



Dojo News

<http://www.ScottHayesKarate.com>

December 2007

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 and the message board at the Dojo to see what is going on.

The Ultimate Black Belt Quest (UBBQ) kicked off in November. You can still sign up for the UBBQ. If you are interested, please see Nancy in the front office. The UBBQ is an extension program of the Black Belt Club and Leadership Team. Those students who choose to participate in the UBBQ start a year long journey. The tasks and requirements help the participants discover more about themselves. I would like to think that the UBBQ will have a profound effect on everyone that participates.

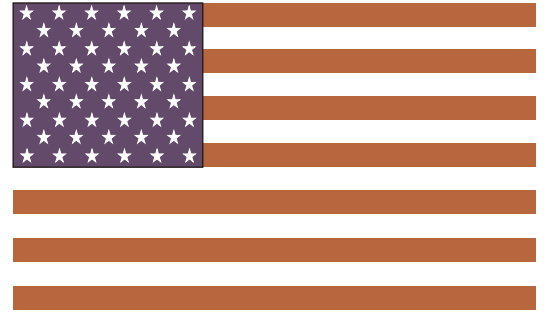
Teen and Adult Mini Camp will have a different schedule this time. Friday from 6:00 PM to 8:00 PM. Saturday from 9:00 AM to Noon. The physical part of the test (aka Test Run) will be Friday night.

Holiday Sale! A sale sheet and holiday catalogues will be available in the office. For more information, please see Sensei Scott or Mrs. Nancy.

Upcoming Camps: I'm planing in bringing Kyoshi Welch down for the Teens and Adults in January. This will be a Teen and Adult ONLY camp. Winter Camp is February 15 - 17. Winter Camp is an away camp held near Farmville Virginia. Kyoshi Welch will also be at this camp.

Students of the Month

Little Dragons - Mac Avery
Dragons - Trip Gilmore
Adult / Teens - Matthew Abeyounis



Schedule

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

December 7

Test Run

December 7-8

Teen & Adult Mini-Camp

December 14

BBC 6:00 PM

December 14

LT 6:45 PM

December 20

Belt Presentation

December 22 - 29

DOJO CLOSED

December 31

New Years Eve

DOJO CLOSED

January 1

New Years Day

DOJO CLOSED

January 4

BBC 6:00 PM

January 4

LT 6:45 PM

January 25-26

Dragon & Little Dragon

Mini-Camp

February 15-16-17

Winter Camp

August 2008

Okinawan Summer Camp

Washington DC

Let Black Belt Be Your Goal



December

Patrick Maloon 12/2
 Corey Adelson 12/5
 Cameron Saville 12/9
 Michael Adelson 12/15
 Micah Kriner 12/22
 Caleb Kriner 12/22
 Joey Link 12/24
 Kathy Adams 12/27
 Julia McNulty 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.

Alex Browne
 Jamie Bourgeois
 Tyler Mueller
 Joesph Pritchard

Dragons Cont.

Michael Adelson
 Carter Gilmore
 Demitry Workman
 Eric Workman
 Megan Link
 Meghan Boyd
 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 Necaise
 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
 Steve Bateman
 Kathy Adams
 Jamie Bourgeois
 Hunter Schmitz
 Ashley Wandersee
 Trip Gilmore

S.W.A.T. Cont.

Joey Link
 Sarah Wandersee
 Demitry Workman
 Katie Carubba
 Megan Boyd
 Andrew Maeso

S.T.O.R.M.

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

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

Catlin Wallace
 C.W. Wood
 Ian Wildemann
 Magan Link
 Alison Moore
 Natalie Moore
 Carter Gilmore

Sensei's Corner

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. On formal days, belt presentations, seminars, and visiting guest instructors, a full gi must be worn.

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.

Inclement Weather Policy

You can call the Dojo (595-8380) to find out if we will be open. In the event that the Dojo will be closed, a message will be left on the answering machine.

During inclement weather your safety is important. Please exercise common sense. If you think it is too bad to drive, then it probably is.

Driving conditions can change quickly. Heavy rains can flood roads. Heavy winds can knock down trees. In winter, roads can become very icy in a short time. Roads that were ok when you came to the Dojo may be blocked or iced over during the class. If you feel you need to leave class early because of weather or road conditions, please inform the instructor.

Holiday Sale and Special Orders

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.

Winter Camp

Winter Camp will be held at the Virginia District Camp Ground in Buckingham County out near Farmville. The dates for the camp are February 15, 16 and 17. This is our 3rd Karate camp and our 6th camp overall at the Buckingham Camp. It is a great place to have a training camp: Large Gym, nice dining facilities, and great staff. For more information about Winter Camp please see the flyer. Kyoshi Welch is planning on instructing at the camp.

The Okinawans Are Coming! August 2008

