



Dojo News

<http://www.ScottHayesKarate.com>

January 2005

<http://www.usashorinryu.org>

Happy New Year

Happy New Year! 2004 was a great year. We had six students promoted to Shodan. At Weapons Camp Bob Brest earned his Shodan in weapons, Matthew Abeyounis earned his Nidan in weapons, and Sensei Scott Earned his Godan (5th Degree) in weapons. 2005 is off to a great start, take a look inside.

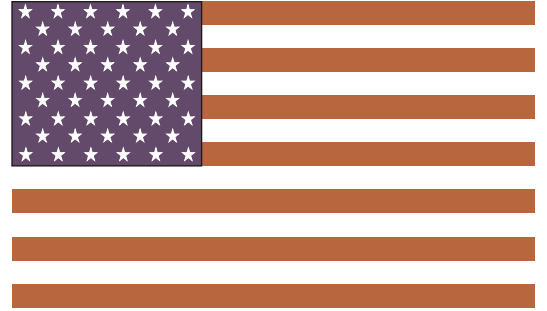
Congratulations to everyone who tested in December. See the inside for the full promotion list. A follow up test will be done in January to catch those that still need to be tested. Remember to keep working hard. Your new belt is the beginning of a new rank with lots of stuff to learn!

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. The fee for Winter Camp includes room and board as well. For the past five years our dojo has been sending the most people to Winter Camp, sign up now and lets make it six years!

Dragon & Little Dragon Mini-Camp starts Friday January 28. This mini-camp is just for Dragons and Little Dragons. 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 - Trevor Tippett
Dragons - Cheyenne Ward
Teens - TBA



Schedule

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

January 7

Leadership Team 8 PM

January 14

BBC 8 PM

January 28-29-30

Little Dragon & Dragon Mini-Camp

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 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

January

Caleb Humphrey 1/8
 Antuan Byalik 1/9
 Katie Williams 1/10
 Hunter Schmitz 1/14
 Chelsea Williams 1/18
 Clarence Nguyen 1/26
 Sergey Shurkove 1/27

February

Glenn Stamps 2/2
 Lev Feygelson 2/3



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!

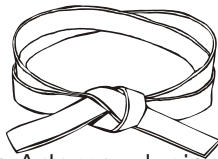
BIRTHDAY PARTIES

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 – 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!

Caleb Humphrey	Drake Lonberger	Devin Lonberger
Rachel Pereira	Shayla Lonberger	Ce-Si Brewer



Stephanie Adams - Junior Brown Belt 3
 Bob Brest - Ikkyu Brown Belt
 Zach Hudnall - Ikkyu Brown Belt
 Jake LaFrance - Junior Brown Belt 2
 Emmanuel Feygelson - Junior Brown Belt 2
 Steven Bateman - Sankyu Brown Belt
 Cheyenne Ward - Junior Brown Belt 1
 Vanessa Menendez - Sankyu Brown Belt
 Nancy Brest - Yonkyu Green Belt
 Kathy Adams - Gokyu Green Belt
 Max Devine - Rokukyu Green Belt
 Ryan Salnoske - Rokukyu Green Belt
 Hunter Schmitz - Junior Green Belt 1
 Alen Dekhanov - Junior Blue Belt 2
 Michael Pratt - Junior Blue Belt 1
 Connor McCarthy-Cruse - Junior Blue Belt 1
 Aaron Parsons - Hachikyu Blue Belt
 Rabecca Harbin - Hachikyu Blue Belt
 Victoria McCarthy-Cruse - Junior Blue Belt 1
 Jamie Bourgeois - Junior Blue Belt 1
 Shelby Pantel - Junior Purple Belt
 Trevor Tippett - Junior Purple + White
 Darrin Lyons - Kuku Purple Belt
 Daniel Fournier - Junior Orange Belt
 Allison Moore - Jukyu Orange Belt
 Jeremiah Gaulding - Junior Orange Belt
 CW Wood - Junior Orange Belt
 Trevor Jansen - Junior Orange Belt

Belt tests

William Hautsch - Junior Gold Belt
 Trip Gilmore - Junior Gold + White Belt
 Evan Foster - Junior Gold Belt
 Tyler Mueller - Junior Gold Belt
 Joey Link - Junior Gold Belt
 Jared Johnson - Junior Gold Belt
 Collin Nealy - Junior Gold Belt
 Richardo Flores - Junior Gold Belt
 Jessica Grimsley - Junior Gold Belt
 Joseph Pritchard - Junior Gold Belt
 Bill Martin - Mukyu Gold Belt

Black Belt Club

Justin Brooks	Jeff Browne	Bob Brest	Emmit Necaice
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 Necaice
Matthew Abeyounis	Justin Brooks	Zach Hudnall	Stephanie Adams	Jacob Stien
Jeff Browne	Antuan Byalik	Lev Feygelson	Jessica Myers	
Brittany Browne	Bob Brest	Glenn Stamps	Kevin Hutchinson	
Shaun Brest	Gordon Weeks	S.T.O.R.M.	Alex Browne	
S.W.A.T. II	Richard Hudnall	Antjuan Walker	Jake LaFrance	
Vanessa Menendez	Clint LaFrance	Emmanuel Feygelson	Max Devine	

Pushing the Bubble

It was near the end of class. Sensei was running a hard class. Very little rest, just enough time to keep the gi on. Sensei was working basics today and the class was doing a lot of repetitions. Everyone was sweating, everyone was tired. Sensei kept pushing. He wanted more kicks. "Higher and stronger! Good 4 count kicks" Sensei shouted over the class's kiai. Sensei kept class working right up to the time to bow the next class in.

After saying the pledge, one of the students asked Sensei a question: "Sensei, why did we do so much basics? We know how to kick, punch, and block. Why did we do so much Sensei?"

Sensei answered, "I was pushing your bubble. That means I was working you hard to see how far I could make you go. I wanted to push you to your limits to see if you were willing to take the next step and go beyond your limits. Anyone can do karate and look good doing it when they are rested and fresh. What matters, is how is their karate when they are tired, sore, injured, or at some disadvantage."

"Most people start slacking when they get tired or sore. They stop giving their best and try to get by with the bare minimum that they think will do. As students of Karate-Do, myself included, we strive to keep giving our best until we can't give anything else. When we get tired, we should focus on technique, give proper chambers on the kicks, sit down in the stances, and give proper speed and power on every technique."

"When I tell you to get your kicks up, or to get stronger or faster, I'm not being heartless and cruel. I'm making you push yourselves harder and more than you would do just by yourselves."

"I call your limits your bubble. I'm making you reach beyond your limits. Reaching beyond your limits is called Pushing Your Bubble. You grow when you reach beyond your limits. Over time you will learn to push your own limits and realize that there is so much more that you can do."

"As Sensei it is my duty to train you to be the best Black Belts that you can be. It is your duty as my students to train to the best of your ability. And, I will help you train to the best of your ability."

Winners Never Quit!

