



Dojo News

<http://www.ScottHayesKarate.com>

July 2009

The Dog Days of Summer are here. July and August are going to be hot. Remember to drink plenty of water. Summer Vacation can take a lot out of you. Keep an eye on the calendar for special events.

June Promotions: Congratulations everyone on a job well done! The promotion list is inside so take a look to see who earned new rank. There will be a test this July before Band Camp starts to catch those people that still needed a little more time to get ready. The date of the test will be posted on the bulletin board in the Dojo.

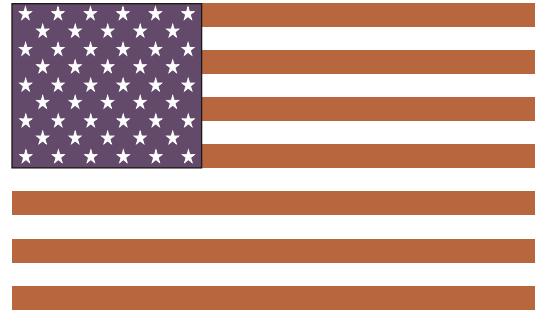
Teen and Adult Mini-Camp: for the first time in almost a year the Teens and Adults will have a Mini-Camp of their own. Mark the dates Friday July 24 and Saturday July 25. Camp will run Friday at 6 PM to 8 PM, and Saturday 9 AM to 4 PM.

Summer Schedule Change. The Teen and Adult Class on Tuesday will now end at 7:30 PM. **Please note that the Advance class is Thursday at 6:45 PM.** Black Belt club and Leadership Team classes will alternate every other Friday at 6 PM. The Friday 6:45 PM class is a combined class for Dragons, Teens, and Adults.

The Dojo is growing but the Dojo still needs new White Belts. 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! Talk to Sensei about bringing your friends to special events like Mini-Camp or pool parties!

Web site Calendar updated: The Dojo Calendar on the web site has been updated with events through May 2010! Please check the calendar and mark the dates. This includes the dates for Mini-Camps, Winter Camp, and NWC IX in May 2010.

The Dojo is working on a pool party. A few parents have stepped up with some suggestions. Once the plans are finalized, we will handout information and details.



Schedule

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

July 3-4-5

DOJO CLOSED

July 4th Weekend

July 10

Leadership Team Class
6 PM

July 11

DC Training 10 AM

July 17

Black Belt Club Class
6 PM

July 24-25

**TEEN & ADULT
Mini-Camp**

August 1

DC Training 10 AM

August 31

Fall Schedule Starts

September 4th & 5th

Labor Day Weekend
Dojo Closed

September 7th

Labor Day
Dojo Closed

September 11-12

Little Dragon
And Dragon
Mini-Camp

Students of the Month

Little Dragons - TBA

Dragons - Katie Roeder

Teens & Adults - Clarence Nguyen

Let Black Belt Be Your Goal



June

Rosie McCullough 6/3
 Grayson Freeland 6/3
 Emily Kriner 6/4
 Demetri Workman 6/5
 Connor Duggan 6/14
 Jessica Fuhs 6/16
 Dane Chapman 6/23
 Will Lindsay 6/28

July

Jacob Crowson 7/2
 Jenson Brown 7/7
 Sam Vallet 7/6
 Jamison Wood 7/6
 Clinton Johnson 7/10
 Mac Avery 7/17
 Ashley Wandersee 7/20
 Denahri Hairston 7/20

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
 Justin Brooks
 Dan Jefferies

Teens Cont.

Emmanuel
 Feygelson
 Hunter Schmitz
 William Lindsay
 Eric Workman

Dragons Cont.

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

Teens

Matthew Abeyounis
 Brittany Browne
 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.

Justin Brooks
 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
 Dan Jefferies

S.T.O.R.M.

Trevor Jansen
 Catlin Wallace
 Ian Wildemann
 Magan Link
 Carter Gilmore
 Jeremiah Gauling
 Ben Hancock
 Duane Leiberman
 Justin Byod
 Will Lindsay
 Jacob Crowson
 Mac Avery
 Mary Black Avery

Sensei's Corner

June Promotions

Adults

Tenay Guvendiren -- Jukyū Gold Belt
Sam Avery -- Kukyū Orange Belt
Corey Aldeson -- Rokukyū Green Belt
Rosie McCullough -- Nikkyū Brown Belt
Jessica Fuhs -- Nikkyū Brown Belt
Bert Grenoble -- Ikkyū Brown Belt
Roland Hautsch -- Shodan-Ho

Dragons

Justin O'Bryan -- Junior Gold Belt
Corey Hairston -- Junior Gold Belt
Cheyenne Conaway -- Junior Blue Belt 1
Adrian Grove -- Junior Blue Belt 1
Dylan Cunningham -- Junior Blue Belt 1
Katie Roeder -- Junior Blue Belt 1
Denahri Hairston -- Junior Blue Belt 1
Cameron Saville -- Junior Blue Belt 3
Julie McCullough -- Junior Green Belt 2
Seth Berry -- Junior Green Belt 2
Duane Lieberman -- Junior Green Belt 2
Mac Avery -- Junior Purple Belt 1
Ethan Berry -- Junior Purple Belt 1
Michael Adelson -- Junior Purple Belt 2
James Grenoble -- Junior Purple Belt 2
Jacob Crowson -- Junior Purple Belt 3
Justin Boyd -- Junior Brown Belt 3
Jeremiah Gaulding -- Junior Brown Belt 3
Megan Link -- Junior Black Belt 2

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.

Sun

Playing and vacationing all day in the sun can leave you with a sunburn and can zap a lot of your energy. Make sure you wear sun screen to help prevent sunburn. Give yourself (and your children) some "recharge time" before coming to class. During this "recharge time" drink some water or a sports drink and have a light snack.

Little Dragons

Zack Hosler -- Junior Gold + White Belt
Taleen Timani -- Junior Gold + White Belt
Ian Lower -- Junior Gold Belt
Victoria Mateo -- Junior Gold Belt
Vianca Mateo -- Junior Gold Belt
Ryan Duggan -- Junior Gold Belt
Sam Vallet -- Junior Orange + White Belt
Jamison Wood -- Junior Orange + White Belt
Katelyn Williams -- Junior Orange Belt
Ethan Ott -- Junior Blue + White Belt
Connor Duggan -- Junior Blue + White Belt
David Lemberskey -- Junior Blue Belt 2

Teens

Mitchell Chapman -- Kukyū Orange Belt
Dane Chapman -- Kukyū Orange Belt
Alec Sassi -- Kukyū Orange Belt
Neal McCann -- Nanakyū Green Belt
Benjamin Hancock -- Gokyu Purple Belt
Eric Workman -- Junior Purple Belt 2
Clarence Nguyen -- Nikkyū Brown Belt
Demetri Workman -- Shodan-Ho

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.

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.

July 2009

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