



Dojo News

<http://www.ScottHayesKarate.com>

February 2005

<http://www.usashorinryu.org>

The year is starting off great. January was a fun and busy month. February is Winter Camp Month. We are all getting ready for that big event. I want to thank everyone that has signed up for Winter Camp. We are carrying on the Dojo's tradition of outstanding attendance.

Congratulations Stephanie Adams on earning her Junior Black Belt at the Dragon Mini-Camp in January!

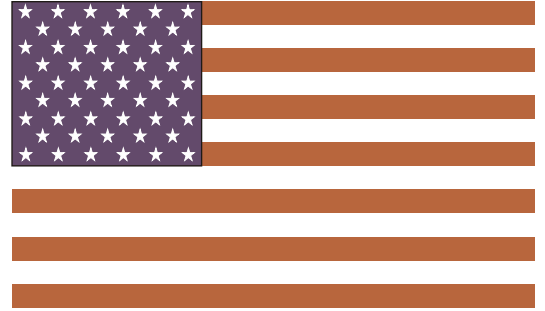
Congratulations to those who tested in December. See the inside for the full promotion list. Everyone, keep working hard. Your new belt is the beginning of a new rank with lots of stuff to learn! The next test is March 21-22-24 with the Belt Presentation on Thursday February 24th.

Winter Camp is coming! NASKA's annual Winter Spirit Camp is Friday February 24th through Sunday February 26th. Winter Camp is held in Virginia Beach. It is a fantastic camp with people coming from Canada, Bermuda, as well as the United States. I highly recommend this camp. It's a lot of hard work, but it is worth it. There are some big things happening at Winter Camp this year. The fee for Winter Camp includes room and board as well. This year will be the sixth year in a row that our dojo has been sending the most people to Winter Camp! Thank all of you!

Teen Mini-Camp starts Friday February 11. This mini-camp is just for our Teenagers. The mini-camp starts Friday at 6 PM. The schedule is Friday 6 - 10 PM; Saturday 9 AM - Noon, 1 PM - 5 PM, 7 PM - 10PM; Sunday 9 AM - Noon. There is a sleep over Saturday night. See the flyer for more information. Leadership Team, I do need some volunteers to help out at this camp. Please see me to help out.

Students of the Month

Little Dragons - TBA
Dragons - TBA
Teens - TBA



Schedule

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

February 11-12-13

Teen Mini-Camp

February 18

BBC 8 PM

February 25-26-27

NASKA WINTER CAMP
Virginia Beach

March 4

Leadership
Team 8 PM

March 11

BBC PM

March 18-19-20

Adult Camp

March 21-22-23

TESTING

March 31

Belt Presentation

April 1

Leadership Team 8 PM

April 8

BBC 8 PM

May 7

Kyoshi's Birthday

May 20-21-22

No Whiners Camp

Are You Going?

Let Black Belt Be Your Goal

Birthdays

February

Glenn Stamps 2/2
 Lev Feygelson 2/3
 Ann Myers 2/13
 Isaac Silcox 2/15
 Aaron Stamps 2/17
 Jessica Grimsley 2/20
 Alen Dkhanov 2/23
 CW Wood 2/24
 Meghan Boyd 2/25

March

Aaron Dunkailo 3/1
 Trevor Tippett 3/3
 Mason Leonard 3/8
 Adam Stein 3/12
 Megan Link 3/13
 Alexander Allen 3/18
 Steven Bateman 3/31



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!

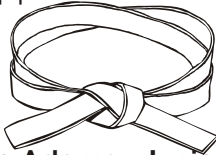
BIRTHDAY PARTIES

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 – 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!

Joe Mielewski	Ryan Pappas	Ian Wildemann	Daniel Smith
Sharon Mielewski	Rebecca Shannon	Kody Bishop	Kris
Aaryn Pappas			Tracy



Belt tests

Stephanie Adams - Junior Black Belt 1

Glen Stamps - Nanakyu Blue Belt
 Kayla Rupp - Nanakyu Blue Belt
 Caitlin Wallace - Nanakyu Blue Belt
 Emmit Necaie - Junior Blue Belt 2
 Aaron Stamps - Junior Blue Belt 2
 Jacob Stein - Junior Blue Belt 2
 Anthony Davis - Junior Blue Belt
 Clarence Nguyen - Junior Blue Belt
 Eric Workman - Junior Purple Belt
 Demetri Workman - Junior Purple + White Belt
 Tyler Mueller - Junior Orange Belt
 Collin Nealy - Junior Orange Belt
 Joseph Prichard - Junior Orange Belt
 Michael Harvey - Mukyu Gold Belt
 Joe Mielewski - Junior Gold Belt
 Jake Wertheimer - Junior Gold Belt
 Christopher Wertheime - Junior Gold + White Belt
 Justin Boyd - Junior Gold + White Belt
 Meghan Boyd - Junior Gold + White Belt
 Megan Link - Junior Gold + White Belt
 Carter Gilmore - Junior Gold + White Belt

Black Belt Club

Justin Brooks	Jeff Browne	Bob Brest	Emmit Necaie
Matthew Abeyounis	Clint LaFrance	Kevin Hutchinson	Jesse Harrison
Antuan Byalik	Jake LaFrance	Zach Hudnall	Cheyenne Ward
Lev Feygelson	Stephanie Adams	Ryan Salnoske	Kayla Rupp
Emmanuel Feygelson	Jessica Myers	Max Devine	Caitlin Wallace
Shaun Brest	Brittany Browne	Nancy Brest	Sebastian Brock
Richard Hudnall	Alex Browne	Hunter Schmitz	
Antjuan Walker			

Leadership Team

D.E.L.T.A Force	S.W.A.T.	S.W.A.T. Cont.	S.T.O.R.M. Cont.	Emmit Necaie
Matthew Abeyounis	Justin Brooks	Zach Hudnall	Stephanie Adams	Jacob Stien
Jeff Browne	Antuan Byalik	Lev Feygelson	Jessica Myers	Jamie Bourgeois
Brittany Browne	Gordon Weeks	Glenn Stamps	Kevin Hutchinson	Trevor Tippett
Shaun Brest	Richard Hudnall	S.T.O.R.M.	Alex Browne	Trevor Jansen
S.W.A.T. II	Clint Lafrance	Antjuan Walker	Jake LaFrance	
Vanessa Menendez		Emmanuel Feygelson	Max Devine	
Bob Brest				

Sensei's Corner

While you watch class at the Dojo, you will notice several students wearing special belts, uniforms, and or patches. These students are Students of the Month, Black Belt Club Members, and student on the Leadership Team. These belts, uniforms, and patches are awards and recognition for their accomplishments at the Dojo.

Student of the Month

The Student of the Month is chosen from the Little Dragon, the Dragon, and the Teen Classes. The Student of the Month is selected as recognition of that student's effort to be the example the other students should follow. The red-white-blue coloring of the special belt easily identifies the Student of the Month. In addition to wearing the special belt for the month, the student is allowed to lead the stretches in class and is used for examples and demonstrations in class.

In choosing a student for the Student of the Month, the instructors look at several factors including:

- 1. Good class attendance*
- 2. Good class behavior*
- 3. Good attitude in class*
- 4. Gives good effort in class*
- 5. Good grades*
- 6. Good behavior at home & school*
- 7. Good attitude at home & school*

Black Belt Club (BBC)

The Black Belt Club is an association of Black Belts and non-black belt students. These students are dedicated to achieving their highest potential. Students in the Black Belt Club wear belts that have a black stripe running down the middle of the belt. This black stripe symbolizes their commitment to becoming a Black Belt.

Requirements for joining the BBC:

- 1. Orange Belt in rank*
- 2. Demonstrates commitment, dedication, hardworking and positive attitude, and honor*
- 3. Essay on "Why you want to be a Black Belt and why you want to join the BBC"*
- 4. Respect (Rank, Honor, Traditions)*
- 5. Good grades, have 1 grading period to bring D's up*
- 6. Sponsorship from a BBC member*
- 7. Must be able to attend BBC classes*
- 8. Recommended by Instructor*

Leadership Team

The Leadership Team is an association of Black Belts and non-black belts who are teachers or are training to become teachers. It is through this program that a Black Belt earns the honorific title of Sensei. This program develops teaching, planning, communication, leadership, organization, and people skills. The skills learned and developed in this program are easily transferred to school and the workplace.

There are several levels within the Leadership Team: S.T.O.R.M. (Super Team of Role Models), S.W.A.T. & S.W.A.T. II (Superior Winning Attitude Team), and D.E.L.T.A. Force (Dedicated, Enthusiastic, Loyal, Teaching Assistants). As the members increase in rank and ability, they move up from S.T.O.R.M. eventually to the D.E.L.T.A. Force. Once they have completed the Sensei Program and passed the examinations, they become certified instructors qualified for N.A.S.K.A.'s Masters Program.

