



Dojo News

<http://www.ScottHayesKarate.com>

December 2004

<http://www.usashorinryu.org>

Happy Holidays

I want to wish everyone Happy Holidays and a fantastic New Year to come. This past year was great and gives everyone a bright future. Take a look inside.

Congratulations Kobudo Black Belts! At the annual NASKA Weapons Camp Bob Brest earned his Shodan (1st Degree), Matthew Abeyounis earned his Nidan (2nd Degree), and Sensei Scott earned his Godan (5th degree). See the inside for the full promotion list.

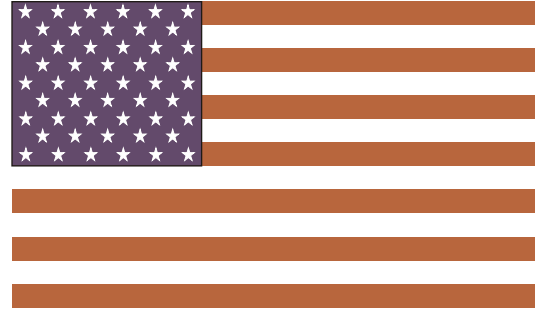
Adult Mini-Camp is December 3rd - December 5th. The Teen Mini-Camp is December 10th - 12th. Both Camps start Friday at 6 PM. The Saturday training goes from 9 AM to 10 PM, and the Sunday training goes from 9 AM to noon. There will be an association test at each mini-camp. Please do not miss the test if you need to take it; Three months is a long time to wait.

The Dojo will hold it's Winter Break Day Camp December 27-31. We already have several students signed up. Don't be bored over the Holidays. Activities will include karate classes, karate activity, free time, movies, outside activities (weather permitting), and a possible field-trip. The camp will run from 7 AM until class time. See the brochure for more information.

Winter Camp is coming! NASKA's annual Winter Spirit Camp is Friday February 24th through Sunday February 26th. Winter Camp is held in Virginia Beach. It is a fantastic camp with people coming from Canada, Bermuda, as well as the United States. I highly recommend this camp. It's a lot of hard work, but it is worth it.

Students of the Month

Little Dragons - Trevor Tippet
Dragons - Jake Lafrance
Teens - Sebastian Brock



Schedule

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

December 3-4-5

Adult Mini Camp

December 6 - 16

Hanukkah

December 10-11-12

Teen Mini-Camp

December 16

Belt Presentation

December 17

BBC 7:15 PM

Leadership Team 8 PM

December 24-25

Dojo Closed

Christmas Eve &

Christmas Day

December 27-31

Monday - Friday

7 AM - 5 PM

Winter Break Day Camp

February 25-26-27

NASKA WINTER CAMP

Virginia Beach

Let Black Belt Be Your Goal

Birthdays

December

Tyler Dipersio 12/02
 Daniel Fournier 12/10
 Anthony Davis 12/20
 Joey Link 12/24
 Kathy Adams 12/27
 Rowland Hautsch 12/28
 Eric Noel 12/29
 Shelby Pantel 12/30



See the front desk to make sure we have your correct birth date (Don't panic adults we only need the day and month — not the year). We have left a few people out of the birthday list in the newsletter because we did not have this information. Help us recognize your special day!

BIRTHDAY PARTIES

Have your birthday party at the Dojo. These parties are very flexible and we can easily accommodate your birthday wishes. Talk to Shihan 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!

Michael Harvey	Evan Foster	Savannah Lord
Sergey Shurkova	Austin Lord	



Belt tests Weapons Camp Promotions

Scott Hayes Karate

Scott Hayes – Godan (5th Degree)
 Matthew Abeyounis – Nidan (2nd Degree)
 Bob Brest – Shodan (1st Degree)
 Sebastian Brock – Ikkyu (1st Brown)
 Stephanie Adams – Nikkyu (2nd Brown)
 Kathy Adams – Sankyū (3rd Brown)

Dojo of the Three Rings

Heidi Inman – Nidan (2nd Degree)
 Brian Yeatts – Shodan (1st Degree)
 Wendy Butt – Ikkyu (1st Brown)
 Cealeb Graves – Nikkyu (2nd Brown)
 Jennifer Tuck – Rokkyu (6th Green)

Black Belt Club

Justin Brooks	Jeff Browne	Bob Brest	Emmit Necaie
Matthew Abeyounis	Clint LaFrance	Kevin Hutchinson	Jesse Harrison
Antuan Byalik	Jake LaFrance	Zach Hudnall	Cheyenne Ward
Lev Feygelson	Stephanie Adams	Ryan Salnoske	Kayla Rupp
Emmanuel Feygelson	Jessica Myers	Max Devine	Caitlin Wallace
Shaun Brest	Brittany Browne	Nancy Brest	Sebastian Brock
Richard Hudnall	Alex Browne	Hunter Schmitz	
Antjuan Walker			

Leadership Team

D.E.L.T.A Force	S.W.A.T.	S.W.A.T. Cont.	S.T.O.R.M. Cont.	Emmit Necaie
Matthew Abeyounis	Justin Brooks	Zach Hudnall	Stephanie Adams	Jacob Stien
Jeff Browne	Antuan Byalik	Lev Feygelson	Jessica Myers	
Brittany Browne	Bob Brest	Glenn Stamps	Kevin Hutchinson	
Shaun Brest	Gordon Weeks	S.T.O.R.M.	Alex Browne	
S.W.A.T. II	Richard Hudnall	Antjuan Walker	Jake LaFrance	
Vanessa Menendez	Clint LaFrance	Emmanuel Feygelson	Max Devine	

Black Belt Principles

What is a Black Belt? It is not the obi you tie around your waist. A Black Belt is a person who has put the time and effort to learn Karate-do. Being a Black Belt is more than just knowing how to kick, punch, and block. A Black Belt is a person who of good character who lives by a set of principles. We call these the Black Belt Principles:

MODESTY: Being proud of your accomplishments but not boastful. Able to do well but not act superior to others.

COURTESY: Having respect for other people's feelings. Helping someone out, not laughing at other's mistakes, being polite, and not being a pest.

INTEGRITY: Being a person that others can trust, rely on, and count on at all times. Be Honest and truthful.

PERSEVERANCE: To keep on going even when you fell like quitting, to keep on trying to do your best.

SELF-CONTROL: Having the courage to walk away from someone who is trying to make you lose your temper, but also not doing anything that is unhealthy for you.

INDOMITABLE SPIRIT: Not discouraged or defeated easily. Willing to

We have all set “becoming a Black Belt” as one of our goals. To become a Black Belt, you must now start following the Black Belt Principles. These principles will not magically become part of you when your black obi is tied on you. You have to work now on following these principles. Make the Black Belt Principles a part of you and your life. Work on following these principles in the Dojo, at home, at school, and everywhere you go. The Black Belt Principles will make you stand out and get noticed!

You do not get a black belt. You become a Black Belt. Follow the Black Belt Principles and you will reach your goal of becoming a Black Belt!

