



Dojo News

<http://www.ScottHayesKarate.com>

August 2009

The Dog Days of Summer are here. August is hot. Remember to drink plenty of water. Summer Vacation can take a lot out of you. Keep an eye on the calendar for special events.

This month we say good-bye to Brittany Browne and Caitlin Wallace as they head off to their first year of college. Brittany is going to Longwood, and Caitlin is going to UVA. Good Luck and Study Hard!

End of Summer Day Camp. Miss Rosie is hosting the End of Summer Day Camp Monday August 31 through Friday September 4th. There is still room to sign up. Miss Rosie has some exciting things planned so come and enjoy the FUN!

FALL SCHEDULE STARTS AUGUST 31: The first Saturday Sparring Class will be 10:30 AM Saturday September 19th due to Labor Day Weekend on the 5th, and the Little Dragon and Dragon Mini Camp on the 12. On Friday's Weapons Class will be at 5:15 PM, BBC / Leadership Team will be at 6:00 PM, and DRAGONS, Teens, and Adults will be at 6:45 PM.

Little Dragon and Dragon Mini-Camp will be September 11 and 12. The sleep over will be Friday night with a movie. We will have a Pizza Lunch on Saturday. Mini-Camp is worth 20 classes! We will be sparring, training in the dark, turtle wrestling, and lots of training. Get your name on the Sign Up Board now!

The Dojo is growing but the Dojo still needs new White Belts. 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! Talk to Sensei about bringing your friends to special events like Mini-Camp or pool parties!

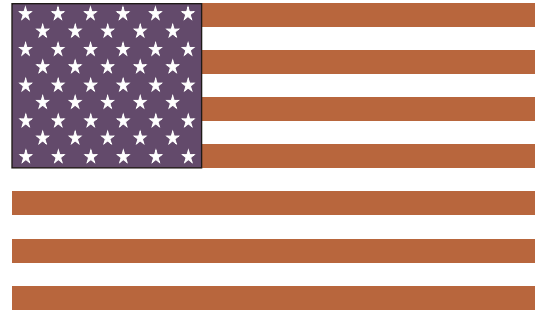
SPECIAL CAMP Halloween Weekend, October 30, 31, and November 1. Christopher White, Godan, and Waymon Beavers, Yondan, from Washington DC are holding a Weekend Camp in Virginia Beach. In addition to all the great training, there will be a Halloween Party Saturday night and a field trip to the Hunt Club Hunted Hayride. Please see the Camp Flyer for more information.

Students of the Month

Little Dragons - Zachary Hosler

Dragons - Katie Roeder

Teens & Adults - Clarence Nguyen



Schedule

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

August 7
BBC 6 PM

August 14
Leadership Team 6 PM

August 21
BBC 6 PM

August 28
Leadership Team 6 PM

August 31 - September 4
End of Summer
Day Camp

August 31
Fall Schedule Starts

September 4th & 5th
Labor Day Weekend
Dojo Closed

September 7th
Labor Day
Dojo Closed

September 11-12
Little Dragon
And Dragon
Mini-Camp

September 28
Belt Presentation

Let Black Belt Be Your Goal



August

- Caitlin Wallace 8/1
- Zachary Hosler 8/2
- Corey Hariston 8/8
- Lauren Kriner 8/9
- Justin Boyd 8/12
- Sarah Carrubba 8/16
- Duane Lieberman 8/18

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
- Demetry Workman
- Megan Link

Dragons Cont.

- Meghan Boyd
- Ben Hancock
- Jacob Crowson
- Mac Avery
- Mary Black Avery
- 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
- Demetry 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 Lieberman
- Justin Byod
- Will Lindsay
- Jacob Crowson
- Mac Avery
- Mary Black Avery

Sensei's Corner

A *Karateka*, a student of the Art of Karate-Do, must have a strong foundation in *Kihon-Waza*, basic techniques. *Kihon-Waza* are the stances, punches, kicks, blocks, and movement that our *Kata* and *Kumite* drills are built upon. To have good *Kata* and *Kumite*, you have to have good basics. Every *Sensei*, instructor, and coach knows that success requires strong basics. Basketball great Michael Jordan used to spend many hours each week just practicing his foul shots.

When I visit other dojos, the first thing I work on are the basics of the students. Once their basics improve, their *kata* and *kumite* automatically improve. Training basics is a sweaty activity. You have to commit the techniques to muscle memory. The only way to do that is with high repetition while paying close attention to exacting detail. You cannot daydream or zone out; You have to ZONE IN. Focus on the complete technique from the ground up. Start with the stances, movement, balance and posture. Then focus on the hands, arms, shoulders, head, chambers, and *ajin* balance and posture. Acknowledge the sweat and the muscle burn, but do not let it distract you.

If you work on and improve your basics, your *kata* and *kumite* will improve. It's a bargain! Just by working on your basics, you will improve everything else! Basics, Basics, and more Basics!

Water

It's HOT and you need to drink more water. It is important to drink water *before* and *after* class. It takes the water that you drink about 30 minutes to get into your system. Parents, please encourage your child to get a drink of water before class.

Sun

Playing and vacationing all day in the sun can leave you with a sunburn and can zap a lot of your energy. Make sure you wear sun screen to help prevent sunburn. Give yourself (and your children) some "recharge time" before coming to class. During this "recharge time" drink some water or a sports drink and have a light snack.



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.

Uniforms

Just a reminder, check your karate uniform. If it has gotten too small, or has too much wear-and-tear, it is time to get a new one. Middle weight uniforms are available for \$30. Heavy weight uniforms are available for \$70. Please see Sensei if you need to order a new uniform.



August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1-A
2-B	3-C	4-D	5-E	6-B	7-C BBC 6 PM	8-D
9-E	10-A	11-C	12-D	13-E	14-A LT 6 PM	15-B
16-D	17-E	18-A	19-B	20-C	21-E BBC 6 PM	22-A
23-B	24-C	25-D	26-A	27-B	28-C LT 6 PM	29-D
30-E	31-C End of Summer Day Camp	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				