



Dojo News

<http://www.ScottHayesKarate.com>

April 2008

Spring is here, so warmer weather is on the way! August 14 - 17 the Okinawans are coming to Washington DC for a BIG Summer Camp. The last time Nakazato Sensei brought this many Okinawan 9th degree Black Belts was 1986! This is going to be a very busy Spring and Summer! Please check the calendar as well as the web site for events, this year is going to be busy!

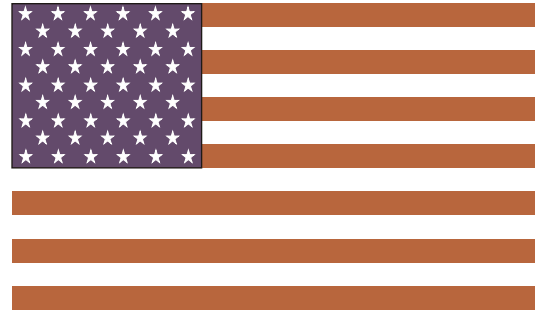
Little Dragon and Dragon Mini Camp: The Mini Camp will be **April 25-26**. The Mini Camp will run Friday night from 6 PM to 9 PM. Saturday from 9 AM to 5 PM. There will be a sleep over Friday night. Pizza will be served for dinner and breakfast sandwiches for breakfast. Please sign up on the sign up board.

No Whiners Camp VII: The seventh annual No Whiners Camp will be May 16-17-18 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 to get permission. 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!

Students of the Month

Little Dragons - Duan Claus
Dragons - Jacob Crowson
Adult / Teens - Jamie Bourgeois



Schedule

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

April 11

BBC 6:00 PM

April 11

Leadership Team 6:45 PM

April 25 - 26

Dragon and
Little Dragon Mini Camp

May 2

BBC 6:00 PM

May 2

Leadership Team 6:45 PM

May 16-17-18

No Whiners Camp
Virginia Beach

July 26

Jr. Brown Belt & Jr. Black Belt
Trip to Kyoshi Welch's Dojo

August 14 - 19 2008

**Okinawan Summer Camp
Washington DC**

Let Black Belt Be Your Goal



April

Ben Woessner4/6
Trip Gilmore 4/18
Logan Sauer4/24
Sarah Wandersee4/25

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

Dragons Cont.

Michael Adelson
Carter Gilmore
Demetry Workman
Eric Workman
Megan Link
Meghan Boyd
Ben Hancock
Jacob Crowson

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 Necaise
Andrew Maeso
Michael Pratt
C.W. Wood
Katie Carrubba
Ian Wildeman
Joey Link
Trip Gilmore

Little Dragons

Mac Avery

Leadership Team

D.E.L.T.A Force

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

S.W.A.T.

Antjuan Walker
Emmanuel Feygelson
Stephanie Adams
Alex Browne
Jake LaFrance
Steve Bateman
Kathy Adams
Jamie Bourgeois
Hunter Schmitz
Ashley Wandersee
Trip Gilmore
Shawn Craig

S.W.A.T. Cont.

Jessica Fuhs
Rosie McCollough
Joey Link
Sarah Wandersee
Demetry Workman
Katie Carubba
Megan Boyd
Andrew Maeso

S.T.O.R.M.

Trevor Jansen
Connor McCarthy-Cruse
Victoria McCarthy-Cruse
Tyler Mueller
Catlin Wallace
C.W. Wood
Ian Wildemann
Magan Link
Carter Gilmore
Jeremiah Gauling
Ben Hancock

Sensei's Corner

March Promotions

Adults

Jessica Fuhs -- Nanakyu Green Belt
Rosie McCullough -- Nanakyu Green Belt

Dragons

Neal McCann -- Junior Gold Belt
Logan Sauer -- Junior Gold Belt
Patrick Maloon -- Junior Orange Belt
Seth Berry -- Junior Orange Belt
Joseph Grube -- Junior Orange Belt
Ethan Berry -- Junior Blue Belt 1
Meredith Woessner -- Junior Blue Belt 1
Jacob Crowson -- Junior Blue Belt 2
Mary Blake Avery -- Junior Blue Belt 2
Benjamin Hancock -- Junior Green Belt 2
Justin Boyd -- Junior Purple Belt 3
Jeremiah Gaulding -- Junior Purple Belt 3
Clarence Nguyen -- Junior Purple Belt 3
Sarah Wandersee -- Junior Purple Belt 3
Megan Link -- Junior Purple Belt 3
Meghan Boyd -- Junior Brown Belt 1
CW Wood -- Junior Brown Belt 3
Andrew Maeso -- Junior Black Belt 4
Hunter Schmitz -- Junior Black Belt 4

Dojo T-Shirts

During the warmer parts of the year, some students like to wear a dojo T-shirt in place of their gi top. You can get the dojo T-shirts in the front office. Only dojo T-shirts may be worn in place of the gi top, other T-shirts are not allowed. On formal days, belt presentations, seminars, and visiting guest instructors, a full gi must be worn.

Little Dragons

Kenji Ebisawa -- Junior Gold + White Belt
Katelyn Sauer -- Junior Gold + White Belt
David Lemberskey -- Junior Gold Belt
Terek Kirsch -- Junior Gold Belt
Duane Claus -- Junior Gold Belt
Micah Kriner -- Junior Orange + White Belt
Caleb Kriner -- Junior Orange + White Belt
Ethan Hancock -- Junior Orange Belt
Mac Avery -- Junior Blue Belt 1
Julie McCullough -- Junior Blue Belt 1
Dhanyal Khan -- Junior Blue Belt 2
Alyson Wandersee -- Junior Green Belt 3

Teens

William Lindsay -- Hachikyu Blue Belt
Caitlin Wallace -- Nikkyu Brown Belt
Ashley Wandersee -- Nikkyu Brown Belt
Jamie Bourgeois -- Shodan

Special training session for Jr. Brown and Black Belts

Kyoshi Welch has invited our Jr. Brown Belts and Jr. Black Belts to come to a special training session on Saturday July 26 at his Dojo in Washington D.C. Following the workout, there will be a cookout at Kyoshi Welch's house for everyone. Kyoshi Welch and Sensei will work out the date very soon. Sensei is very honored to have our students invited to Kyoshi Welch's dojo and house. Please keep this event in mind as you plan your summer.

April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-A	2-B	3-C	4-D	5-E
6-B	7-C	8-D	9-E	10-A	11-C BBC 6:00 PM LT 6:45 PM	12-D
13-E	14-A	15-B	16-D	17-E	18-A	19-B
20-C	21-E	22-A	23-B	24-C	25-D Dragon & L. Dragon Mini-Camp	26-A Dragon & L. Dragon Mini-Camp
27-B	28-C	29-D	30-E			
		A: Basic Hand and Foot Techniques, +/- Kata B: Kata, Terminology, Philosophy C: One-Steps, Yakusoku Kumite, Sparring D: Self-Defense, Ukemi waza, Grabbing Techniques, Etc. E: Kata and/or Bunkai				