



Dojo

News

<http://www.ScottHayesKarate.com>

December 2008

Holiday Season is here. Have a safe and happy Holiday. December is a short but busy month for the dojo. Check the calendar and the message board at the dojo to see what is going on.

Weapons Camp was great! Everyone worked real hard. Everyone learned at least one kata in each weapon. We are planning on some special training sessions for the kobudo students. So keep an eye to the calendar for the weapon sessions to come.

The Test Run for Dragons testing for Jr. Brown Belts and up, and for Teens and Adults testing for Green and up will be Friday December 19th. Shodan Candidates please be at the dojo by 5 PM. Other ranks please show up by 6 PM. Remember to be in Gi at your required time.

Belt Presentation will be Monday December 22nd during class time. Remember that FULL Gi is required. You must wear your Gi top.

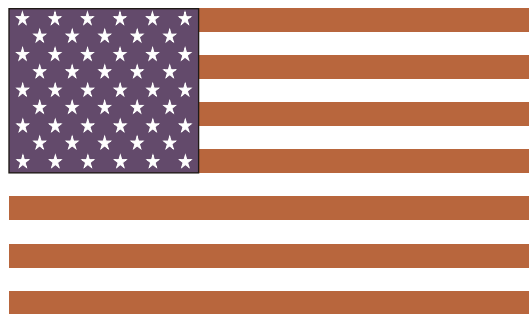
The Dojo will be closed starting Tuesday December 23rd and will reopen Monday January 5th. Have a happy and safe Holiday.

Cold and Flu season is coming. Please be considerate of the other people in the dojo. If your child stays home from school because they are not feeling well, then they should not come to karate class. We want everyone to stay healthy, so remember that it is OK to miss karate class when you are sick.

This spring we have two big camps. *Winter Camp is February 13-14-15.* Winter Camp is open to all students. We will be using the Nazarene Camp again this year. Please see the flyer for more information. No Whiners Camp is May 15-16-17 in Virginia Beach. Remember, the NWC is a select camp; Sensei has to approve you to go. If you want to get selected work hard in class and show Sensei that you want to attend.

Students of the Month

Little Dragons - TBA
Dragons - Ethan Berry
Adult / Teens - Katie Carrubba



Schedule

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

December 5

**Dragon & Little Dragon
Mini-Camp**

December 12

BBC 6:00 PM

Leadership Team 6:45 PM

December 19

TEST RUN

5 PM Shodan Candidates

6 PM Everyone Else

No Regular Classes

December 22

Belt Presentation

December 23 - 31

Dojo Closed for the Holidays

January 1 - 4

Dojo Closed for the Holidays

January 9

BBC 6 PM

Leadership Team 6:45 PM

February 14-15-16

Winter Camp

May 15-16-17

No Whiners Camp

Let Black Belt Be Your Goal



December

Maloon Patrick 12/02
 Adelson Corey 12/05
 Berry Seth 12/05
 Fritz Courtney 12/09
 Grenoble James 12/09
 Saville Cameron 12/09
 Adelson Michael 12/15
 Kriner Micah 12/22
 Kriner Caleb 12/22
 Link Joey 12/24
 Adams Kathy 12/27
 Hautsch Rowland 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
 Rosie McCullough

Teens Cont.

Emmanuel
 Feygelson
 Hunter Schmitz
 William Lindsay
 Eric Workman

Dragons Cont.

Meghan Boyd
 Ben Hancock
 Jacob Crowson
 Mary Black Avery
Little Dragons
 Mac Avery
 Julie McCullough

Teens

Matthew Abeyounis
 Brittany Browne
 Antuan Byalik
 Richard Hudnall
 Lev Feygelson
 Shaun Brest
 Sebastian Brock
 Caitlin Wallace
 Stephanie Adams
 Alex Browne
 Jamie Bourgeois

Dragons

Andrew Maeso
 Michael Pratt
 C.W. Wood
 Katie Carrubba
 Ian Wildeman
 Joey Link
 Trip Gilmore
 Michael Adelson
 Carter Gilmore
 Demitry Workman
 Megan Link

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
 Shawn Craig

S.W.A.T. Cont.

Jessica Fuhs
 Rosie McCollough
 Joey Link
 Sarah Wandersee
 Demitry Workman
 Katie Carubba
 Megan Boyd
 Andrew Maeso
 Daniel Jefferies

S.T.O.R.M.

Trevor Jansen
 Connor McCarthy-Cruse
 Victoria McCarthy-Cruse
 Tyler Mueller
 Catlin Wallace
 C.W. Wood
 Ian Wildemann
 Magan Link
 Carter Gilmore
 Jeremiah Gauling
 Ben Hancock
 Will Lindsay

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. Sensei really likes the new Century Headgear with the clear face mask. 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.

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 13, 14 and 15**. 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.

Holiday Specials

Holiday Sale! All orders placed between December 1st and December 13 will be 10% 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.

Lost and Found

Over the few months 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.

Dojo Discussion Board

We have set up a discussion board on the Dojo web site: <http://www.ScottHayesKarate.com/forum>. We want to use the discussion board to enable more communication. There are sections for parents, students, the Black Belt Club, the Leadership Team, the advance class, the Black Belts, and many more. You have to register for the discussion board, but that is real easy. I hope to see everyone there!

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.

No Whiners Camp VIII

The eight annual No Whiners Camp will be May 15-16-17 in Virginia Beach. The NWC is held at a campground in Virginia Beach. We will be staying in cabins. Sensei envisions this camp as a karate boot camp but with better food. Students attending the camp will be pushed out of their comfort zones. The workouts are long and intense. All training is done outside. This is a tough camp. If you are interested in being considered for this camp, please talk to Sensei to get permission. This is a tough camp. It's called No Whiners Camp for a reason. Whiners will not be happy!

December 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-A	2-B	3-C	4-D	5-E Dragon and Little Dragon Camp No Classes	6-B
7-C	8-D	9-E	10-A	11-C	12-D BBC 6:00 PM LT 6:45 PM	13-E
14-A	15-B	16-D	17-E	18-A	19-B Test Run	20-C
21-E	22-A Belt Presentation	23-B	24-C	25-D	26-A	27-B
Dojo CLOSED Happy Holidays						
28-C	29-D	30-E	31-C			
Dojo CLOSED Happy Holidays						

A: Basic Hand and Foot Techniques, +/- Kata D: Self-Defense, Ukemi waza,
 B: Kata, Terminology, Philosophy Grabbing Techniques, Etc.
 C: One-Steps, Yakusoku Kumite, Sparring E: Kata and/or Bunkai