



DOJO NEWS

<http://www.ScottHayesKarate.com>

November 2003

<http://www.usashorinryu.org>

Fall is a time of harvest. A time to bring together all the things you have worked hard on. Thanksgiving is this month. Take a few moments and think about what you are thankful for. As your Sensei, I am thankful for each of my students and their supportive family.

Check the Calendar, the Fall is a busy season. The holidays are fast approaching. Please note the Dojo will be closed Thanksgiving day.

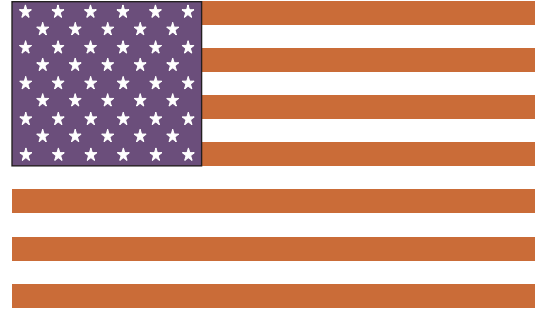
Our impromptu Weapons Camp in October was great. Sensei Heidi Inman from Altavista Virginia brought two of her students. We all enjoyed 19 hours of weapons training over the weekend. We covered the Bo, Sai, Tonfa, Nunchaku, and Eku. Congratulations to everyone who attended, you worked very hard and did a great job.

The weapon spirit continues in November. On Saturday November 15th there will be a Weapon Workshop starting a 1 PM. The workshop will have two parts: a taiso session and a kata session. The taiso session will be from 1PM to 3 PM. The kata session will be from 3 PM to 5 PM and 6 PM to 8 PM. Each session is \$10.

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.

Students of the Month

Little Dragons - Hunter Schmitz
Dragons - Jessica Myers
Teens - Vanessa Menendez



Schedule

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

November 1st

Halloween Party 6-8 PM

November 7th

Leadership Team 7:15 PM

November 14th

Black Belt Club Class 7:15 PM

November 15

Weapons Workshop 1 PM

November 21 - 23

Weapons Camp - Canada
DOJO CLOSED

November 27th

Thanksgiving
Dojo Closed

December 5th

Leadership Team 7:15 PM
Black Belt Club Class 7:15 PM

December 12-14

December Mini-Camp

December 18

Belt Presentation

February 27 - 29

Winter Camp
Virginia Beach



Happy
Thanksgiving

Let Black Belt Be Your Goal

BIRTHDAYS

October

Emmanuel Feygelson 10/9
Jade Arjoon 10/11

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



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!

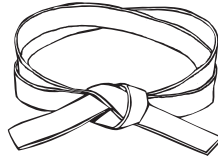
Alex Menendez
Alexis Couch

Clarence Nguyen
Jeremiah Gaulding

Lissy Menendez
Philip Burke

Todd Brown

WELCOME TO THE DOJO!



Brittany Browne - Shodan-Ho
Antuan Byalik - Junior Black Belt 3
Carter-Gage Malpass - Junior Black Belt 2
Lev Feygelson - Junior Black Belt 2
Richard Hudnall - Nikyu Brown Belt
Alex Browne - Dragon Brown Belt 1
Antjuan Walker - Dragon Brown Belt 1
Bob Brest - Nanahikyu Blue Belt
Clint Lafrance - Nanahikyu Blue Belt
Zach Hudnall - Nanahikyu Blue Belt
Stephanie Adams - Dragon Blue Belt 3
Jake Lafrance - Dragon Blue Belt 2
Kevin Hutchinson - Dragon Blue Belt 2
Jessica Myers - Dragon Purple Belt 2
Myrinda Stencil - Dragon Purple Belt

BELT TESTS OCTOBER PROMOTIONS

Ryan Salnoske - Kukyu Purple Belt
Vanessa Menendez - Kukyu Purple Belt
Mason Lenard - Dragon Orange
Nancy Brest - Jukyu Orange Belt
Mary Hudnall - Jukyu Orange Belt
Kathy Adams - Jukyu Orange Belt
Anne Myers - Jukyu Orange Belt
Anita Lenard - Jukyu Orange Belt
Max Devine - Jukyu Orange Belt
Marriana Vinh - Mukyu Gold Belt
Victor Vinh - Mukyu Gold Belt
Tervor Trippet - Dragon Gold + White Belt
Ethan Berry - Dragon Gold + White Belt
Demetri Workman - Dragon Gold + White Belt
Eric Workman - Dragon Gold + White Belt

KOBUDO PROMOTIONS

Will Leet - Ikkyu Brown Belt
Bob Brest - Sankyu Brown Belt
Stephanie Adams - Nanakyu Blue Belt

Nancy Brest - Jukyu Orange Belt
Kathy Adams - Jukyu Orange 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

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

S.W.A.T. Cont.
Bob Brest
Gordon Weeks
Brittany Browne
Richard Hudnall

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

S.T.O.R.M.
Carter-Gage Malpass
Antjuan Walker

SENSEI'S CORNER

A long time ago in Japan there lived this great Karate Master. Over his life he taught many students the art of Karate-do. He lived alone near the mountains away from the fast-paced life of the cities.

One day two young men came to his gate seeking to become his students. He invited them to have tea as they enjoyed the sunset. After tea was over the Master told the young men that before they could become his students, he had a task they must complete.

He took them outside and showed the young men two barrels and some buckets. He pointed to a well a little way off and said that each of them needed to fill one barrel by themselves before they could become his student. They would have until sunrise to complete the task.

The young men thought this was simple and started to fill the barrels. They made the long walk to the well and back. They poured the water into the barrels and started back again. However, when they returned all the water had leaked out of the barrels! They checked the barrels only to discover that the barrels did not have a bottom. No matter how fast they made the trip to the well and back, too much water leaked out.

At sunrise the master came out and looked to see what the young men had done over the long night. "The barrels are not full," the master said. "How can we fill them the barrels have no bottom!" One student shouted back. "Oh I see," said the master. "I understand. Go to the other side of the house. There are buckets and barrels with bottoms there. You have until sunset to fill them."

The young men ran to the other side to get started. The first one shouts, "Oh no! How can we do this! The buckets have no bottom!" The other young man said that he was going to try and started off with one of the buckets. The first one gives up and walks home.

The young man tries using his hands to keep the water in the bucket, but most of the water drains out. When he gets back to the barrel, only a single drop of water remains in the bucket. He watches the drop of water go into the barrel. "Before the barrel was empty. Now there is a drop of water in it. I can do this!" He hurries back and forth to the well making many, many trips.

Just as the sun is setting he watches the last drop of water go into the barrel. The Master says, "Well done young man. I accept you as my student. You did not quit when you discovered that the task was harder than you first thought. You discovered a way to do it and did not complain. Now I know you will not quit your training when the training gets tough and hard. Come, let's have some tea and enjoy the evening. Training starts in the morning!"

Which one are you?



