



Dojo News

<http://www.ScottHayesKarate.com>

August 2007

Summer is here and things are rocking. Make sure you enjoy summer and have a great time on your vacations. Remember to keep training! Keep an eye on the calendar and the bulletin board to see what's coming up.

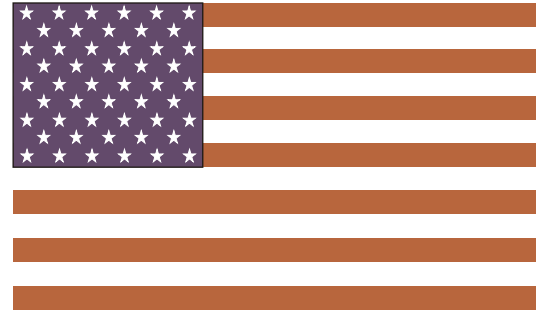
Summer Schedule: We are using the new summer schedule. Little Dragons will have class Monday, Tuesday, Wednesday, and Thursday at 5 PM. We are adding the **Tuesday class** for the Little Dragons. The Dragon class will be **all ranks** Monday, Tuesday, Wednesday, Thursday, and Friday at 5:45 PM. The Adult and Teen class will be Monday, Tuesday, Wednesday, Thursday, and Friday at 6:30 PM. Adult Weapons class is Monday at 7:15 PM. Advance Class is Tuesday at 7:15 PM. The Open Weapons Class is at 5 PM on Friday. Black Belt Club and Leadership Team Classes will be as scheduled.

Dragon and Little Dragon Mini-Camp will be Friday August 10 and Saturday August 11. We are doing this mini-camp a little differently. The sleep over will be FRIDAY NIGHT, and there will be a movie after training on Friday night. On Saturday we will train from 9 AM to 5 PM with a break at noon for a pizza lunch. Come and have a great time and be ready to train hard. Little Dragon white belts and Gold + White Belts need Sensei's approval to attend.

Summer Break Day Camp will be August 27-31, Monday through Friday 8 AM to 4 PM. Sensei Brittany is looking forward to having a great time. Students will need to bring their karate gi and normal clothes, and a lunch and a snack. Space is limited so sign up quickly!

Students of the Month

Little Dragons - Jacob Crowson
Dragons - Clarence Nguyen
Adult / Teens - Ashley Wandersee



Schedule

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

August 3

LT 6:30

No 6:30 Teen & Adult Class

August 10-11

Dragon & Little Dragon

Mini-Camp

August 17

BBC 6:30

No 6:30 Teen & Adult Class

August 27 -31

Summer Break

Day Camp

September 1

CLOSED Saturday

For Labor Day Weekend

September 3

CLOSED

For Labor Day

September 7

LT 7:15

September 14

BBC 5:45

September 21-22

Teen & Adult

Mini-Camp

October 13

Project Action Kick-A-Thon

October 19-20-21

Dragon & Little Dragon

Mini-Camp

Let Black Belt Be Your Goal



August

- Caitlin Wallace--8/1
- Stephanie Adams--8/1
- Alex Browne--8/6
- Justin Boyd--8/12
- Cheryl Browne--8/14
- Sarah Carrubba---8/16
- Victoria McCarthy-Cruse--8/18
- Brandon Parks--8/22

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
- James Grenoble
- Ben Hancock

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
- Joey Link
- Trip Gilmore

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
- Michael Harvey
- Steve Bateman
- Kathy Adams
- Jamie Bourgeois
- Hunter Schmitz
- Ashley Wandersee
- Trip Gilmore

S.W.A.T. Cont.

- Joey Link
- Sarah Wandersee
- Demetry Workman
- Katie Carubba
- Megan Boyd

S.T.O.R.M. Cont.

- Andrew Maeso
- Catlin Walace
- C.W. Wood
- Ian Wildemann
- Magan Link
- Alison Moore
- Natalie Moore
- Carter Gilmore

S.T.O.R.M.

- Emmit Necaie
- Trevor Jansen
- Connor McCarthy-Cruse
- Victoria McCarthy-Cruse
- Tyler Mueller

Sensei's Corner

July Promotions

Dragons

Megan Link – Junior Purple Belt 1

Little Dragons

Tanita Santiago – Junior Gold + White Belt

Talia Santiago – Junior Gold + White Belt

Matthew Nuez – Junior Gold + White Belt

Sparring Gear

The Dojo has limited sparring gear students may borrow 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.

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.

Lost and Found

Over the summer (and from the spring) the dojo has acquired a large collection of **"STUFF"** in the lost and found. Uniforms, sparring gear, clothes, shoes, jackets, and other stuff. Please check the lost and found for stuff that belongs to you. Leftovers will be discarded at the end of the month. Please remember to label all items you bring to the studio so they can be returned to you.

Project Action Kick-a-Thon

The dojo will participate in the Project Action Kick-A-Thon on October 13. Last year Mayor Joe Frank visited the dojo during the kick-a-thon as 54 students did 75,600 kicks and raised \$2987 for local at-risk children.

This is the Fifth Annual National Martial Arts Day. We will be seeking proclamations from Governor Kane and Mayor Frank. This is Project Action's Ninth Annual World Record Kick-A-Thon. The Kick-A-Thon participants will be trying to break the previous World Record of 8,380,119 kicks performed simultaneously nationwide in one hour. The money each studio raises will help needy children in the community in which it was raised. Saturday, October 13, 2007, National Martial Arts Day, thousands of martial artists across the United States will be attempting to break a World Record for the most kicks executed in one hour simultaneously across the country. They will also be raising money for Project Action to fight juvenile crime and keep children out of gangs. National Martial Arts Day (NMAD) is being organized by Project Action Foundation to promote the many positive benefits of martial arts training. Governors across the country are issuing proclamations giving NMAD official recognition and mayors and other public officials are attending events and festivities in their communities. The Project Action Foundation is a national award-winning children's charity whose mission is to prevent juvenile crime by providing disadvantaged and "at-risk" children the opportunity to become involved in physical and cultural arts programs, working with martial arts, dance and gymnastics schools.



Mayor Joe Frank

August 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-A	2-B	3-C LT 6:30	4-D
5-E	6-B	7-C	8-D	9-E	10-A Dragon & L. Dragon Mini-Camp	11-C Dragon & L. Dragon Mini-Camp
12-D	13-E	14-A	15-B	16-D	17-E BBC 6:30	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	31 - C	
Summer Break Day Camp						
		A: Basic Hand and Foot Techniques, +/- Kata		D: Self-Defense, Ukemi waza, Grabbing Techniques, Etc.		
		B: Kata, Terminology, Philosophy		E: Kata and/or Bunkai		
		C: One-Steps, Yakusoku Kumite, Sparring				