



Dojo News

<http://www.ScottHayesKarate.com>

January 2009

Happy New Year

Happy New Year! I want to thank each of you for making 2008 a fantastic year. I have many fond memories: Mini-Camps, No Whiners Camp, Black Belt Training in DC, Jr. Borwn & Black Belt training in DC, testing, and CW's fair well. 2009 is oing to be busy. Please check the calendar as well as the web site for events and deadlines.

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!

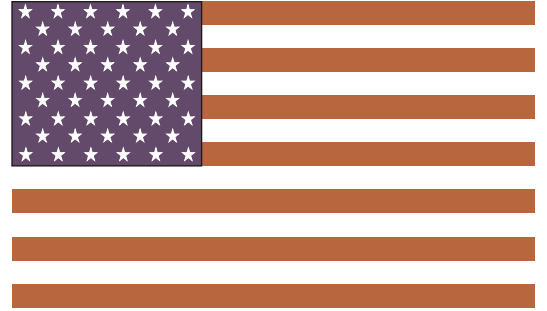
Winter Weather can change road conditions quickly. If you need to leave because of road conditions, please let the instructor know. If the Dojo closes due to weather, there will be a message on the Dojo voice mail and on the web site.

This spring we have two big camps. Winter Camp is February 15-16-17. We will be using the Nazarene Camp again this year. Please see the flyer for more information. Please sign up early, particularly 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!

Students of the Month

Little Dragons - Jamison Wood
Dragons - Adrian Grove
Adult / Teens - Roland Hautsch



Schedule

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

January 1st

New Years Day
DOJO CLOSED

January 2nd - 3rd

New Years Weekend
DOJO CLOSED

January 9th

BBC 6:00 PM

January 9th

LT 6:45 PM

February 1st

**Deadline for early bird discount
For Winter Camp Applications**

February 6th

BBC 6:00 PM

February 6st

LT 6:45 PM

February 13-14-15

Winter Camp

March 13th -14th

Dragon & Little Dragon
Mini-Camp

March 31st

Pre-Registration deadline
For No Whiners Camp

May 15-16-17

No Whiners Camp

Let Black Belt Be Your Goal



January

Antuan Byalik 1/9
 Dylan Cunningham 1/13
 Hunter Schmitz 1/14
 Daniel Jefferies 1/19
 Pat Quinn 1/23

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

Teens Cont.

Emmanuel
 Feygelson
 Hunter Schmitz
 William Lindsay
 Eric Workman

Dragons Cont.

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

Teens

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

Dragons

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

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.

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

December Promotions

Adults

Grace Lindsay -- Jukyu Gold Belt
Isaac Silcox -- Kukyu Orange Belt
Daniel Jefferies -- Hachikyu Blue Belt
Jessica Fuhs -- Gokyu Purple Belt
Rosie McCullough -- Gokyu Purple Belt
Bert Grenoble -- Nikkyu Brown Belt
Roland Hautsch -- Ikkyu Brown Belt

Teens

Mary Blake Avery -- Nanakyu Green Belt
William Lindsay -- Rokukyu Green Belt
Benjamin Hancock -- Junior Purple Belt 1
Eric Workman -- Junior Purple Belt 1
Katie Carrubba -- Junior Purple Belt 3
Clarence Nguyen -- Junior Brown Belt 1
Emmanuel Feygelson -- Shodan
Hunter Schmitz -- Shodan
Ashley Wandersee -- Shodan

Little Dragons

Jamison Wood -- Junior Gold + White Belt
Ian Lower -- Junior Gold + White Belt
Alexander Crist -- Junior Gold + White Belt
Sam Vallet -- Junior Gold + White Belt
Alec Wolf -- Junior Gold Belt
Cheyenne Conaway -- Junior Orange + White Belt
Dylan Cunningham -- Junior Orange + White Belt
Katelyn Williams -- Junior Orange + White
Connor Duggan -- Junior Orange + White
David Lemberskey -- Junior Blue + White Belt
Robert Wolf -- Junior Blue + White Belt
Julie McCullough -- Junior Green + White

Dragons

Emily Kriner -- Junior Gold Belt
Adrian Grove -- Junior Gold Belt
Lauren Kriner -- Junior Gold Belt
Nate Hewitt -- Junior Gold Belt
Katie Roeder -- Junior Gold Belt
Jenna Sigler -- Junior Gold Belt
Micah Kriner -- Junior Orange Belt
Xavier Yoshikawa -- Junior Orange Belt
Denahri Hairston -- Junior Orange Belt
Caleb Kriner -- Junior Orange Belt
Terek Kirsch -- Junior Blue Belt 2
Duane Lieberman -- Junior Blue Belt 2
Sarah Carrubba -- Junior Blue Belt 3
Seth Berry -- Junior Blue Belt 3
Patrick Maloon -- Junior Blue Belt 3
Mac Avery -- Junior Green Belt 2
Ethan Berry -- Junior Green Belt 2
Jacob Crowson -- Junior Green Belt 3
Alyson Wandersee -- Junior Purple Belt 3
Carter Gilmore -- Junior Brown Belt 1
Justin Boyd -- Junior Brown Belt 2
Jeremiah Gaulding -- Junior Brown Belt 2
Demetri Workman -- Junior Brown Belt 3
Megan Link -- Junior Brown Belt 3
Meghan Boyd -- Junior Black Belt 1
Michael Pratt -- Shodan-Ho
Trip Gilmore -- Shodan-Ho

January 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-A DOJO CLOSED	2-B DOJO CLOSED	3-C DOJO CLOSED
4-D	5-E	6-B	7-C	8-D	9-E BBC 6:00 PM LT 6:45 PM	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	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				