



# Dojo News

<http://www.ScottHayesKarate.com>

December 2006

## Happy Holidays

Winter is right around the corner. As the year comes to a close I want to thank each of you. Without you and your support the Dojo would be a lonely place. Check the Calendar, December is a busy month: Leadership and BBC Classes, Mini Camp, Belt Presentations, and the Winter Break Camp.

Winter Break Day Camp starts Tuesday December 26 and runs through Friday December 29. The dojo will open at 8 AM. Students attending need to bring their karate gear (uniform, belt, and sparring gear), normal clothes, a lunch, and a snack. Please make sure all items have the student's name or initials. We need at least 10 students to hold the camp.

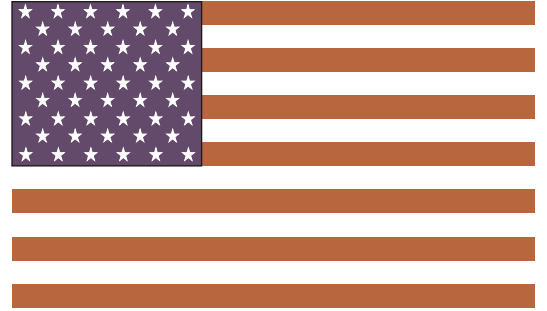
Teen and Adult Mini Camp starts Friday December 15. The Camp will have a different schedule due to the busy holiday month. Friday 6 PM to 8 PM and Saturday 9 AM to 6 PM. Saturday will be a busy day, but we will have a lunch break and an afternoon break.

Winter Camp will be February 23-24-25 in Virginia Beach. Camp flyers will be handed out this month. The camp instructors will be Renshi Kassama (6th Dan), Kyoshi Rodney Willis (9th Dan), and Sensei Scott.

Holiday Sale! All orders placed between December 1st and December 13 will be 15% off the normal price. Order early to receive the items before the holidays. A sale sheet and holiday catalogues will be available in the office. For more information, please see Sensei Scott or Mrs. Nancy.

### *Students of the Month*

Little Dragons - Connor McKeown  
Dragons - Ben Hancock  
Adult / Teens - Eric Wildemann



## Schedule

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

December 1  
Leadership Team  
7:15  
STORM & SWAT

December 8  
BBC 5:45

December 15-16  
Teen & Adult  
Mini-Camp

December 21  
Belt Presentation

December 25  
DOJO CLOSED

December 26-27-28-29  
Winter Break  
Day Camp

January 1st  
DOJO CLOSED

January 5th  
Leadership Team 7:15

January 12th  
BBC 5:45

January 19-20-21  
Dragon & Little Dragon  
Mini Camp

February 23-24-24  
Winter Camp  
Virginia Beach

***Let Black Belt Be Your Goal***



**December**

James Grenoble 12/9  
 Cameron Saville 12/9  
 Daniel Fournier 12/10  
 Michael Adelson 12/15  
 Joey Link 12/24  
 Kathy Adams 12/27  
 Roland Hautsch 12/28

**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.**

Antjuan Walker  
 Stephanie Adams  
 Jake LaFrance  
 Alex Browne  
 Tyler Mueller

**Dragons Cont.**

Joey Link  
 Trip Gilmore  
 Michael Adelson  
 Carter Gilmore  
 Demitry Workman  
 Eric Workman

**Teens**

Matthew Abeyounis  
 Brittany Browne  
 Antuan Byalik  
 Richard Hudnall  
 Lev Feygelson  
 Shaun Brest  
 Sebastian Brock  
 Jesse Harrison  
 Zach Hudnall  
 Clint LaFrance  
 Caitlin Wallace  
 Max Devine

**Dragons**

Emmanuel Feygelson  
 Hunter Schmitz  
 Emmit Necaie  
 Jamie Bourgeois  
 Joesph Pritchard  
 Andrew Maeso  
 Michael Pratt  
 C.W. Wood  
 Katie Carrubba  
 Ian Wildeman

## 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**

Sebastian Brock

**S.W.A.T.**

Antjuan Walker  
 Emmanuel Feygelson  
 Stephanie Adams  
 Alex Browne  
 Jake LaFrance  
 Jacob Stein  
 Michael Harvey  
 Steve Bateman  
 Kathy Adams

**S.T.O.R.M.**

Max Devine  
 Emmit Necaie  
 Jamie Bourgeois  
 Hunter Schmitz  
 Trevor Jansen  
 Connor McCarthy-Cruse  
 Victoria McCarthy-Cruse  
 Tyler Mueller  
 Shelby Pantel  
 Andrew Maeso  
 Catlin Wallace  
 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

## ***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. A Black Belt is more than a person who knows 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 say, "I know I can". Having the spirit, courage and determination meeting new challenges head on.

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!

