



Dojo News

<http://www.ScottHayesKarate.com>

April 2005

<http://www.usashorinryu.org>

WOW! The past few months have been real busy. Winter Camp followed by the Adult Camp and then the March testing and promotions kept everyone moving. Great Job everyone! April will be a fun month leading to the May No Whiners Camp. Check the calendar to see what is coming up.

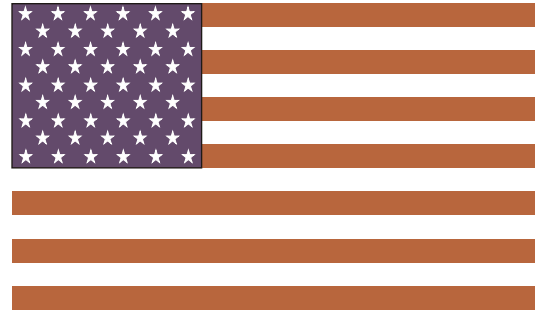
Congratulations to everyone! We promoted 71 students this month. I want to thank the students that worked hard to earn their new rank or stripe. It takes a lot of time and hard work to earn new ranks. Keep up the hard work. I want to thank all of the parents for supporting their children's efforts. Your children's success is due to your support! I want to thank everyone for helping our belt presentation run very smoothly. Special Thanks to: Nancy for reminding me to order the belts early; and to Jason Kriner who spent almost 8 hours helping me with the certificates and new attendance cards!

The Dragon and Little Dragon Mini-camp will be April 22-23-24 The camp runs Friday night 6 PM to 10 PM, Saturday 9 AM to 10 PM, and Sunday 9 AM to Noon. There will be a sleep over Saturday night.

The forth annual *No Whiner's Camp* is Friday May 20th through Sunday May 22nd at the Holiday Trav-L Park in Virginia Beach. The NWC is a weekend filled with lots of hard work and training. The camp is growing. Last year Shihan-Dai Heidi brought students to this camp. I expect more participants from other dojos this year. Get your applications in early to reserve your spot. Little Dragons and Dragons need Sensei Scott's permission to attend NWC.

Students of the Month

Little Dragons - TBA
Dragons - Joey Link
Teens - Antuan Byalik



Schedule

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

April 1

Leadership Team 8 PM

April 8

BBC 8 PM

April 22-23-24

Little Dragon &
Dragon Mini-Camp

May 6

Leadership Team 8 PM

May 13

BBC 8 PM

May 7

Kyoshi's Birthday

May 13

BBC 8 PM

May 20-21-22

No Whiners Camp

May 30

Memorial Day
Dojo CLOSED

August 10-11-12-13-14

NASKA
SUMMER CAMP

November 18-19-20

NASKA
WEAPONS CAMP

Let Black Belt Be Your Goal

Birthdays

April

Michael Harvey 4/2
 Kody Bishop 4/2
 Joshua Gilbert 4/11
 Vanessa Menendez 4/12
 Will Leet 4/12
 Cheyenne Ward 4/15
 Kristin Nealy 4/16
 Trip Gilmore 4/18
 Travis Brummert 4/24

May

Kyoshi 5/7
 Aaron Parsons 5/7
 Nancy Brest 5/9
 Tracy Adams 5/13
 Colin Nealy 5/14
 Jamie Bourgeois 5/18
 Matthew Daniel 5/21
 Eric Workman 5/22
 Ingrid Fourier 5/31
 Brittany Browne 5/31



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 – Welcome to the Dojo!

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!

Joshua Gilbert
 Ekaterina Shurkov

Heather McVay
 Virginia McVay

Daniel Smith
 Rebecca Shannon

Jack Byant
 Marc Byant

March Promotions

Scott Hayes – Godan
 Shaun Brest - Shodan
 Antjuan Walker - Junior Black Belt 2
 Stephanie Adams - Junior Black Belt 2
 Bob Brest - Shodan-Ho
 Jake LaFrance - Junior Brown Belt 3
 Alex Browne - Junior Brown Belt 3
 Clint LaFrance - NIKYU Brown Belt
 Steven Bateman - NIKYU Brown Belt
 Cheyenne Ward - Junior Brown Belt 2
 Kevin Hutchinson - Sankyu Brown Belt
 Nancy Brest - Sankyu Brown Belt
 Kathy Adams - Yonkyu Green Belt
 Hunter Schmitz - Junior Green Belt 2
 Kayla Rupp - Rokukyu Green Belt
 Glen Stamps - Rokukyu Green Belt
 Catlin Wallace - Rokukyu Green Belt
 Emmit Ncaise - Junior Blue Belt 3
 Rabecca Harbin - Nanakyu Blue Belt
 Jacob Stien - Junior Blue Belt 3
 Aaron Stamp - Junior Blue Belt 3
 Michael Pratt - Junior Blue Belt 2
 Connor McCarthy-Cruse - Junior Blue Belt 2
 Victoria McCarthy-Cruse - Junior Blue Belt 2
 Jamie Bourgeois - Junior Blue Belt 2
 Daniel Fournier - Junior Blue Belt 1
 Shelby Pantel - Junior Blue Belt 1
 Ingrid Fournier - KUKYU Purple Belt
 Trevor Tippet - Junior Purple Belt
 Joseoh Pritchard - Junior Purple Belt
 Tyler Mueller - Junior Purple Belt
 Roland Hautsch - KUKYU Purple Belt
 CW Wood - Junior Purple + White Belt
 Jeremiah Gauding - Junior Purple + White Belt
 Michael Harvey - JUKYU Orange Belt
 Aliason Moore - JUKYU Orange Belt 1 Stripe

Trevor Jansen - Junior Purple Belt
 Shawn Craig - JUKYU Orange Belt
 Joey Link - JUKYU Orange Belt
 Jared Johnson - JUKYU Orange Belt
 Richardo Flores - JUKYU Orange Belt
 Jessica Grimsley - JUKYU Orange Belt
 Jake Wertheimer - Junior Orange + White Belt
 William Hautsch - Junior Orange + White Belt
 Kody Bishop - Junior Gold Belt
 Tracy Adams - MUKYU Gold Belt
 Ian Wilderman - Junior Gold Belt
 Cecilia Montes - MUKYU Gold Belt
 Carter Gilmore - Junior Gold Belt
 Devin Lonberger - Junior Gold Belt
 Trip Gilmore - Junior Gold Belt
 Christopher Wertheimer - Junior Gold Belt
 Justin Boyd - Junior Gold Belt
 Meghan Boyd - Junior Gold Belt
 Kristin Nealy - MUKYU Gold Belt
 Megan Link - Junior Gold Belt
 Aaron Dunkailo - Junior White + Gold Belt
 Sergey Shurkov - Junior White + Gold Belt
 Adam Stein - Junior Gold + White Belt
 James Grenoble - Junior Gold + White Belt
 Daniel Smith - Junior Gold + White Belt
 Shayla Lonberger - Junior Gold + White Belt
 Drake Lonberger - Junior Gold + White Belt
 Tyler Dipersio - Junior Gold + White Belt
 Rebecca Shannon - White Belt 1 Stripe
 Bert Grenoble - White Belt 1 Stripe
 Ekaterina Shurkov - White Belt 1 Stripe
 Virginia McVay - White Belt 1 Stripe
 Marc Byant - White Belt 1 Stripe
 Nathan Brewer - White Belt 1 Stripe
 Travis Brummert - White Belt 1 Stripe
 Cameron Brewer - White Belt 1 Stripe

Black Belt Club

Matthew Abeyounis
 Antuan Byalik
 Lev Feygelson
 Emmanuel Feygelson
 Shaun Brest
 Richard Hudnall
 Antjuan Walker
 Jeff Browne

Clint LaFrance
 Jake LaFrance
 Stephanie Adams
 Jessica Myers
 Brittany Browne
 Alex Browne
 Bob Brest
 Kevin Hutchinson

Zach Hudnall
 Ryan Salnoske
 Max Devine
 Nancy Brest
 Hunter Schmitz
 Emmit Ncaise
 Jesse Harrison
 Cheyenne Ward

Kayla Rupp
 Caitlin Wallace
 Sebastian Brock
 Kathy Adams
 Shelby Pantel
 Joesph Pritchard
 Tyler Mueller

Leadership Team

D.E.L.T.A Force

Matthew Abeyounis
 Jeff Browne
 Brittany Browne
 Shaun Brest

S.W.A.T. II

Vanessa Menendez
 Bob Brest

S.W.A.T.

Antuan Byalik
 Richard Hudnall
 Clint LaFrance
 Zach Hudnall
 Lev Feygelson
 Glenn Stamps
 Sebastian Brock

S.T.O.R.M.

Antjuan Walker
 Emmanuel Feygelson
 Stephanie Adams
 Jessica Myers
 Kevin Hutchinson
 Alex Browne
 Jake LaFrance
 Max Devine
 Emmit Ncaise

S.T.O.R.M. cont.

Jacob Stein
 Jamie Bourgeois
 Trevor Tippet
 Trevor Jansen
 Connor McCarthy-Cruse
 Victoria McCarthy-Cruse
 Tyler Mueller
 Joseph Pritchard
 Cheyenne Ward
 Shelby Pantel

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!

