



DOJO NEWS

<http://www.ScottHayesKarate.com>

June 2004

<http://www.usashorinryu.org>

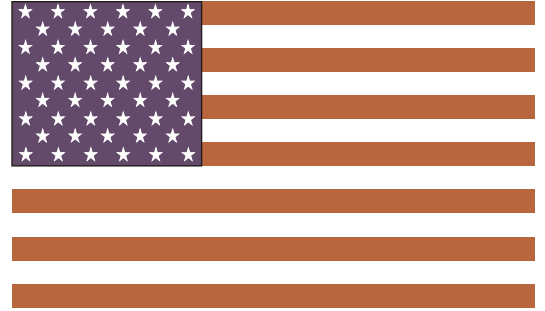
Summer starts this month! Schools let out and pools and beaches open. Remember play safe. With the weather getting hotter also remember to drink lots of extra water. June is a busy month. We have two min-camps this month and one of our students is testing for BLACK BELT at the Adult & Teen Mini-Camp.

NO WHINERS CAMP III – NWC III was fantastic! We had 33 people training and needed 9 cabins. Great job everyone. I want to thank everyone that attended. NWC was intense, hot, tough, and a lot of training. Jeff Browne reported that he overheard someone asking “Can we sit down yet?” We trained outside. We trained in the dark. We trained in the pool. Check the web site, we took over 400 pictures! We are planing NWC IV to be in May of 2005! Mark your calendars!

Dragon & Little Dragon Mini-Camp starts Friday June 11. This mini-camp is just for Dragons and Little Dragons. Our camps grew so large we had to separate them to keep from stepping on each other. The mini-camp starts Friday at 6 PM. There is a sleep over Saturday night. Belt Testing will be done at the mini-camp. See the flyer for more information. Leadership Team, I do need some volunteers to help out at this camp. Please see me to help out.

Adult & Teen Mini-Camp starts Friday June 25. This mini-camp is just for Adults and Teens. The mini-camp starts Friday at 6 PM. There is a sleep over Saturday night. Belt Testing will be done at the mini-camp. David Mann will be testing over the weekend for his Shodan. Everyone is invited to watch. See the flyer for more information. Leadership Team remember that you can earn service hours for helping out.

Students of the Month
Little Dragons - TBA
Dragons - Antjuan Walker
Teens - TBA



Schedule

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

June 4

Leadership Team
SWAT and up 8:15 PM
Black Belt Club
Dragons: 7:15 PM
Teens and Adults: 8:15 PM

June 11-12-13

Little Dragon &
Dragon Mini Camp

June 25-26-27

Adult & Teen
Mini Camp

June 30

Belt Presentation
In Class

July 9

Leadership Team
SWAT and up 8:15 PM
Black Belt Club
Dragons: 7:15 PM
Teens and Adults: 8:15 PM

August 6

Leadership Team 8:00 &

August 13

Black Belt Club 8:00

Summer Camp, Newport News

August 18 - 22

Fall Camp, Canada,

September 17-18-19

Let Black Belt Be Your Goal

BIRTHDAYS

June

Jason Gargaro 6/1
 Demetri Workman 6/5
 Richard Hudnall 6/11
 Shaun Brest 6/16
 Carson Kelly 6/17
 Max Devine 6/26
 Kayla Rupp 6/26

July

Emmit Necaie 7/20
 Hariston Denahri 7/20
 Jessica Myers 7/22
 Ryan Salnoske 7/25
 Jesse Harrison 7/28
 Adan Necaie 7/29



See the front desk to make sure we have your correct birth date (Don't panic adults we only need the day and month — not the year). We have left a few people out of the birthday list in the newsletter because we did not have this information. Help us recognize your special day!

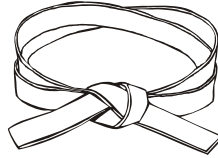
BIRTHDAY PARTIES

Have your birthday party at the Dojo. These parties are very flexible and we can easily accommodate your birthday wishes. Talk to Shihan 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!

Maria Rodriguez



Bob Brest - Yonkyu Green Belt
 Zach Hudnall - Yonkyu Green Belt
 Clint LaFrance - Yonkyu Green Belt
 Vanessa Menendez - Rokkyu Green Belt
 Nancy Brest - Nanakyu Blue Belt
 Max Devine - Nanakyu Blue Belt
 Darrin Lyons - Myukyu Gold Belt

BELT TESTS MAY PROMOTIONS

BLACK BELT CLUB

Justin Brooks	Antjuan Walker	Gordon Weeks III.	Max Devine
Jason Gargaro	Jeff Browne	Brittany Browne	Nancy Brest
Matthew Abeyounis	Clint LaFrance	Alex Browne	Hunter Schmitz
Antuan Byalik	Jake LaFrance	Bob Brest	Emmit Necaie
Lev Feygelson	Stephanie Adams	Kevin Hutchinson	Jesse Harrison
Emmanuel Feygelson	Jessica Myers	Zach Hudnall	Cheyenne Ward
Shaun Brest	Gordon Weeks Jr.	Ryan Salnoske	Kayla Rupp
Richard Hudnall			

LEADERSHIP TEAM

D.E.L.T.A Force	S.W.A.T.	S.W.A.T. Cont.	S.T.O.R.M.	S.T.O.R.M. Cont.
Matthew Abeyounis	Justin Brooks	Brittany Browne	Vanessa Menendez	Jessica Myers
Jeff Browne	Antuan Byalik	Richard Hudnall	Carter-Gage Malpass	Kevin Hutchinson
S.W.A.T. II	Bob Brest	Clint LaFrance	Antjuan Walker	Alex Browne
Jason Gargaro	Gordon Weeks	Zach Hudnall	Emmanuel Feygelson	Jake LaFrance
	Shaun Brest	Lev Feygelson	Stephanie Adams	Max Devine

SENSEI'S CORNER

Frank Hargrove, 8th Dan, Kyoshi - Part 1

Frank Hargrove developed an interest in the Eastern Culture as a high school student. He started Karate in 1963 on a very limited basis while at North Carolina A & T College. In 1964, Frank Hargrove entered the United States Air Force and was sent to Okinawa. Upon arrival in Okinawa he was assigned a room with SSGT Leroy Walker, a Black Belt under Shugoro Nakazato. SSGT Walker made the necessary arrangements and introductions, but Hargrove still had to go to the dojo and help with the cleaning everyday for about 2 or 3 months before he was allowed to train. Once he started training it was full speed ahead. After taking longer than it normally took, Frank Hargrove made Black Belt on December 2, 1965.

One exciting experience on the way to Black Belt happened when a group of Black Belts came to visit the dojo. Hargrove was just a white belt but he had been training about 12 months. The Japanese wanted to fight with the big American. Well, in the first three days of their visit, Hargrove was beating up on them so badly that Sensei Nakazato gave him a brown belt. Frank said, "I was happy, not about the fighting, but about the belt!" Two weeks later when the black belts from Tokyo left, Sensei Nakazato took back the brown belt. After making Black Belt in December 1965, Hargrove made Nidan in September 1966, Sandan in March 1967, and in December 1967, at the age of 22, Frank Hargrove became the youngest 4th Dan ever promoted in Okinawa. The Okinawan 3rd and 4th Dans were very upset and the Air Force was very happy. The Wing Commander announced in *Stars and Stripes* and the base newspaper did a half page article about the "World's Youngest 4th Degree Black Belt."

Frank Hargrove returned to the United States in December 1967. Still in the Air Force, he was stationed at Langley Air Force Base in Hampton. He entered tournaments up and down the East Coast and won State Championships in Virginia, Maryland, and New Jersey. The height of this six month period of fighting was when he got to fight Joe Lewis, the current U.S. Heavyweight Champion. After the fight Lewis came over and told Hargrove that he was a good fighter and that compliment meant more to Hargrove than winning the fight.

In December 1968, Hargrove returned to Okinawa to test for 5th Dan. The Okinawan Board said that he couldn't take the test because no American had taken it before. With the encouragement of Jiro Shiroma, Hargrove decided to stay until he could take the test which wasn't until 3 years later, at which time he was given the name Otetsu-Cho (The Iron Butterfly) for his iron will and soft nature. By that time he extended his studies to other martial arts. He moved up to Tokyo where he studied Judo at the Kodokan while being a member of the Sophia University Judo Team. Hargrove began the study of swordsmanship (Iaido) under Master Yoneyama at the Yushinkan in Saitama-Ken. In 1972, he won first place in the Shodanbu at the Saitama-Ken Iaido Championships. On April 15, 1973 Hargrove made 2nd Dan in Iaido. The fourth art that Hargrove has been graded in is Shindo Muso-Ryu Jodo. Although it's the art he knows the least about he says that it was the most interesting. At first when he tried to enroll they said, "no, no, no", and that Americans were not smart enough to grasp the inner meaning of Jodo. Being aware of the Japanese way of doing things, Hargrove went and watched every practice they had for the next three weeks. Then one of the students gave Hargrove the name of someone who could help him, Don Draeger. Hargrove said, "Meeting Don Draeger was like no other experience I had in Japan." The perfect Martial Artist, or the living example of all the ideals he had in mind- six feet tall, 200 pounds of muscle with the quietness and peacefulness of a house cat that looks like a mountain lion. That was how Draeger impressed him. He started Jodo in a special class for foreigners under Takai Shimizu, the 25th generation head of Shindo Muso-Ryu Jodo founded by Gonnosoko Muso, the only man to defeat Miyamoto Musashi, Japan's most famous swordsman. Hargrove earned a diploma in stick fighting, but most of all, he learned what a martial artist was and should be from Don Draeger.



