial arts training, children can learn to greatly reduce their risks for becoming victims.

It is important that children learn how to spot dangerous people and the lures they may use to entice them. Child abductors seek easy targets, and children who appear alert are less likely to become victims. Predators look for children who walk to school alone, take short-cuts, or seem to be alienated from other children. Quite often they watch playgrounds and observe children's play habits. Alert your children to avoid the dangers of vacant lots, alleyways, etc., on their route to and from school.

Martial arts is one of the best activities to increase your child's confidence and self-esteem. These important characteristics will identify your child as alert, ready, and not an easy target. Self-defense is a skill that goes well beyond kicks and punches. Children should be aware of the dangers, not afraid. Martial arts can help achieve that goal.

As important as martial arts training is, you also must take an active role in protecting your children. Set aside a time to talk to your children about dangerous people and strangers. Gear the talk to your children's level of understanding. Be straightforward without frightening the sensitive child.

Be willing to talk and listen to anything your children may want to report. Never underestimate their fears or concerns. Children should trust their feelings and know that you are always concerned for their safety. Explain who a stranger is. Children should never enter a stranger's home, get into a stranger's car, or take gifts from a stranger. Explain when a child has the right to say NO to an adult. Be aware of anyone who pays an unusual amount of attention to your children. Listen to your children if they do not want to be left alone with someone. Ask them to tell you about anyone who asks them to keep a secret or about any new adults they meet.

Be sure your children know what to do if you are separated while shopping. They should not look for you: they should go to the nearest clerk and ask for help! Be cautious when you select someone to care for your children. Meet them and check their references. If children must be left alone, explain the proper way to answer the telephone and the door. Teach your children their full name and yours, phone number with area code, and address and zip code. They should know how to make local and long distance calls; use a pay phone; call home and law enforcement departments; and dial "0" for operator or 911 in an emergency (if applicable). Mentally note the clothes your children wear EVERY DAY. Avoid putting names visibly on clothing or belongings. Know where your children are at all times. Never leave them unattended in a public place, car, or store. Children should play in supervised areas only. As a family, choose a secret code word.

Instruct your children never to go with anyone who does not know the code word. Stress that the word is a secret. Change it frequently. Ask the school or day care center to notify you immediately if your children are absent. Inform them of the people authorized to pick up your children. Have the same person pick up your child every day if possible. Encourage your children to use the buddy system. Advise them what to do if a stranger follows or approaches them. Get to know neighbors and establish "safe homes" where children can go for help. With martial arts training and good parental education, we can greatly reduce the risk of your child being abducted. But unfortunately, nothing is a guarantee. That is why it is important for you to be prepared in case your child is ever missing.

Keep current files on your children. Include recent photographs (update four times a year for children under two), physical description, information about outside activities (for example teams with contact names, music teacher's telephone number, etc.), and friends, names, addresses, and phone numbers. Obtain a set of footprints and fingerprints through local law enforcement or qualified professionals. Maintain dental or medical records.

The saying "An ounce of prevention is worth a pound of cure" certainly applies here. Prepare your children at home, and through their martial arts training, to avoid being victimized.

