



# Dojo News

<http://www.ScottHayesKarate.com>

February 2007

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

**Winter Camp** is this month. Winter Camp will be held at the Virginia District Camp Ground in Buckingham County out near Farmville. The dates for the camp are March 30, 31 and April 1. This is our 2nd Karate camp and our 4th 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.

**The Dojo will be closed for Winter Camp on the following days: Friday March 30 and Saturday March 31.**

Spread the word: *The Dojo needs new White Belts.* Tell your friends about the dojo. Bring your friends to the dojo. You can get a free week pass from Miss Nancy in the office. Teens and adults, get into the action too, tell your friends!

Winter Weather can change road conditions quickly. If you need to leave because of road conditions, please let the instructor know. If the Dojo closes due to weather, there will be a message on the Dojo voice mail and on the web site.

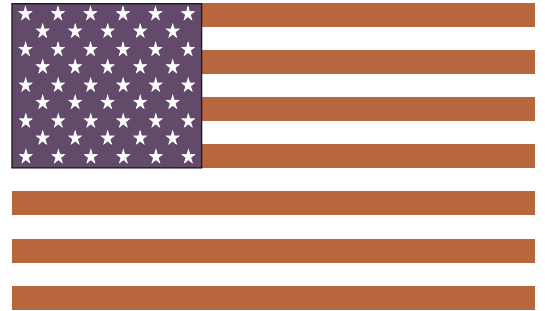
Warwick Blvd construction may cause traffic delays. If you are running late, come in quietly. Get your card and wait by the edge of the mat to join class. It is important to come to class even if you are late.

### **Students of the Month**

Little Dragons - CW Wood

Dragons - Will Pell

Adult / Teens - Matthew Abeyounis



## Schedule

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

February 2

Leadership Team 7:15

February 9

BBC 5:45

March 2

Leadership Team 7:15

March 9

BBC 5:45

March 24

NO REGULAR CLASSES

TESTING

Jr. Brown and up

6th kyu Green and up

March 30-31- April 1

DOJO WINTER CAMP

Buckingham County

April 13

BBC 5:45

Are You Going?

April 20-21-22

Dragon & Little Dragon

Mini Camp

April 27

Leadership Team 7:15

May 18-19-20

No Whiners Camp VI

DOJO CLOSED

**Let Black Belt Be Your Goal**



**February**

Lev Feygelson 2/3  
 Ethan Hancock 2/3  
 Eric Wildemann 2/8  
 Trevor Jansen 2/12  
 Collin Parks 2/21  
 CW Wood 2/24  
 Meghan Boyd 2/25  
 Clarence Nguyen 2/27

**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.**

Antjuan Walker  
 Stephanie Adams  
 Jake LaFrance  
 Alex Browne  
 Tyler Mueller

**Dragons Cont.**

Joey Link  
 Trip Gilmore  
 Michael Adelson  
 Carter Gilmore  
 Demitry Workman  
 Eric Workman  
 Megan Link  
 Meghan Boyd

**Teens**

Matthew Abeyounis  
 Brittany Browne  
 Antuan Byalik  
 Richard Hudnall  
 Lev Feygelson  
 Shaun Brest  
 Sebastian Brock  
 Jesse Harrison  
 Zach Hudnall  
 Clint LaFrance  
 Caitlin Wallace  
 Max Devine

**Dragons**

Emmanuel Feygelson  
 Hunter Schmitz  
 Emmit Necaie  
 Jamie Bourgeois  
 Joesph Pritchard  
 Andrew Maeso  
 Michael Pratt  
 C.W. Wood  
 Katie Carrubba  
 Ian Wildeman

**Leadership Team**

**D.E.L.T.A Force**

Matthew Abeyounis  
 Jeff Browne  
 Brittany Browne  
 Shaun Brest  
 Bob Brest  
 Antuan Byalik  
 Lev Feygelson

**S.W.A.T. II**

Sebastian Brock

**S.W.A.T.**

Antjuan Walker  
 Emmanuel Feygelson  
 Stephanie Adams  
 Alex Browne  
 Jake LaFrance  
 Jacob Stein  
 Michael Harvey  
 Steve Bateman  
 Kathy Adams

**S.T.O.R.M.**

Max Devine  
 Emmit Necaie  
 Jamie Bourgeois  
 Hunter Schmitz  
 Trevor Jansen  
 Connor McCarthy-Cruse  
 Victoria McCarthy-Cruse  
 Tyler Mueller  
 Shelby Pantel  
 Andrew Maeso  
 Catlin Wallace  
 Ashley Wandersee

**S.T.O.R.M. cont.**

Trip Gilmore  
 C.W. Wood  
 Ian Wildemann  
 Joey Link  
 Sarah Wandersee  
 Demitry Workman  
 Katie Carubba  
 Megan Boyd  
 Magan Link  
 Alison Moore  
 Natalie Moore  
 Carter Gilmore

# Sensei's Corner

## January Promotions

### **Dragons**

Megan Link – Jr. Green Belt 2  
Trip Gilmore – Jr. Green Belt 3  
Demetri Workman – Jr. Purple Belt 1  
Joey Link – Jr. Purple Belt 1  
Trevor Jansen – Jr. Purple Belt 1  
Emmit Neciase – Jr. Purple Belt 2

### **Little Dragons**

Julie McCullogh – Junior Gold + White Belt  
Mac Avery – Junior Gold + White Belt

## Odds and In's

### **Warwick Blvd. Construction**

Warwick Blvd. is being worked on and speed limit is reduced to 25 mph. If you get delayed in traffic, don't worry. Just come into the Dojo quietly and quickly join class. It is better to be late to class than to miss class.

### **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.

### **Shoes and coats**

Please remember that Sensei likes to go outside when the weather is nice. You should bring with you shoes that you can run and kick in.

### **Sparring Gear**

The Dojo has loaner sparring gear. 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. You can get all your sparring needs at the dojo.

### **Lost and found**

Parents, there is a hamper in the boys locker room that is full of "STUFF" students left behind. Please check the lost and found. At the end of the month, I will empty the hamper.

# February 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-A	2-B LT 7:15 ALL	3-C
4-D	5-E	6-B	7-C	8-D	9-E BBC 5:45	10-A
11-C	12-D	13-E	14-A	15-B	16-D	17-E
18-A	19-B	20-C	21-E	22-A	23-B	24-C
25-D	26-A	27-B	28-C			
		A: Basic Hand and Foot Techniques, +/- Kata B: Kata, Terminology, Philosophy C: One-Steps, Yakusoku Kumite, Sparring D: Self-Defense, Ukemi waza, Grabbing Techniques, Etc. E: Kata and/or Bunkai				