



Dojo News

<http://www.ScottHayesKarate.com>

January 2007

Happy New Year

Happy New Year! 2007 is going to be a great year. I want to thank each of you for making 2006 so wonderful. I have many fond memories. Our Dojo Family is special and I want to thank you again for making the Dojo a wonderful place. Remember to check the calendar as well as the web site for events.

The big event this month is the Dragon and Little Dragon Mini-Camp. The Mini-Camp starts Friday January 18th at 6 PM. On Saturday we will have pizza and a sleep over. Sensei Scott is planning some special activities to keep everyone on their toes.

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!

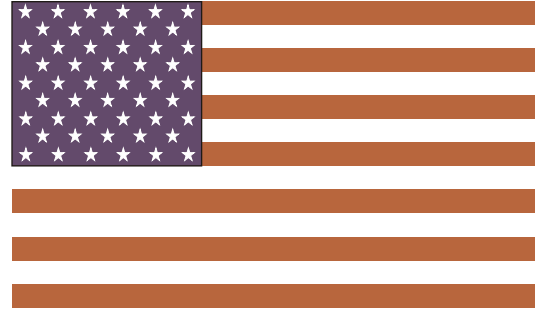
Winter Weather can change road conditions quickly. If you need to leave because of road conditions, please let the instructor know. If the Dojo closes due to weather, there will be a message on the Dojo voice mail and on the web site.

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.

Winter Camp will be February 23-24-25 in Virginia Beach. Camp flyers are available. The camp instructors will be Renshi Kassama (6th Dan), Kyoshi Rodney Willis (9th Dan), and Sensei Scott.

Students of the Month

Little Dragons - Dhanyal Khan
Dragons - Demetri Workman
Adult / Teens - Tyler Mueller



Schedule

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

January 1st
DOJO CLOSED

January 5th
Leadership Team 7:15

January 12th
BBC 5:45

January 19-20-21
Dragon & Little Dragon
Mini Camp

February 2
Leadership Team 7:15

February 9
BBC 5:45

February 13
Deadline for Winter Camp
Applications

February 23-24-24
Winter Camp
Virginia Beach

March 2
Leadership Team 7:15

March 9
BBC 5:45

March 23-24-25
Teen Adult
Mini Camp

May 18-19-20
No Whiners Camp VI

Let Black Belt Be Your Goal



January

Antuan Byalik 1/9
 Hunter Schmitz 1/14
 Christian May 1/21
 Frank May 1/21
 Ann Marie 1/21

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

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

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*
- 8. Overcoming obstacles and problems*

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 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.

January 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-A DOJO CLOSED	2-B	3-C	4-D	5-E LT 7:15 ALL	6-B
7-C	8-D	9-E	10-A	11-C	12-D BBC 5:45	13-E
14-A	15-B	16-D	17-E	18-A	19-B Dragon & L. Dragon Mini Camp	20-C Dragon & L. Dragon Mini Camp
21-E Dragon & L. Dragon Mini Camp	22-A	23-B	24-C	25-D	26-A	27-B
28-C	29-D	30-E	31-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				