



Dojo News

<http://www.ScottHayesKarate.com>

April 2007

Welcome to April. The next few months will be busy with lots of events. Keep an eye on the calendar and the bulletin board.

Little Dragon and Dragon Mini Camp: The date for the Mini Camp has changed. The Mini Camp will now be **April 27-28-29**. The Mini Camp will run Friday night from 6 PM to 8 PM, Saturday from 9 AM to 9 PM, and Sunday from 9 AM to noon. There will be a sleep over Saturday night. Pizza will be served for dinner and breakfast sandwiches for breakfast. Please sign up on the sign up board.

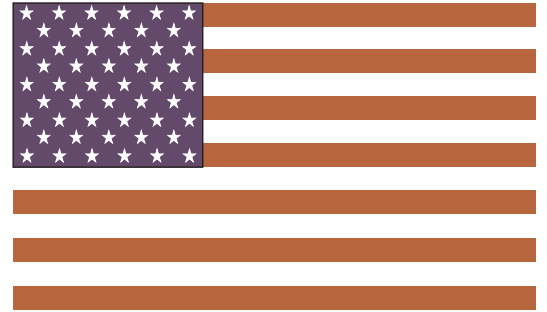
No Whiners Camp VI: The sixth annual No Whiners Camp will be May 18-19-20 in Virginia Beach. The NWC is held at a campground in Virginia Beach. We will be staying in cabins. Sensei envisions this camp as a karate boot camp but with better food. Students attending the camp will be pushed out of their comfort zones. The workouts are long and intense. All training is done outside. This is a tough camp. If you are interested in being considered for this camp, please talk to Sensei or Sensei Shaun. Parents, feel free to talk to Sensei to see if this camp is right for your child. This is a tough camp. It's called No Whiners Camp for a reason. Whiners will not be happy!

WATER: It's getting warmer! Be sure to drink water *before* class. It is important to drink plenty of water to help you train at your best. Remember, it takes about 30 minutes for the water you drink to do you any good, so drink water early!

Warwick Blvd construction may cause traffic delays. If you are running late, come in quietly. Get your card and wait by the edge of the mat to join class. It is important to come to class even if you are late.

Students of the Month

Little Dragons - Alyson Wandersee
Dragons - Meghan Boyd
Adult / Teens - Burt Grenoble



Schedule

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

April 6

Leadership Team 7:15

April 13

BBC 5:45

April 27-28-29

**Dragon & Little Dragon
Mini Camp**

Mar 4

Leadership Team 7:15

May 11

BBC 5:45

May 18-19-20

No Whiners Camp VI
DOJO CLOSED

May 26

Memorial Day Weekend
DOJO CLOSED

May 28

Memorial Day
DOJO CLOSED

June 1

Leadership Team 7:15

June 8

BBC 5:45

June 22-23-24

Teen & Adult
Mini Camp

June 28

Belt Presentation

Let Black Belt Be Your Goal



April

Michael Harvey 4/2
 Trip Gilmore 4/18
 Natalie Moore 4/20
 Sarah Wandersee 4/25
 Emily May 4/29

BIRTHDAY PARTIES

Have your birthday party at the Dojo. These parties are very flexible and we can easily accommodate your birthday wishes. Talk to Sensei 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!

Black Belt Club

Adults

Jeff Browne
 Bob Brest
 Nancy Brest
 Kathy Adams

Teens Cont.

Alex Browne
 Jamie Bourgeois
 Tyler Mueller
 Joesph Pritchard

Teens

Trip Gilmore
 Michael Adelson
 Carter Gilmore
 Demitry Workman
 Eric Workman
 Megan Link
 Meghan Boyd
 James Grenoble

Teens

Matthew Abeyounis
 Brittany Browne
 Antuan Byalik
 Richard Hudnall
 Lev Feygelson
 Shaun Brest
 Sebastian Brock
 Joey Prichard
 Caitlin Wallace
 Antjuan Walker
 Stephanie Adams
 Jake LaFrance

Dragons

Emmanuel Feygelson
 Hunter Schmitz
 Emmit Necaie
 Andrew Maeso
 Michael Pratt
 C.W. Wood
 Katie Carrubba
 Ian Wildeman

Dragons Cont.

Joey Link

Leadership Team

D.E.L.T.A Force

Matthew Abeyounis
 Jeff Browne
 Brittany Browne
 Shaun Brest
 Bob Brest
 Antuan Byalik
 Lev Feygelson

S.W.A.T. II

Sebastian Brock

S.W.A.T.

Antjuan Walker
 Emmanuel Feygelson
 Stephanie Adams
 Alex Browne
 Jake LaFrance
 Michael Harvey
 Steve Bateman
 Kathy Adams

S.T.O.R.M.

Emmit Necaie
 Jamie Bourgeois
 Hunter Schmitz
 Trevor Jansen
 Connor McCarthy-Cruse
 Victoria McCarthy-Cruse
 Tyler Mueller
 Shelby Pantel
 Andrew Maeso
 Catlin Wallace
 Ashley Wandersee
S.T.O.R.M. cont.

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

Trip Gilmore
 C.W. Wood
 Ian Wildemann
 Joey Link
 Sarah Wandersee
 Demitry Workman
 Katie Carubba
 Megan Boyd
 Magan Link
 Alison Moore
 Natalie Moore
 Carter Gilmore

Sensei's Corner

Teens

Natalie Moore - Nakakyu Green Belt
Allison Moore - Gokyu Green Belt
Tyler Mueller - Sankyu Purple Belt
Alex Browne - Shodan-Ho

Dragons

Paul Jennings - Junior Gold Belt
Nir Diskin - Junior Orange Belt
Madeline Wood - Junior Blue Belt 1
Alexander Bailey - Junior Blue Belt 1
Sean Wells - Junior Blue Belt 1
Benjamin Hancock - Junior Blue Belt 1
Frank May - Junior Blue Belt 2
Ann Marie May - Junior Blue Belt 2
Michael Adelson - Junior Blue Belt 3
Clarence Nguyen - Junior Green Belt 2
Carter Gilmore - Junior Green Belt 2
Megan Link - Junior Green Belt 2
Brandon Parks - Junior Green Belt 2
Collin Parks - Junior Green Belt 2
James Grenoble - Junior Green Belt 2
Ian Wildeman - Junior Green Belt 2
Sarah Wandersee - Junior Green Belt 3
Ashley Wandersee - Junior Green Belt 3
Katie Carrubba - Junior Green Belt 3
Meghan Boyd - Junior Green Belt 3
Trip Gilmore - Junior Purple Belt 1
CW Wood - Junior Purple Belt 2
Victoria McCarthy-Cruse - Junior Brown Belt 2
Andrew Maeso - Junior Black Belt 1

Little Dragons

Ethan Hancock - Junior Gold + White Belt
Jacob Crowson - Junior Gold + White Belt
Haley Hamblin - Junior Gold + White Belt
Mac Avery - Junior Gold Belt
Chaz Dalton - Junior Gold Belt
Surgey Shurkov - Junior Gold Belt
Josiah Farnsworth - Junior Gold Belt
Dhanyal Khan - Junior Orange + White Belt
Sarah Carrubba - Junior Orange + White Belt
Logan Scharer - Junior Orange + White Belt
Helen Grenoble - Junior Orange + White Belt
Robert Wolf - Junior Orange + White Belt
Cameron Saville - Junior Blue + White Belt
Alyson Wandersee - Junior Blue Belt 3
Justin Boyd - Junior Green Belt 3
Jeremiah Gauling - Junior Green Belt 3

Adults

Eric Wildemann - Hachikyu Blue Belt
Bert Grenoble - Rokukyu Green Belt
Michael Harvey - Gokyu Green Belt
Shawn Craig - Yonkyu Purple Belt
Roland Hautsch - Sankyu Purple Belt

Odds and In's

Shoes

The weather is getting better! Please remember that Sensei likes to go outside when the weather is nice. You should bring with you shoes that you can run and kick in.

Sparring Gear

The Dojo has limited sparring gear students may barrow for sparring class. Students should have their own set of sparring gloves by the time they are Orange belts. They should have their own sparring helmet by the time they are Blue belts. Don't forget the mouth pieces. Hey guys, groin protection is required so wear an athletic cup. Please remember to put your name or initials on ALL of your sparring gear. You can get all your sparring needs at the dojo.

