



# DOJO NEWS

<http://www.ScottHayesKarate.com>

February 2004

<http://www.usashorinryu.org>

February is here and that means Winter Camp. This is a short month so make sure you attend classes regularly. The next Mini-Camp is in March! The year is new so if you have any ideas for any events or activities, please let us know.

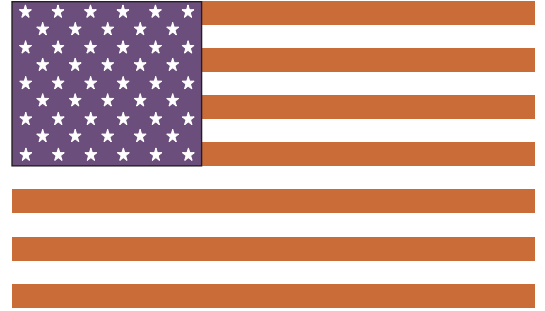
Winter Camp is the last weekend of February, the 27, 28, 29. It is held at the Surf Side Inn in Virginia Beach. This is a great camp with fantastic training. This is our NASKA's BIGGEST CAMP. Dojos from Bermuda, Canada, and the U.S. will be coming to Virginia Beach to train and test. Brittany Browne will be testing for Shodan, and Antuan Byalik and Richard Hudnall will be testing for Shodan-Ho. Come and support your fellow students as they test. Instructors at the camp will be Shihan Scott, Renshi Tucker, Renshi Roberts, Renshi Owens, Shihan Dai Joe Niemiec, and Sensei Heidi. We also have a special guest instructor returning this year. Winter Camp is a great training opportunity and I *strongly* recommend this camp to all of my students. Over the past four years, our Dojo has had the largest attendance at Winter Camp. Let's make it five years!

Mega Mini-Camp starts Friday March 19 at 6 PM. Camp will be action packed and full of intense training. The Association test will start at 7 AM Saturday Morning. If you are testing, be sure to be at the dojo by 6:50 or sleep over at the dojo Friday night.

***The Dojo will be closed for Winter Camp on the following days: Friday February 27th, Saturday February 28th, and Sunday February 29th.***

### ***Students of the Month***

Little Dragons - Mason Leonard  
Dragons - TBA  
Teens - Brittany Browne



## Schedule

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

### **February 6th**

Leadership Team 7:15

### **February 13th**

Black Belt Club 7:15

### **February 27 - 29**

**DOJO CLOSED**

**NO CLASSES**

### **February 27 - 29**

**Winter Camp**

**Virginia Beach**

**Are You Going?**

### **March 5**

Leadership Team 8:00

### **March 12**

Black Belt Club 8:00

### **March 19-21**

**Mini-Camp**

**Starts Friday at 6 PM**

### **March 20th**

**Association Test**

### **March 25**

**Belt Presentation**

### **April 2**

Leadership Team 7:30

### **April 9**

Black Belt Club 7:30

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

# BIRTHDAYS

## February

Lev Feygelson 2/3  
Ann Myers 2/13  
Aaron Stamps 2/17  
Alan Dekhanov 2/23

## March

Trevor Tippett 3/3  
Lissy Menendez 3/3



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

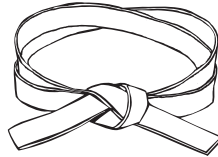
Have your birthday party at the Dojo. These parties are very flexible and we can easily accommodate your birthday wishes. Talk to Shihan Scott or the front office, and we'll do our best to be sure this birthday party is one you won't soon forget.

# NEW STUDENTS!

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!

Emmitt Trevor

## WELCOME TO THE DOJO!



# BELT TESTS DECEMBER PROMOTIONS

Antuan Byalik - Junior Black Belt 4  
Lev Feygelson - Junior Black Belt 3  
Will Leet - Shodan-Ho  
Richard Hudnall - Ikkyu Brown Belt  
Bob Brest - Roku Green Belt  
Clint Lafrance - Roku Green Belt  
Zach Hudnall - Roku Green Belt  
Stephanie Adams - Dragon Green Belt 1  
Jake Lafrance - Dragon Blue Belt 3  
Kevin Hutchinson - Dragon Blue Belt 3  
Jessica Myers - Dragon Blue Belt 3  
Ryan Salnoske - Hachikyu Blue Belt  
Vanessa Menendez - Hachikyu Blue Belt  
Hunter Schmitz - Dragon Purple + White Belt  
Mason Lenard - Dragon Purple + White Belt

Nancy Brest - Kukyu Purple Belt  
Kathy Adams - Kukyu Purple Belt  
Anne Myers - Kukyu Purple Belt  
Anita Lenard - Kukyu Purple Belt  
Max Devine - Kukyu Purple Belt  
Clarence Nguyen - Dragon Gold Belt  
Aaron Stamp - Dragon Gold Belt  
Tervor Trippet - Dragon Gold Belt  
Ethan Berry - Dragon Gold Belt  
Demetri Workman - Dragon Gold Belt  
Alexis Crouch - Dragon Gold Belt  
Eric Workman - Dragon Gold White Belt  
Tyler Gregg - Dragon Gold + White Belt  
Alexis Myers - Dragon Gold + White Belt

## BLACK BELT CLUB

Justin Brooks	Richard Hudnall	Stephanie Adams	Alex Browne
Jason Gargaro	Antjuan Walker	Jessica Myers	Bob Brest
Matthew Abeyounis	Jeff Browne	Gordon Weeks Jr.	Kevin Hutchinson
Antuan Byalik	Clint Lafrance	Gordon Weeks III.	Zach Hudnall
Lev Feygelson	Jake Lafrance	Brittany Browne	Ryan Salnoske
Emmanuel Feygelson			Max Devine

## LEADERSHIP TEAM

<b>D.E.L.T.A Force</b>	<b>S.W.A.T.</b>	<b>S.W.A.T. Cont.</b>	<b>S.T.O.R.M.</b>	<b>S.T.O.R.M. Cont.</b>
Matthew Abeyounis	Justin Brooks	Richard Hudnall	Carter-Gage Malpass	Stephanie Adams
Jeff Browne	Antuan Byalik	Clint Lafrance	Antjuan Walker	Jessica Myers
<b>S.W.A.T. II</b>	Bob Brest	Zach Hudnall	Emmanuel Feygelson	Kevin Hutchinson
Jason Gargaro	Gordon Weeks	Lev Feygelson		
	Brittany Browne	Vanessa Menendez		

## **SENSEI'S CORNER**

# More Traditions in the Martial Arts and in the Dojo

A tradition is a custom, behavior, action, belief, legend, or saying that is passed from the older generation to the younger generation. In the Dojo traditions are passed from the Sensei and the Senpai down to the Kohai. As your Sensei, it is my responsibility to pass these to you. It is the responsibility of the senior students, the Senpai, to help you with these.

武士道  
Bu Shi Do

The warriors of Japan and Okinawa followed a code of behavior called Bushido, the Way of the Warrior. Bu means war or martial. Shi means person. Do means way. A bushi is a warrior. Bushido embraces 10 concepts: Honor, Respect, Sincerity, Loyalty, Politeness, Veracity, Bravery, Benevolence, Justice, and Seppuku.

**Honor:** High regard, respect, or esteem; visible sign, or act, that manifests high regard or esteem; A strong sense of what is right; keen moral judgment; A reputation of high standards of conduct.

**Respect:** To properly or consideration. Regard for and appreciation of worth; honor and esteem; courteous regard; Conformity to duty or obligation; compliance or observance: respect the law. Consideration.

**Sincerity:** honesty of purpose and character; freedom from hypocrisy, deceit, or simulation. Honest, faithful.

**Loyalty:** fidelity; allegiance; faithfulness. Constant and faithful in any relation or obligation requiring trust, confidence. Obedience. If you cannot understand, obey, for there is no third way.

**Politeness:** behaving and speaking with considerate regard for others; courteous; mannerly. Cultured; cultivated. Polished; elegant; A manner designed to please, or at least not to give offense.

**Veracity:** being true; truthfulness; honesty. Agreement with truth; accuracy. Being genuine.

**Bravery:** Valor; heroism. To meet with courage or fortitude. That quality of mind or spirit enabling one to meet danger or opposition with fearlessness and calmness. The brave man is one who feels fear, but overcomes it. Where there is wisdom, there is no need for bravery. The brave man likes the feel of the rain on his face, the wise man knows enough to use an umbrella to shield himself from the rain.

**Benevolence:** Disposition to do good; kindness; charitableness. Kindness is honorable. Victory over the weak is shameful.

**Rectitude (Justice):** The act of requiting (repayment). Impartial infliction of Justice. Doing what is right.

The Japanese Code as far as I can ascertain is in part based upon On (passively incurred obligations - parents, teacher, Country, other people), gimu (no payment is ever fully made, where gimu includes chu (fealty to ones leader), ko (parents, descendants, and ancestors), and nimmu (duty to one's work)), and giri (debts that have to be repaid with equivalence to favors received, giri to family, and one's name)

