



# Dojo News

<http://www.ScottHayesKarate.com>

July 2006

Welcome to Summer. July and August are busy, so check the calendar and the web site to see all the events. If you can think of any events you would like to see, please let Sensei or Nancy know.

**S**ummer Break Day Camp: The Dojo will have two weeks of Day Camp at the end of August. The first week is August 21 - 25. The second week is August 28 - September 1. Each day will be filled with fun activities and lots of karate. Don't wait, sign up now.

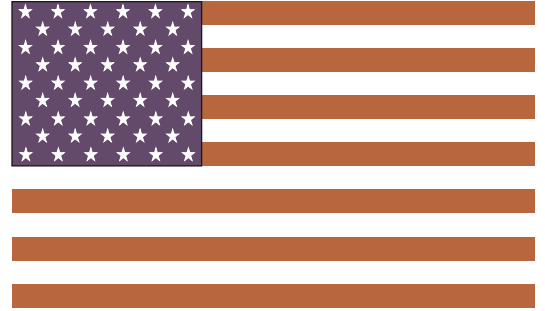
**R**emember the Leadership Team meetings are now split between STORM members and SWAT/SWAT II/DELTA FORCE. Please check the calendar and the message board for the dates of your next meeting.

**D**ragon and Little Dragon Mini-Camp will be August 18-19-20. This will be a combined mini-camp with all ranks. I am looking into breaking the Dragon and Little Dragon Mini-Camp up by rank in the fall. Remember Leadership Team members, you can earn service hours for assisting at mini-camps

**T**he dojo will be doing several flyer handouts in July and August. The dojo needs volunteers to help hand out flyers in local neighborhoods. The flyer handout normally takes about an hour. Everyone is welcome to volunteer: students, parents, and friends.

### *Students of the Month*

Little Dragons - James Grenoble  
Dragons - Eric Workman  
Adult / Teens - Nancy Brest



## Schedule

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

July 3rd

DOJO CLOSED

July 4th

DOJO CLOSED

July 7

LT 7:15

July 14

BBC 5:45

July 26

Belt Presentation

Advance Dragons

July 27

Belt Presentation

August 4

BBC 5:45 PM

LT 7:15 SWAT & Up

August 18-19-20

Dragon & Little Dragon  
Mini-Camp

August 21, 22, 23, 24, & 25

Summer Break Day Camp

August 28, 29, 30, 31, Sept. 1

Summer Break Day Camp

October 10-11-12

Weapons Camp

February 2-3-4

Winter Camp

Virginia Beach

***Let Black Belt Be Your Goal***



## 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!

### July

Robert Wolf 7/2  
 Brandon Matthews 7/7  
 Connor McKeown 7/7  
 Ashley Wandersee 7/20  
 Emmit Necaise 7/20  
 Jessica Myers 7/22  
 Will Pell 7/26  
 Jesse Harrison 7/28  
 Alyson Wandersee 7/29

### 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.

## Black Belt Club

### Adults

Jeff Browne  
 Bob Brest  
 Nancy Brest  
 Kathy Adams

### Dragons

Antjuan Walker  
 Stephanie Adams  
 Jake LaFrance  
 Alex Browne  
 Cheyenne Ward  
 Emmanuel Feygelson  
 Hunter Schmitz  
 Emmit Necaise  
 Shelby Pantel

### Dragons Cont.

Joesph Pritchard  
 Tyler Mueller  
 Andrew Maeso  
 Michael Pratt  
 C.W. Wood  
 Katie Carrubba  
 Ian Wildeman  
 Joey Link  
 Trip Gilmore

### Teens

Matthew Abeyounis  
 Brittany Browne  
 Antuan Byalik  
 Richard Hudnall  
 Lev Feygelson  
 Shaun Brest  
 Sebastian Brock

### Teens Cont.

Jesse Harrison  
 Zach Hudnall  
 Clint LaFrance  
 Ryan Salnoske  
 Kayla Rupp  
 Caitlin Wallace  
 Max Devine

## 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

Vanessa Menendez  
 Zach Hudnall  
 Glenn Stamps  
 Sebastian Brock

### S.W.A.T.

Richard Hudnall  
 Clint LaFrance  
 Antjuan Walker  
 Emmanuel Feygelson  
 Stephanie Adams  
 Alex Browne  
 Jake LaFrance  
 Cheyenne Ward  
 Jacob Stein  
 Michael Harvey  
 Randy Mozzillo  
 Steve Bateman  
 Cathy Adams

### S.T.O.R.M.

Max Devine  
 Emmit Necaise  
 Jamie Bourgeois  
 Hunter Schmitz  
 Trevor Tippet  
 Trevor Jansen  
 Connor McCarthy-Cruse  
 Victoria McCarthy-Cruse  
 Tyler Mueller  
 Joseph Pritchard

### S.T.O.R.M. cont.

Shelby Pantel  
 Andrew Maeso  
 Catlin Wallace  
 Kayla Rupp  
 Ashley Wandersee  
 Trip Gilmore  
 C.W. Wood  
 Ian Wildemann  
 Joey Link  
 Sarah Wandersee  
 Demitry Workman

# Sensei's Corner

## **Change in Testing Procedures**

The dojo is growing and I need to adjust the testing procedures to better suit everyone's needs. Testing will now be done each month during the last FULL week of the month. The weekend prior to the last FULL week of the month will also be used as necessary for testing. This will allow each student to progress at their pace, when they are ready. Test announcements will be placed on the notice board.

## **Testing Criteria**

To be eligible for testing you must meet the following criteria: 1) Knowledge of required material 2) Proficiency of required material 3) If required, the physical component of the test 4) Required minimum hours.

Please note that meeting some of these criteria does not make you eligible for testing. Sensei will evaluate all four criteria and will post a list of eligible students on the notice board. Sensei has the final decision about who tests each month.

For those ranks that have a physical component to their test, the physical component will be done quarterly. Normally physical component is done in March, June, September, and December. Other physical component test may be schedule to accommodate special needs. To be eligible to test you must have participated in the last physical component test.

## **Belt Presentation**

The belt presentation will be announced each month and will still be done in class. Please check the notice board, newsletter, and web site for exact days and times.

## June Promotions

### **Adults**

Robyn Rhoades - Jukyu Orange Belt  
Bert Grenoble - Rokukyu Green Belt

### **Dragons**

Brandon Matthews - Junior Orange Belt  
Phillip Auby - Junior Blue Belt 1  
William Hautsch - Junior Blue Belt 1  
Megan Link - Junior Blue Belt 2  
Meghan Boyd - Junior Blue Belt 2  
Carter Gilmore - Junior Blue Belt 2  
Sarah Wandersee - Junior Blue Belt 3  
Collin Parks - Junior Blue Belt 3  
Ashley Wandersee - Junior Blue Belt 3  
Katie Carrubba - Junior Blue Belt 3  
Brandon Parks - Junior Blue Belt 3  
Joey Link - Junior Green Belt 2  
Demetri Workman - Junior Green Belt 2  
Trevor Jansen - Junior Green Belt 2  
Jamie Bourgeois - Junior Brown Belt 2  
Andrew Maeso - Junior Brown Belt 2

### **Little Dragons**

Sean Wells - Junior Gold Belt  
Connor McKeown - Junior Orange +  
White Belt  
Michael Adelson - Junior Purple Belt  
Alyson Wandersee - Junior Purple Belt  
Justin Boyd - Junior Blue Belt 1  
James Grenoble - Junior Blue Belt 1  
Jeremiah Gaulding - Junior Blue Belt 1  
Ian Wildeman - Junior Blue Belt 1  
Daniel Smith - Junior Blue Belt 1  
CW Wood - Junior Green Belt 2

### **Teens**

Daniel Fournier - Gokyu Green Belt  
Tyler Mueller - Yonkyu Green Belt

# July 2006

| Sunday | Monday                | Tuesday  | Wednesday                                    | Thursday                     | Friday                                   | Saturday               |
|--------|-----------------------|--|--|------------------------------|--|------------------------|
|        |                       |  |  |                              |  | 1-A                    |
| 2-B    | 3-C<br>DOJO<br>CLOSED | 4-D<br>DOJO<br>CLOSED  | 5-E  | 6-B                          | 7-C<br>LT 7:15<br>STORM                  | 8-D                    |
| 9-E    | 10-A                  | 11-C   | 12-D   | 13-E                         | 14-A<br>BBC 5:45<br>LT 7:15<br>SWAT & UP | 15-B                   |
| 16-D   | 17-E                  | 18-A   | 19-B   | 20-C                         | 21-E                                     | 22-A<br>DOJO<br>CLOSED |
| 23-B   | 24-C                  | 25-D   | 26-A<br>Belt<br>Presentation<br>Adv. Dragons | 27-B<br>Belt<br>Presentation | 28-C                                     | 29-D                   |
| 30-E   | 31-C                  | A: Basic Hand and Foot Techniques, +/- Kata<br>B: Kata, Terminology, Philosophy<br>C: One-Steps, Yakusoku Kumite, Sparring<br>D: Self-Defense, Ukemi waza,<br>Grabbing Techniques, Etc.<br>E: Kata and/or Bunkai |  |                              |  |                        |