



DOJO NEWS

<http://www.ScottHayesKarate.com>

April 2003

<http://www.usashorinryu.org>

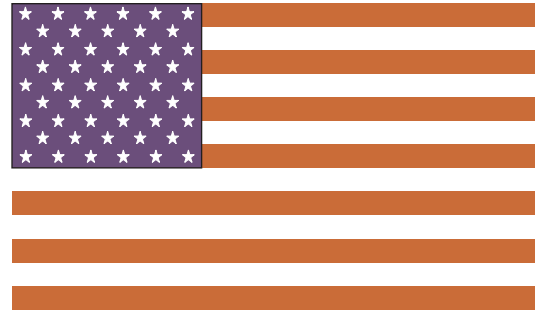
Spring is here to stay. Mini-Camp is over and new ranks and belts have been handed out. It's time to start a new cycle. Look for the special events this month. If you have an idea for an event, just let Shihan Scott know, or talk to any BBC or Leadership team member.

Mini-Camp was a great success. Everyone had a great time. We all worked hard and learned a lot. All twenty seven students survived the 25 hours of training. We had to be creative using our space. There were times when we ran out of mat space. The camp went over a lot of material. We covered elbow drills, chopping drills, kata, bunkai, and basics. The mini camp also included our association test on Saturday. Sensei Matthew and Sensei Jeff did a great job leading the run part of the test. Everyone did a great job. Even the tow truck company left our cars in the parking lot this time.

Renishi Tucker paid the Dojo a brief visit after Winter Camp. He is coming back in May for a while and wants to attend our No Whiners Camp this summer! We look forward to seeing him again and having some fun and exciting training times.

Sensei's Challenge is back! Friday June 13th! Sensei will be holding his Challenge. This is a select event where Sensei personally invites selected students to attend a special night of training. This is a very intense night of training. The time of the Challenge is not set in stone yet. It may run longer or continue over night. It is still two months away so I have plenty of time to get things together. Oh just a note and a reminder. Sensei's Challenge will be on **FRIDAY the 13th**.

BBC and Leadership Team Camp. I am also planing a camp for just the Black Belt Club members and the members of the Leadership Team. This will likely be a weekend event with overnight sleepovers Friday and Saturday night. The details will be worked out at the next Leadership Team class and the next Black Belt Club Class.



Schedule

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

April 4th

Leadership Team Class 8 PM

April 11th

Black Belt Club Class 8 PM

May 2nd

Leadership Team Class 8 PM

May 9th

Black Belt Club Class 8 PM

June 6th

Leadership Team Class 8 PM

June 13th

Sensei's Challenge

7:30 - 9:30 PM ?

June 20th

Black Belt Club Class 8 PM

June 21st

Association Test

No Regular Classes

July 2nd - July 6th

NAKSA Summer Camp

Canada

Let Black Belt Be Your Goal

BIRTHDAYS

March

Samatha Stradford 3/8

Steven Bateman 3/31

April

Venessa Menendez 4/12

Tristian Morris-Mann 4/19

May

Nick Harvey 5/5

Kyoshi 5/7

Dale Nichols 5/22

Adele DeWysocki 5/24

Lucy Trishman 5/26

Brittany Browne 5/31



See Sensei Jodi at 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

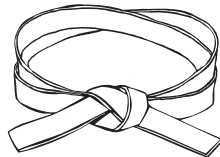
Have your birthday party at the Dojo. These parties are very flexible and we can easily accommodate your birthday wishes. Talk to Shihan Scott or Sensei Jodi and we'll do our best to be sure this birthday party is one you won't soon forget.

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!

Robert Menendez

WELCOME TO THE DOJO!



BELT TESTS

MARCH PROMOTIONS

Antuan Byalik - Junior Black Belt 1

Carter-Gage Malpass - Junior Black Belt 1

Lev Feygelson - Dragon Brown Belt 3

Brittany Browne - Nikyu Brown Belt

Will Leet - Nikyu Brown Belt

Brandon Engle - Yonjyu Green Belt

Shaun Brest - Gokyu Green Belt

Richard Hudnall - Gokyu Green Belt

Alex Browne - Dragon Green Belt 2

Emmanuel Feygelson - Dragon Green Belt 2

Antjuan Walker - Dragon Green Belt 2

Cheryl Browne - Rokyu Green Belt

Carol Scovitti - Rokyu Green Belt

Alexander Allen - Dragon Green Belt 1

David Snell - Nanakyu Blue Belt

Michelle Washington - Hachikyu Blue Belt

Gordon Weeks III - Dragon Blue Belt

Bob Brest - Kukyu Purple Belt

Gordon Weeks II - Kukyu Purple Belt

Steven Bateman - Kukyu Purple Belt

Garrett Souvleski - Kukyu Purple Belt

Clint Lafrance - Dragon Purple Belt

Jake Lafrance - Dragon Purple Belt

Stephanie Adams - Dragon Purple Belt

Alen Deknov - Dragon Purple + White Belt

Jessica Myers - Dragon Orange Belt

Zach Hudnall - Dragon Orange Belt

Kevin Hutchinson - Dragon Orange Belt

Myrinda Stencil - Dragon Orange Belt

Paige McLean - Dragon Orange Belt

Dalton Baker - Dragon Orange + White Belt

Ryan Salnoske - Mykyu Gold Belt

Mason Leonard - Dragon Gold Belt

Tristin Morris-Mann - Dragon Gold Belt

BLACK BELT CLUB

Ed Sullivan

Jodi Sullivan

Chris Sullivan

Jason Gargaro

Matthieu Sullivan

Matthew Abeyounis

Antuan Baylik

Lev Feygelson

Emmanuel Feygelson

Brandon Engle

Shaun Brest

David Snell

Richard Hudnall

Antjuan Walker

Jeff Browne

Clint Lafrance

Jake Lafrance

Stephanie Adams

Jessica Myers

Brittany Browne

Alex Browne

Bob Brest

LEADERSHIP TEAM

D.E.L.T.A Force

Ed Sullivan

Jodi Sullivan

S.W.A.T. II

Jason Gargaro

Matthew Abeyounis

Jeff Browne

S.W.A.T.

Jack Guthrie

Shaun Brest

David Snell

S.T.O.R.M.

Antuan Baylik

Brittany Browne

Lev Feygelson

Carter-Gage Malpass

Chris Sullivan

Matthieu Sullivan

Brandon Engle

Colton Guthrie

Richard Hudnall

Antjuan Walker



TOURNAMENT INFO

Tournament Class: 1 PM Saturday

NFK Tournament April 29, Richmond

More Traditions in the Martial Arts and in the Dojo

A tradition is a custom, behavior, action, belief, legend, or saying that is passed from the older generation to the younger generation. In the Dojo traditions are passed from the Sensei and the Senpai down to the Kohai. As your Sensei, it is my responsibility to pass these to you. It is the responsibility of the senior students, the Senpai, to help you with these.

Seiza: Seiza is a formal way to sit. In Japan and Okinawa children start sitting in seiza at an early age. In our western culture, we use a crossed leg sitting posture. For the Japanese and Okinawans, the crossed leg sitting posture is to informal. When sitting in seiza you are sitting on your legs so that from the instep of the foot is flat on the ground. Your knees are about one to two fists wide. Your back is straight. You make a circle with your thumb and forefinger and place them on the knees in a relaxed way.

Closing Ceremony: The closing ceremony uses a formal bow from seiza. During the closing ceremony, the sensei and the dai senpai will issue commands. The dai senpai is the highest ranking student taking class.

1. Sensei will call the class to attention and then to sit in seiza
2. Dai senpai will say: MOKUSO! Quiet meditation. Close your eyes, & be quiet.
3. Dai senpai will say: MOKUSO Owari! Meditation over. Open your eyes
4. Dai senpai will say: SHOMEN NI REI! Bow to the front of the dojo.
5. Dai senpai will say: SENSEI! The sensei will turn around to face class.
6. Dai senpai will say: SENSEI NI REI! Bow to the sensei.
7. While down in the bow you say: DOMO ARIGATO GOZAIMAUS!
8. The sensei will say: DOITSHIMASHITE! Then you rise from the bow.
9. The sensei will say: Ends turn in. Turn your body a little to face the middle of the mat.
10. The sensei will say: OTAIGAI NI REI! Bow to each other.
11. The sensei will say: TATE! Stand up.

When bowing from seiza you put your left hand down on the floor first. Then you put your right hand down touching the thumbs and forefingers. Then you bow. Then you bring the right hand back to the right knee. Then you bring the left and back to the left knee.

MOKUSO: Quiet meditation. Mukuso is a time to quiet the mind and the emotions at the beginning of class as well as at the end of class. At the beginning of class you are leaving behind your worries and problems of the day. At the end of class you are calming down getting ready to go home. Class has pumped you up. You want to be able to react properly outside the dojo. During Mokuso, slow your breathing down. Relax. Calm your mind.

