



Dojo News

<http://www.ScottHayesKarate.com>

July 2008

Welcome to June! 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.

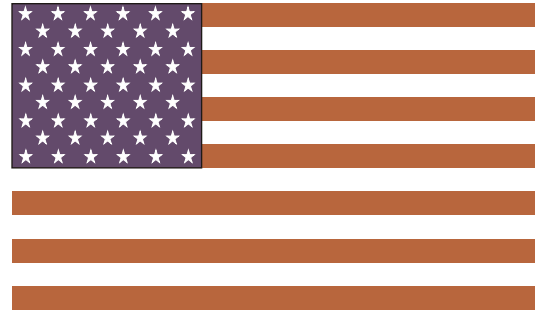
Summer Schedule: We are starting a new schedule this summer. Little Dragons will have class Monday, Tuesday, Wednesday, and Thursday at 5:15 PM. The Dragon class will be Monday, Tuesday, Wednesday, Thursday, and Friday at 6:00 PM. The Adult and Teen class will be Monday, Tuesday, Wednesday, Thursday, and Friday at 6:45 PM. Adult Weapons class is Monday at 7:30 PM. Advance Class is Tuesday at 7:30 PM. The Open Weapons Class is at 5:15 PM on Friday. Black Belt Club and Leadership Team Classes will be as scheduled.

No Whiners Camp VII was great. Everyone worked hard and had a great, sweaty time. 28 people came to train and there were 10 spectators. Special thanks go out to Jason Kriner, Becy Boyd, Heather and Charlie Wood, Wayne Hancock, Theresa Crowson, Sam Avery, Grace and Curtis Lindsay, Melissa Link, and Tom Pratt for helping with the camp. The dates have been set for NWC 8, May 15, 16, and 17 2009.

We have set up a discussion board on the Dojo web site: <http://www.ScottHayesKarate.com/forum>. We want to use the discussion board to enable more communication. There are sections for parents, students, the Black Belt Club, the Leadership Team, the advance class, the Black Belts, and many more. You have to register for the discussion board, but that is real easy. I hope to see everyone there!

Students of the Month

Little Dragons - David Lemberski
Dragons - Megan Link
Adult / Teens - Rosie McCullough



Schedule

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

June 6

BBC 6:00 PM

Leadership Team 6:45 PM

June 13

Test Run 6:00 PM

June 27-June 28

Adult & Teen Mini Camp

June 30

Monday

Belt Presentation

July 4th

July 4th Holiday

DOJO CLOSED

July 11

BBC 6:00 PM

Leadership Team 6:45 PM

July 26

Jr. Brown Belt & Jr. Black Belt

Trip to Kyoshi Welch's Dojo

Let Black Belt Be Your Goal



June

Rosie McCullough 6/3
 Demetri Workman 6/5
 Richard Hudnall 6/11
 Phillip Auby 6/13
 Helen Grenoble 6/13
 Jessica Fuhs 6/16
 Morgan Hancock 6/26
 William Lindsay 6/28

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
 Ben Hancock
 Jacob Crowson

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

Little Dragons

Mac Avery

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
 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

S.T.O.R.M.

Trevor Jansen
 Connor McCarthy-Cruse
 Victoria McCarthy-Cruse
 Tyler Mueller
 Catlin Wallace
 C.W. Wood
 Ian Wildemann
 Magan Link
 Carter Gilmore
 Jeremiah Gauling
 Ben Hancock

Sensei's Corner

Summer Break Day Camp

We are thinking about having two weeks of Summer Break Day Camp: Monday August 18 - Friday August 29. We will need a minimum of 8 students each week to hold the camp. If you are interested please let Miss Nancy know ASAP!

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. On formal days, belt presentations, seminars, and visiting guest instructors, a full gi must be worn.

Plain White Gis for Washington DC Camp

If you want to order a plain white gi for the Washington DC Summer Camp, please order your gis as soon as possible. We cannot guarantee orders placed after July 20.

Jewelry

In the interest of safety, jewelry and watches should not be worn during class. They can get damaged, or injure yourself or another student. Wedding rings and religious items may be worn. Small, non-dangling earrings are permitted.

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. *Sensei really likes the new Century Headgear with the clear face mask.* 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.

Special training session for Jr. Brown and Black Belts

Kyoshi Welch has invited our Jr. Brown Belts and Jr. Black Belts to come to a special training session on Saturday July 26 at his Dojo in Washington D.C. Following the workout, there will be a cookout at Kyoshi Welch's house for everyone. Sensei is very honored to have our students invited to Kyoshi Welch's dojo and house. Please keep this event in mind as you plan your summer.

Water

As it gets warmer, you need to drink more water. It is important to drink water *before* and *after* class. It takes the water that you drink about 30 minutes to get into your system. Parents, please encourage your child to get a drink of water before class.

Shoes

The weather is getting better! Please remember that Sensei likes to go outside when the weather is nice. You should bring with you shoes that you can run and kick in.

June 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-A	2-B	3-C	4-D	5-E	6-B BBC 6:00 PM LT 6:45 PM	7
8	9-E	10-A	11-C	12-D	13-E TEST RUN 6:00 PM	14
15	16-D	17-E	18-A	19-B	20-C	21
22	23-B	24-C	25-D	26-A	27-B Adult /Teen Mini Camp	28 Adult /Teen Mini Camp
29	30-E Belt Presentation					
		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				