



# Dojo News

<http://www.ScottHayesKarate.com>

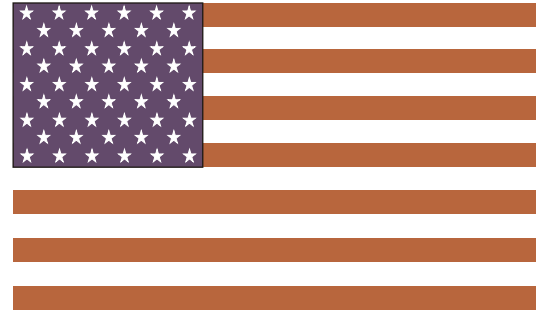
July 2007

The heat is coming! Summer is a busy time with school being out and going on vacations. Remember to keep training! Keep an eye on the calendar and the bulletin board to see what's coming up.

**Summer Schedule:** We are using the new summer schedule. Little Dragons will have class Monday, Tuesday, Wednesday, and Thursday at 5 PM. We are adding the **Tuesday class** for the Little Dragons. The Dragon class will be **all ranks** Monday, Tuesday, Wednesday, Thursday, and Friday at 5:45 PM. The Adult and Teen class will be Monday, Tuesday, Wednesday, Thursday, and Friday at 6:30 PM. Adult Weapons class is Monday at 7:15 PM. Advance Class is Tuesday at 7:15 PM. The Open Weapons Class is at 5 PM on Friday. Black Belt Club and Leadership Team Classes will be as scheduled.

Alas, we must say good bye to Sensei Shaun. Sensei Shaun moved to Richmond and has a job as a land surveyor. We wish Sensei Shaun well in his new life and job. He has promised to stop by and visit, especially around testing time.

**Summer Camp:** I'm working on putting a Summer Camp together. The schedule will be all day Friday and all day Saturday. I'm looking at adding a Shodan-ho / Black Belt only day if there is enough interest. I have not set a date yet. I'm thinking about the following dates: August 3rd and 4th, or August 10th and 11th. I'm planning on bring Kyoshi Welch, 7th Dan, from Richmond to the camp. Please let Nancy know if you have any conflicts with either one of those dates.



## Schedule

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

July 4 - 5 -6

July 4th  
DOJO CLOSED  
Wednesday - Friday

July 9

Monday  
Dojo Open  
Summer Schedule  
Hours

July 27

Sensei's Challenge  
5:30 PM - 7 PM  
LT and BBC members  
**SHOULD ATTEND**

TBA - August

Summer Camp at the Dojo  
Thursday - Black Belts Only  
Friday - All ranks  
Saturday - All ranks

TBA

Summer Break Day Camp?

### *Students of the Month*

Little Dragons - Jacob Crowson  
Dragons - Clarence Nguyen  
Adult / Teens - Ashley Wandersee

**Let Black Belt Be Your Goal**



### July

Nir Diskin 7/2  
 Jacob Crowson 7/2  
 Robert Wolf 7/2  
 Mac Avery 7/17  
 Ashley Wandersee 7/20  
 Will Pell 7/26  
 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.

## 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.

Alex Browne  
 Jamie Bourgeois  
 Tyler Mueller  
 Joseph Pritchard

### Dragons Cont.

Michael Adelson  
 Carter Gilmore  
 Demitry Workman  
 Eric Workman  
 Megan Link  
 Meghan Boyd  
 James Grenoble  
 Ben Hancock

### Teens

Matthew Abeyounis  
 Brittany Browne  
 Antuan Byalik  
 Richard Hudnall  
 Lev Feygelson  
 Shaun Brest  
 Sebastian Brock  
 Joey Prichard  
 Caitlin Wallace  
 Antjuan Walker  
 Stephanie Adams  
 Jake LaFrance

### Dragons

Emmanuel Feygelson  
 Hunter Schmitz  
 Emmit Necaie  
 Andrew Maeso  
 Michael Pratt  
 C.W. Wood  
 Katie Carrubba  
 Ian Wildeman  
 Joey Link  
 Trip Gilmore

## 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.

Antjuan Walker  
 Emmanuel Feygelson  
 Stephanie Adams  
 Alex Browne  
 Jake LaFrance  
 Michael Harvey  
 Steve Bateman  
 Kathy Adams  
 Jamie Bourgeois  
 Hunter Schmitz  
 Ashley Wandersee  
 Trip Gilmore

### S.W.A.T. Cont.

Joey Link  
 Sarah Wandersee  
 Demitry Workman  
 Katie Carubba  
 Megan Boyd

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

Emmit Necaie  
 Trevor Jansen  
 Connor McCarthy-Cruse  
 Victoria McCarthy-Cruse  
 Tyler Mueller

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

Andrew Maeso  
 Catlin Wallace  
 C.W. Wood  
 Ian Wildemann  
 Magan Link  
 Alison Moore  
 Natalie Moore  
 Carter Gilmore

# Sensei's Corner

## **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. 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 T-Shirts**

During the warmer parts of the year, some students like to wear a dojo T-Shirt in place of their gi top. You can get the dojo T-shirts in the front office. Only dojo T-shirts may be worn in place of the gi top, other T-shirts are not allowed.

## **Summer Camp at the Dojo**

I am beginning to plan a big Summer Camp at the dojo. I have not set any dates yet. I am looking at either the first or second week in August. The Camp days would be Thursday, Friday, and Saturday. Thursday would be for Black Belts only. Friday and Saturday would be for all ranks. I am planning on inviting Kyoshi Welch (7th Degree Black Belt) to visit either Friday or Saturday. If you have any preference for which week is better for you, please let Miss Nancy know.

## **Summer Break Day Camp**

We are thinking about having two weeks of Summer Break Day Camp: Monday August 20 - Friday August 31. We will need a minimum of 8 students each week to hold the camp. If you are interested please let Miss Nancy know ASAP!

## June Promotions

### **Dragons**

Meredith Woessner -- Junior Gold Belt  
Mary Blake Avery -- Junior Gold Belt  
Benjamin Woessner -- Junior Orange Belt  
Nir Diskin -- Junior Blue Belt 1  
Will Pell -- Junior Blue Belt 1  
Phillip Auby -- Junior Blue Belt 2  
Benjamin Hancock -- Junior Blue Belt 2  
Michael Adelson -- Junior Green Belt 1  
Eric Workman -- Junior Green Belt 2  
Clarence Nguyen -- Junior Green Belt 3  
Collin Parks -- Junior Green Belt 3  
Brandon Parks -- Junior Green Belt 3  
Sarah Wandersee -- Junior Purple Belt 1  
Justin Boyd -- Junior Purple Belt 1  
Ian Wildeman -- Junior Purple Belt 1  
Meghan Boyd -- Junior Purple Belt 1  
Katie Carrubba -- Junior Purple Belt 1  
Jeremiah Gaulding -- Junior Purple Belt 1  
Megan Link -- Junior Purple Belt 1  
Demetri Workman -- Junior Purple Belt 2  
CW Wood -- Junior Purple Belt 3  
Hunter Schmitz -- Junior Black Belt 2  
Andrew Maeso -- Junior Black Belt 2

### **Little Dragons**

Caleb Kriner -- Junior Gold + White Belt  
Micah Kriner -- Junior Gold + White Belt  
Jacob Crowson -- Junior Gold Belt  
Julie McCullough -- Junior Orange + White Belt  
Surgey Shurkov -- Junior Orange + White Belt  
Mac Avery -- Junior Orange + White Belt  
Dhanyal Khan -- Junior Orange Belt  
Sarah Carrubba -- Junior Orange Belt  
Cameron Saville -- Junior Blue + White Belt  
Alyson Wandersee -- Junior Green Belt 1

### **Adults**

Jessica Fuhs -- Kukyu Orange Belt  
Chris Blake -- Kukyu Orange Belt  
Bert Grenoble -- Gokyu Green Belt

### **Teens**

Alec Sassi -- Hachikyu Blue Belt  
Joseph Prichard -- Rokukyu Green Belt  
Ashley Wandersee -- Junior Purple Belt 1  
Jamie Bourgeois -- Shodan-Ho

# July 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-A	2-B	3-C	4-D	5-E	6-B	7-C
<b>July 4th – DOJO CLOSED Have a Safe Holiday</b>						
8-D	9-E	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 <b>Belt Presentation</b>	27-B <b>Sensei Challenge</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				