



Dojo News

<http://www.ScottHayesKarate.com>

August 2006

It's hot. Remember to drink lots of water during the day. It is a good idea to drink a glass of water 30 minutes to 1 hour before class. August is busy, so check the calendar and the web site to see all the events. If you can think of any events you would like to see, please let Sensei or Nancy know.

Summer Break Day Camp: There is still room! The Dojo will have two weeks of Day Camp at the end of August. The first week is August 21 - 25. The second week is August 28 - September 1. Please bring a lunch and drinks each day. Each day will be filled with fun activities and lots of karate. This camp is a great way to catch up on missed classes. Don't wait, sign up now.

Dragon and Little Dragon Mini-Camp will be August 18-19-20. Friday night will be from 6 pm to 8 pm. Saturday will be from 9 AM to 8 PM. There will be a sleep over Saturday night. This will be a combined mini-camp with all ranks. I am looking into breaking the Dragon and Little Dragon Mini-Camp up by rank in the fall. Leadership Team members can earn service hours for assisting at mini-camps.

The dojo will be doing several flyer handouts in July and August. The dojo needs volunteers to help hand out flyers in local neighborhoods. The flyer handout normally takes about an hour. Everyone is welcome to volunteer: students, parents, and friends.

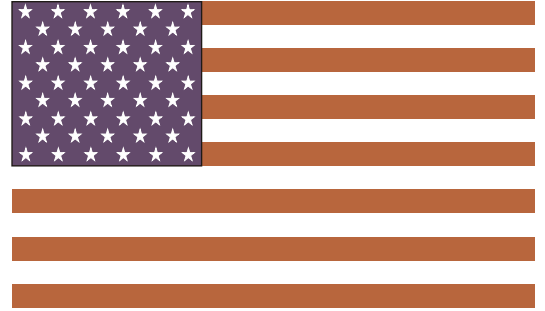
There are some important changes coming this year. Nakazato Sensei has changed the belt order and the kata requirements. Over the next few months the Dojo will make the adjustments. Please see Sensei's Corner for more information.

Students of the Month

Little Dragons - TBA

Dragons - TBA

Adult / Teens - TBA



Schedule

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

August 4

BBC 5:45 PM

LT 7:15 SWAT & Up

August 18-19-20

Dragon & Little Dragon
Mini-Camp

August 21, 22, 23, 24, & 25

Summer Break Day Camp

August 28, 29, 30, 31, Sept. 1

Summer Break Day Camp

September 2nd

DOJO CLOSED

Labor Day Weekend

September 4th

DOJO CLOSED

Labor Day

September 22-23-24

Teen / Adult

Mini Camp

November 10-11-12

Weapons Camp

Buckingham County Virginia

February 2-3-4

Winter Camp

Virginia Beach

Let Black Belt Be Your Goal



August

Caitlin Wallace 8/1
 Stephanie Adams 8/1
 Alex Browne 8/6
 Haley Mardis 8/7
 Clint LaFrance 8/9
 Justin Boyd 8/12
 Cheryl Browne 8/14
 Madeline Wood 8/15
 Sarah Carrubba 8/16
 Victoria McCarthy-Cruse 8/18
 Brandon Parks 8/22
 Daniel Smith 8/22
 Andrew Simko 8/31

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

Dragons

Antjuan Walker
 Stephanie Adams
 Jake LaFrance
 Alex Browne
 Cheyenne Ward
 Emmanuel Feygelson
 Hunter Schmitz
 Emmitt Necaise
 Shelby Pantel

Dragons Cont.

Joesph Pritchard
 Tyler Mueller
 Andrew Maeso
 Michael Pratt
 C.W. Wood
 Katie Carrubba
 Ian Wildeman
 Joey Link
 Trip Gilmore

Teens

Matthew Abeyounis
 Brittany Browne
 Antuan Byalik
 Richard Hudnall
 Lev Feygelson
 Shaun Brest
 Sebastian Brock

Teens Cont.

Jesse Harrison
 Zach Hudnall
 Clint LaFrance
 Ryan Salnoske
 Kayla Rupp
 Caitlin Wallace
 Max Devine

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

Vanessa Menendez
 Zach Hudnall
 Glenn Stamps
 Sebastian Brock

S.W.A.T.

Richard Hudnall
 Clint LaFrance
 Antjuan Walker
 Emmanuel Feygelson
 Stephanie Adams
 Alex Browne
 Jake LaFrance
 Cheyenne Ward
 Jacob Stein
 Michael Harvey
 Randy Mozzillo
 Steve Bateman
 Kathy Adams

S.T.O.R.M.

Max Devine
 Emmitt Necaise
 Jamie Bourgeois
 Hunter Schmitz
 Trevor Jansen
 Connor McCarthy-Cruse
 Victoria McCarthy-Cruse
 Tyler Mueller
 Shelby Pantel
 Andrew Maeso
 Catlin Wallace
 Kayla Rupp
 Ashley Wandersee

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

Changes in Belt Color Order

Nakazato Sensei shifted the belt colors and now requires all schools to match his color sequence. I have been granted permission to have a transition period to move to this new color sequence of rank belts. My goal is to have everyone on Nakazato's new belt color order by the end of the year.

The new belt color order is: White, Gold, Orange, Blue, Green, Purple, Brown, Black. The Purple Belt will now be between Green and Brown. We are keeping the same number of belts and ranks, the Purple Belt is just moving up the scale of ranks.

To accommodate this change the blue belts, green belts, and purple belts will have two levels. The first level will be a belt with no stripe. The second level will be a belt with 1 white stripe. The brown belts will have three levels. The first level will be a belt with no stripe. The second level have 1 white stripe. The third level will have 2 white stripes.

The Dojo will phase these changes over the next several belt test to make the transition run smoothly and to give everyone a chance to adjust to the change.

Changes in Kata requirements

Nakazato Sensei now requires Kusanku Dai, Gojushi Ho, and Gorin for Shodan. We are in a good position to meet these requirements now. This will require very little adjustment. The students preparing for their Shodan test will test on the katas they have learned. Sankyū Brown Belt and below have the time necessary to learn the extra kata.

For the 1996 Olympics Nakazato Sensei created a kata called Gorin. Gorin means "Five Rings". He selected that name to represent the five rings of the Olympic symbol. Gorin is a mixing of the other katas. It is the last kata requirement, but it will be taught along side with the Passai katas.

It is my goal to make these changes as easy as possible for each of you. If you have any questions, please feel free to talk to me. We have a good, no-pressure transition period. These changes will be gradual and done in a way to make the changes easy to understand.

July Promotions

Adults

Phillip Prince – Jukyū Orange Belt
Ryan Campbell – Nanakyū Blue Belt

Dragons

Trip Gilmore – Junior Blue Belt 3
Victoria McCarthy-Cruse - Junior Brown Belt 1

Little Dragons

Sophie Moore – Junior Gold Belt

Teens

Connor McCarthy-Cruse - Sankyū Brown Belt

