



Dojo News

<http://www.ScottHayesKarate.com>

April 2009

March started off with some crazy winter weather and ended with some warm spring weather. April is a busy month. Make sure you come to class to get your hours in. If you stay on top of your classes you will not have to rush when it is test time to get your hours in.

No Whiners Camp is next month, May 16-17-18 in Virginia Beach. We have 46 people already signed up. There is still space available! Remember, the NWC is a select camp. If you want to get selected work hard in class and show Sensei that you want to attend. This year's camp is shaping up to be one of the best yet, and it does look like there will be some testing at NWC.

I want to say thank you to Miss Rosie, Sensei Brittany, Sensei Sebastian, Sensei Bob, Sensei Ashley, Sensei Justin, and the rest of the Leadership team for covering the Dojo while I was out.

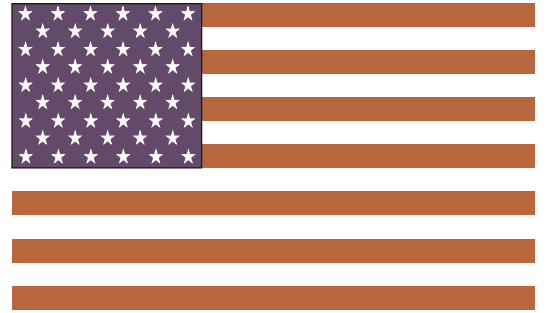
Saturday Sparring Class 10:30 AM. Just a reminder, don't forget about the Sparring Class on Saturday at 10:30 AM. Little Dragons, Dragons, and Teens welcome!

Spread the word: *The Dojo needs new White Belts*. Tell your friends about the Dojo. Bring your friends to the Dojo. You can get a free week pass from the office. Teens and adults, get into the action too, tell your friends!

Possible Schedule Change: I'm thinking about swapping the Advance Class and Teen / Adult class on Thursday. This would mean the Advance Class would start at 6:45 PM and the Teen / Adult Class would start at 7:30 PM. The other change is making every Friday at 6:00 PM either a BBC class or a Leadership Team Class. I've started a new discussion about this on the Dojo Forum. You can get to the Dojo Forum from the front page of the Dojo web site or by going to <http://www.scotthayeskarate.com/phpbb3>. Please go to the Dojo Forum and participate in the discussions. Your views and opinions are important and I want to hear them.

Students of the Month

Little Dragons - Cheyenne Conaway
Dragons - Jacob Crowson
Adult - Rosie McCullough
Teens - Hunter Schmitz



Schedule

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

April 3rd

BBC 6:00 PM

LT 6:45 PM

April 6 - 10

Spring Break

SPECIAL SCHEDULE

April 6 - *Monday*

Little Dragons & Dragons 6-7 PM

Teens & Adults 7-8 PM

April 7 - *Tuesday*

Little Dragons & Dragons 6-7 PM

Teens & Adults 7-8 PM

April 8 - *Wednesday*

Little Dragons & Dragons 6-7 PM

Teens & Adults 7-8 PM

April 9, 10, 11 *Thursday - Saturday*

DOJO CLOSED

SPRING BREAK

May 1

BBC 6:00 PM

May 2

LT 6:45 PM

May 15-16-17

No Whiners Camp

May 22 - 25

Memorial Day Weekend

DOJO CLOSED

(Friday - Monday)

Let Black Belt Be Your Goal



April

Sarah Wandersee 4/25
Trip Gilmore 4/18
Adrian Grove 4/29
Alexander Crist 4/14

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
Rosie McCullough
Justin Brooks
Dan Jefferies

Teens

Matthew Abeyounis
Brittany Browne
Lev Feygelson
Shaun Brest
Sebastian Brock
Caitlin Wallace
Stephanie Adams
Alex Browne
Jamie Bourgeois

Teens Cont.

Emmanuel
Feygelson
Hunter Schmitz
William Lindsay
Eric Workman

Dragons

Andrew Maeso
Michael Pratt
C.W. Wood
Katie Carrubba
Joey Link
Trip Gilmore
Michael Adelson
Carter Gilmore
Demitry Workman
Megan Link

Dragons Cont.

Meghan Boyd
Ben Hancock
Jacob Crowson
Mac Avery
Mary Black Avery
Little Dragons
Julie McCullough

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.

Justin Brooks
Emmanuel Feygelson
Stephanie Adams
Alex Browne
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
Demitry Workman
Katie Carubba
Megan Boyd
Andrew Maeso
C.W. Wood
Dan Jefferies

S.T.O.R.M.

Trevor Jansen
Catlin Wallace
Ian Wildemann
Magan Link
Carter Gilmore
Jeremiah Gauling
Ben Hancock
Duane Leiberman
Justin Byod
Will Lindsay
Jacob Crowson
Mac Avery
Mary Black Avery

Sensei's Corner

March Promotions

Adults

Sam Avery -- Jukyū Gold Belt
Grace Lindsay -- Kūkyū Orange Belt
Daniel Jefferies -- Nanakyū Green Belt
Rosie McCullough -- Sankyū Brown Belt
Jessica Fuhs -- Sankyū Brown Belt

Dragons

Adrian Grove -- Junior Orange Belt
Katie Roeder -- Junior Orange Belt
Terek Kirsch -- Junior Blue Belt 3
Julie McCullough -- Junior Green Belt 1
Sarah Carrubba -- Junior Green Belt 1
Seth Berry -- Junior Green Belt 1
Patrick Maloon -- Junior Green Belt 1
Duane Lieberman -- Junior Green Belt 1
Ethan Berry -- Junior Green Belt 3
Mac Avery -- Junior Green Belt 3
Jacob Crowson -- Junior Purple Belt 2
Alyson Wandersee -- Junior Brown Belt 1
Megan Link -- Junior Black Belt 1
Meghan Boyd -- Junior Black Belt 2

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.

Weapon Class

The Weapons Classes are Monday at 7:30 PM and Friday at 5:15 PM. Weapons Class is open to all Adults and Teens, and all Dragons and Little Dragons Blue Belt and higher. We have loaner weapons for new students to use until they get their own weapons. The Weapons Classes have their own separate ranking and separate tests. If you are interested in attending Weapons Class please talk to Sensei Scott.

Little Dragons

Victoria Mateo -- Junior Gold + White Belt
Ryan Duggan -- Junior Gold + White Belt
Vianca Mateo -- Junior Gold + White Belt
Jamison Wood -- Junior Gold Belt
Sam Vallet -- Junior Gold Belt
Jacob Toth -- Junior Gold Belt
Jenson Brown -- Junior Gold Belt
Jenna Sigler -- Junior Orange + White Belt
Dylan Cunningham -- Junior Orange Belt
Katelyn Williams -- Junior Orange Belt
Connor Duggan -- Junior Orange Belt
Cheyenne Conaway -- Junior Orange Belt
David Lemberskey -- Junior Blue Belt 1

Teens

Mitchell Chapman -- Jukyū Gold Belt
Dane Chapman -- Jukyū Gold Belt
Joey Lease -- Jukyū Gold Belt
William Lindsay -- Yonkyū Purple Belt
Sarah Wandersee -- Nikkyū Brown Belt

Dojo Discussion Board

We have set up a discussion board on the Dojo web site:

<http://www.ScottHayesKarate.com/phpbb3>. We want to use the discussion board to enable more communication. There are sections for parents, students, the Black Belt Club, the Leadership Team, the advance class, the Black Belts, and many more. You have to register for the discussion board, but that is real easy. I hope to see everyone there!

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.

April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-A	2-B	3-C BBC 6 PM LT 6:45 PM	4-D
5-E	6-B L.D & D 6 PM A & T 7 PM	7-C L.D & D 6 PM A & T 7 PM	8-D L.D & D 6 PM A & T 7 PM	9-E DOJO CLOSED	10-A DOJO CLOSED	11-C DOJO CLOSED
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
26-A	27-B	28-C	29-D	30-E Make-up Test		
		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				