



Dojo News

<http://www.ScottHayesKarate.com>

February 2009

The new year is starting to heat up and get busy. Class intensity has been great! Keep up the fantastic attitudes! Please check the calendar as well as the web site for events and deadlines.

Saturday Sparring Class 10:30 AM. Just a reminder, don't forget about the Sparring Class on Saturday at 10:30 AM. Little Dragons, Dragons, and Teens welcome!

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. The Dojo generally follows Newport News Public School's closings. If the Newport News Public Schools are closed, then the Dojo will be closed unless otherwise specified.

Winter Camp is this month! February 15-16-17. We will be using the Nazarene Camp again this year. There is still time to sign up. Sensei has extended the Early Bird Deadline until Friday February 6th. Please see the flyer for more information. Please see Sensei if you need a ride.

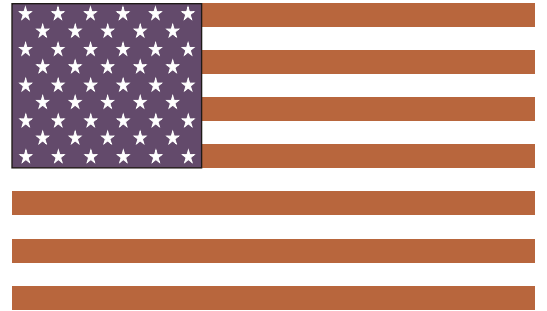
No Whiners Camp is May 16-17-18 in Virginia Beach. Remember, the NWC is a select camp. If you want to get selected work hard in class and show Sensei that you want to attend. Remember that CW will be testing at this year's No Whiners Camp.

Saturday Morning Class at 9 AM. I want to thank Sensei Bob for organizing and running the 9 AM class each Saturday morning. I am getting great feedback from everyone about the class. Keep up the hard work!

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 the office. Teens and adults, get into the action too, tell your friends!

Students of the Month

Little Dragons - Jenna Sigler
Dragons - Mac Avery
Adult / Teens - Will Lindsay



Schedule

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

February 6th

*Deadline for early bird discount
For Winter Camp Applications*

February 6th

LT 5:45 PM - 7:30 PM

February 20th

BBC 6:00 PM

February 13-14-15

Winter Camp

March 6th

BBC 6:00 PM

March 6th

LT 6:45 PM

March 7th

9 AM Test Run

NO REGULAR CLASSES

March 13th -14th

Dragon & Little Dragon

Mini-Camp

March 16th - 20th

Testing in class

March 30th

Belt Presentation in class

March 31st

Pre-Registration deadline

For No Whiners Camp

May 15-16-17

No Whiners Camp

Let Black Belt Be Your Goal



February

Lev Feygelson 2/3
 Isaac Silcox 2/15
 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
 Rosie McCullough
 Justin Brooks

Teens

Matthew Abeyounis
 Brittany Browne
 Antuan Byalik
 Richard Hudnall
 Lev Feygelson
 Shaun Brest
 Sebastian Brock
 Caitlin Wallace
 Stephanie Adams
 Alex Browne
 Jamie Bourgeois

Teens Cont.

Emmanuel
 Feygelson
 Hunter Schmitz
 William Lindsay
 Eric Workman

Dragons

Andrew Maeso
 Michael Pratt
 C.W. Wood
 Katie Carrubba
 Joey Link
 Trip Gilmore
 Michael Adelson
 Carter Gilmore
 Demitry Workman
 Megan Link

Dragons Cont.

Meghan Boyd
 Ben Hancock
 Jacob Crowson
 Mac Avery
 Mary Black Avery
Little Dragons
 Julie McCullough

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.

Justin Brooks
 Emmanuel Feygelson
 Stephanie Adams
 Alex Browne
 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
 Demitry Workman
 Katie Carubba
 Megan Boyd
 Andrew Maeso
 C.W. Wood

S.T.O.R.M.

Trevor Jansen
 Catlin Wallace
 Ian Wildemann
 Magan Link
 Carter Gilmore
 Jeremiah Gauling
 Ben Hancock
 Duane Leiberan
 Justin Byod
 Will Lindsay
 Jacob Crowson
 Mac Avery
 Mary Black Avery

Sensei's Corner

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
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 through the Masters Program.

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. Sensei really likes the new Century Headgear with the clear face mask. 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 Discussion Board

We have set up a discussion board on the Dojo web site: <http://www.ScottHayesKarate.com/phpbb3>. We want to use the discussion board to enable more communication. There are sections for parents, students, the Black Belt Club, the Leadership Team, the advance class, the Black Belts, and many more. You have to register for the discussion board, but that is real easy. I hope to see everyone there!

