



# Dojo News

<http://www.ScottHayesKarate.com>

February 2008

The Dragon and Little Dragon Mini-Camp was a great kick off to the new year! This February is a Leap Year, which means there are 29 days this month. This Summer the Okinawans are coming to Washington DC for a big Summer Camp. Please check the calendar as well as the web site for events, this year is going to be busy!

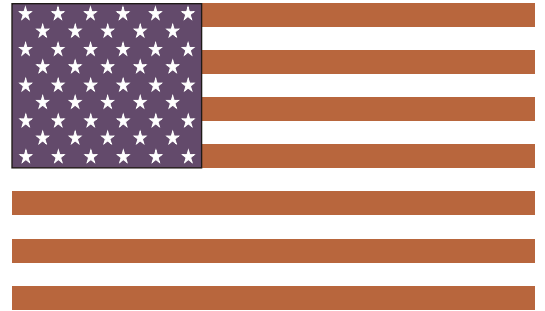
The Dragon and Little Dragon Mini-Camp was fantastic! The training was great. Everyone had a great time. We watched Ratatouille. I want thank the Woods for bringing Ratatouille, Whitlocks for the bottles of water, and all the parents that helped out at the Mini-Camp. I want to thank my helpers: Sensei Sebastian, Victoria McCarthy-Cruse, Ashley Wandersee, Connor McCarthy-Cruse, and Rosie McCullough.

Winter Camp is February 15-16-17. We will be using the Nazarene Camp again this year. The Dojo will be CLOSED on Friday February 15 and Saturday February 16.

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.

No Whiners Camp is May 16-17-18 in Virginia Beach. Remember, the NWC is a select camp. If you want to get selected work hard in class and show Sensei that you want to attend.



## Schedule

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

February 1st  
Deadline for  
Winter Camp Applications

February 1st  
BBC 6:00 PM

February 1st  
LT 6:45 PM

February 14  
Valentine's Day  
Last Class ends at 7:30 PM  
No Black Belt Class

February 15-16-17  
Winter Camp  
DOJO CLOSED

March 7  
BBC 6:00 PM

March 7  
LT 6:45 PM

March 21 and 22  
Teen & Adult Mini Camp

May 16-17-18  
No Whiners Camp

**August 2008**  
**Okinawan Summer Camp**  
**Washington DC**

### *Students of the Month*

Little Dragons - Randolph Jordan  
Dragons - Demetri Workman  
Adult / Teens - Bert Grenoble

**Let Black Belt Be Your Goal**



**February**

- Ethan Hancock 2/3
- Meredith Woessner 2/4
- Eric Wildemann 2/8
- Trevor Jansen 2/12
- Joesph Grube 2/21
- Colin Parks 2/21
- Brian Grube 2/22
- CW Wood 2/24
- Megan Boyd 2/25
- Julie Hancock 2/27
- 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.**

- Alex Browne
- Jamie Bourgeois
- Tyler Mueller
- Joesph Pritchard

**Dragons Cont.**

- Michael Adelson
- Carter Gilmore
- Demetry Workman
- Eric Workman
- Megan Link
- Meghan Boyd
- Ben Hancock
- Jacob Crowson

**Teens**

- Matthew Abeyounis
- Brittany Browne
- Antuan Byalik
- Richard Hudnall
- Lev Feygelson
- Shaun Brest
- Sebastian Brock
- Joey Prichard
- Caitlin Wallace
- Antjuan Walker
- Stephanie Adams
- Jake LaFrance

**Dragons**

- Emmanuel Feygelson
- Hunter Schmitz
- Emmit Necaise
- Andrew Maeso
- Michael Pratt
- C.W. Wood
- Katie Carrubba
- Ian Wildeman
- Joey Link
- Trip Gilmore

**Little Dragons**

- Mac Avery

## 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
- Demetry Workman
- Katie Carubba
- Megan Boyd
- Andrew Maeso

**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

# Sensei's Corner

## January Promotions

### Dragons

Logan Scherer – Junior Blue Belt 1  
Scott Whitlock – Junior Blue Belt 1  
Carter Gilmore – Junior Purple Belt 1

### Little Dragons

Duane Clause – Junior Gold + White Belt  
Terek Kirsch – Junior Gold + White Belt

#### 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. 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.

#### Dojo T-Shirts

During the warmer parts of the year, some students like to wear a dojo T-Shirt in place of their gi top. You can get the dojo T-shirts in the front office. Only dojo T-shirts may be worn in place of the gi top, other T-shirts are not allowed. On formal days, belt presentations, seminars, and visiting guest instructors, a full gi must be worn.

#### Lost and Found

Over the summer (and from the spring) 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.

#### 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.

#### 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 15, 16 and 17. 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.

# February 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-A BBC 6:00 PM LT 6:45 PM	2-B
3-C	4-D	5-E	6-B	7-C	8-D	9-E
10-A	11-C	12-D	13-E	14-A Valentine's Day Special Schedule	15-B Winter Camp DOJO CLOSED	16-D Winter Camp DOJO CLOSED
17-E Winter Camp DOJO CLOSED	18-A	19-B	20-C	21-E	22-A	23-B
24-C	25-D	26-A	27-B	28-C	29-D	
		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				