



DOJO NEWS

<http://www.ScottHayesKarate.com>

February 2003

<http://www.usashorinryu.org>

Winter Camp, the largest camp of the year is coming this month. This will be a very busy month so keep your focus and keep training hard. Your good work is showing!

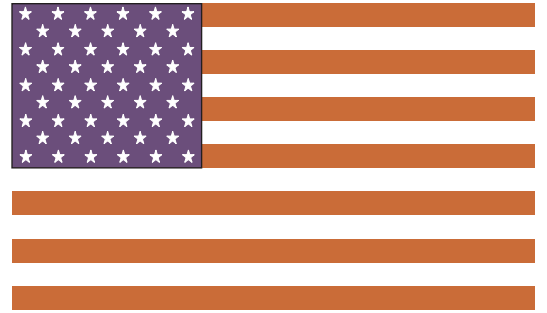
The Dojo will be closed Friday February 28th and Saturday March 1st for N.A.S.K.A's Winter Camp. The Camp goes through Sunday March 2nd and will be held at the Surf Side Inn in Virginia Beach. Winter Camp is a fantastic training opportunity. This is the largest camp held by our karate association. Instructors from all over the USA, Canada, and Bermuda will be coming. Special Guest instructors will teach special sessions. I strongly encourage all of you to try and attend this camp!

Winter Camp covers a lot of material for all belt ranks. This is a good camp to attend whether you are a white belt or a black belt. If you can only attend one N.A.S.K.A Camp this year, then Winter Camp is the best camp to attend. The camp fee covers training, hotel room for 2 nights, and four meals. This is the camp to attend! See Sensei Scott for more information or go to the web site <http://www.usashorinryu.org/Camps> for the online application.



We Love our Country! Our thoughts and prayers are with the Columbia Astronauts and their families, and with our country's armed forces throughout the world. At this time, our love for our country, our patriotism is very important. Sensei Ed Sullivan (Navy) is currently deployed and Josh Christenbury (Air Force) is leaving soon.

Dojo T-Shirts: Order you Dojo T-Shirts that can be worn in class in place of the Gi top. These T-Shirts have the patches on them. They are great to wear outside the dojo as well. Parents, spouses, kids, siblings, friends, everyone can wear them. The T-Shirts are \$15 for one, or \$14 if you are buying more than one. Get your order in ASAP. Leadership Team Members order extra STORM or SWAT T-Shirts for \$12. Don't Wait to get your order in. Place your order NOW!



Schedule

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

February 7th

Leadership Team Class 8 PM

February 14th

Black Belt Club Class 8 PM

February 28th - March 2nd

Winter Camp

Va Beach, Virginia

March 7th

Leadership Team Class 8 PM

March 14th

Black Belt Club Class 8 PM

March 22nd

Association Test

No Regular Classes

April 3th

Leadership Team Class 8 PM

April 11th

Black Belt Club Class 8 PM

Let Black Belt Be Your Goal

BIRTHDAYS

February

Lev Feygelson 2/3

Josh Christenbury 2/5

Carter-Gage Malpass 2/17

Christopher Sullivan 2/22

Alen Dekhanov 2/23



See Sensei Jodi at 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 Sensei Jodi and we'll do our best to be sure this birthday party is one you won't soon forget.

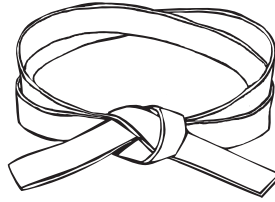
NEW STUDENTS!

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!

Samatha Stradford

WELCOME TO THE DOJO!

If you joined us recently, Congratulations. Welcome from your fellow students and the staff. If there is anything we can do for you, just ask! We will be happy to help.



BELT TESTS DECEMBER PROMOTIONS

David Mann - Shodan-Ho
Jeff Browne - Ikkyu Brown Belt
Matthieu Sullivan - Dragon Brown Belt 3
Antuan Byalik - Dragon Brown Belt 3
Carter-Gage Malpass - Dragon Brown Belt 3
Lev Feygelson - Dragon Brown Belt 2
Brittany Browne - Dragon Brown Belt 2
Brandon Engle - Gokyu Green Belt
Shaun Brest - Rokyu Green Belt
Richard Hudnall - Rokyu Green Belt
Alex Browne - Dragon Green Belt 1
Emmanuel Feygelson - Dragon Green Belt 1

Alexander Allen - Dragon Blue Belt 3
David Snell - Hachikyu Blue Belt
Gordon Weeks III - Dragon Blue + White Belt
Michelle Washington - Kukyu Purple Belt
Garrett Souvleski - Jukyuu Orange Belt
Clint Lafrance - Dragon Orange Belt
Jake Lafrance - Dragon Orange Belt
Stephanie Adams - Dragon Orange Belt
Alen Deknov - Dragon Orange Belt
Dale Nicholes - Dragon Orange + White Belt
Dalton Baker - Dragon Gold Belt
Mason Leonard - Dragon Gold + White Belt
Tristin Morris-Mann - Dragon Gold + White Belt

BLACK BELT CLUB

Ed Sullivan
Jodi Sullivan
Chis Sullivan
Jason Gargaro

Matthieu Sullivan
Matthew Abeyounis
Antuan Baylik
Lev Feygelson

Emmanuel Feygelson
Brandon Engle
Shaun Brest
David Snell

Richard Hudnall
Clint Lafrance
Jake Lafrance

LEADERSHIP TEAM

D.E.L.T.A Force
Ed Sullivan
Jodi Sullivan

S.W.A.T. II
Jason Gargaro
Matthew Abeyounis
Jeff Browne

S.W.A.T.
Jack Guthrie
Shaun Brest
David Snell

S.T.O.R.M.
Antuan Baylik
Brittany Browne
Lev Feygelson
Carter-Gage Malpass

Chris Sullivan
Matthieu Sullivan
Brandon Engle
Colton Guthrie
Richard Hudnall



TOURNAMENT INFO

Tournament Class: 1 PM Saturday

Pushing the Bubble

It was near the end of class. Sensei was running a hard class. Very little rest, just enough time to keep the gi on. Sensei was working basics today and the class was doing a lot of repetitions. Everyone was sweating, everyone was tired. Sensei kept pushing. He wanted more kicks. "Higher and stronger! Good 4 count kicks" Sensei shouted over the class's kiai. Sensei kept class working right up to the time to bow the next class in.

After saying the pledge, one of the students asked Sensei a question: "Sensei, why did we do so much basics? We know how to kick, punch, and block. Why did we do so much Sensei?"

Sensei answered, "I was pushing your bubble. That means I was working you hard to see how far I could make you go. I wanted to push you to your limits to see if you were willing to take the next step and go beyond your limits. Anyone can do karate and look good when they are rested and fresh. What matters, is how is their karate when they are tired, sore, injured, or at some disadvantage."

"Most people start slacking when they get tired or sore. They stop giving their best and try to get by with the bare minimum that they think will do. As students of Karate-Do, myself included, we strive to keep giving our best until we can't give anything else. When we get tired, we should focus on technique, give proper chambers on the kicks, sit down in the stances, and give proper speed and power on every technique."

"When I tell you to get your kicks up, or to get stronger or faster, I'm not being heartless and cruel. I'm making you push yourselves harder and more than you would do just by yourselves."

"I call your limits your bubble. I'm making you reach beyond your limits. Reaching beyond your limits is called Pushing Your Bubble. You grow when you reach beyond your limits. Over time you will learn to push your own limits and realize that there is so much more that you can do."

"As Sensei it is my duty to train you to be the best Black Belts that you can be. It is your duty as my students to train to the best of your ability. And, I will help you train to the best of your ability."

Winners Never Quit!

