



# Dojo News

<http://www.ScottHayesKarate.com>

June 2005

<http://www.usashorinryu.org>

The forth annual No Whiner's Camp was *fantastic*! Friday started out a little wet with rain. Saturday and Sunday turned into outstanding days for training. I want to give a special "Big Thank You" to CA Cruse, Jason Kriner, Stephanie Lafrance, and Peggy Ward. They did a great job with the meals. It was so nice to come back from a training session and be able to sit down and eat. Thank you CA, Jason, Stephanie, and Peggy! Everyone had a terrific time and worked very hard. Some needed a little motivation to work harder. Even one of Shihan-Dai Heidi's begged for some special attention. From the sound of the response, this was the BEST No Whiner's Camp so far. What will next year's NWC bring?????

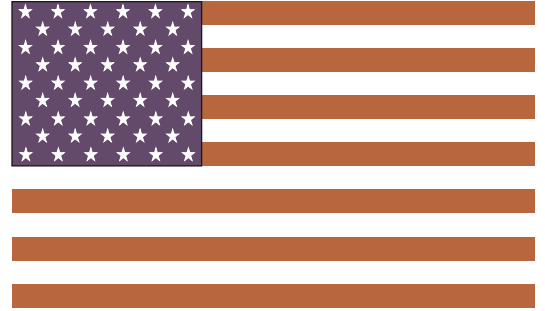
Your body is made up of 55%-60% water. To perform at your best you need to stay hydrated, which means you need to drink water to get it back into your body. Try to drink a glass of water 30 minutes before class and another glass of water after class. As the weather gets hotter, drink lots of water.

More Dojo T-Shirts are on the way! You can wear a Dojo t-shirt in place of your gi top in class. Please remember that you **MUST** wear your gi top for testing and formal events such as belt promotions.

Summer Camp is at our Dojo this Summer. Wednesday July 20th and Thursday July 21st are Black Belt training Days. Friday July 22nd, Saturday July 23rd, and Sunday July 24th are for all ranks. Camp should be good this year. Kyoshi Owens and Kyoshi Tucker are expected, as well as some other dojos. We will have several students testing for 1st and 2nd degree Black Belt at Summer Camp.

### *Students of the Month*

Little Dragons - Ian Wildeman  
Dragons - Joseph Pritchard  
Adult / Teens - Shaun Craig



## Schedule

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

**May 28 (SATURDAY)**

Memorial Day Weekend

**Dojo CLOSED**

**May 30**

Memorial Day

**Dojo CLOSED**

**June 3**

Leadership 7:15 PM

**June 10-11-12**

Teen Camp

**June 11**

Association Test

7 AM

**June 17**

BBC 8 PM

**June 24-25-26**

Adult Camp

**July 20-21-22-23-24**

**NASKA SUMMER CAMP**

**AT OUR DOJO**

**July 29-30-31**

Dragon & Little Dragon

Mini-Camp

**November 18-19-20**

**NASKA WEAPONS CAMP**

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



May

- Kyoshi 5/7
- Aaron Parsons 5/7
- Nancy Brest 5/9
- Tracy Adams 5/13
- Colin Nealy 5/14
- Jamie Bourgeois 5/18
- Matthew Daniel 5/21
- Eric Workman 5/22
- Ingrid Fourier 5/31
- Brittany Browne 5/31

**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!

Brandon Parks  
Collin Parks  
John DeMaria

Anthony Abeidello  
Ian Lower

Andrew Maeso  
Katie Carrubba

Nedzad Sudejmanovic  
Mirsad Sulejmanovic

## June 2005

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

**TEST DAYS**

A: Basic Hand and Foot Techniques, +/- Kata    D: Self-Defense, Ukemi waza,  
 B: Kata, Terminology, Philosophy                    Grabbing Techniques, Etc.  
 C: One-Steps, Yakusoku Kumite, Sparring            E: Kata and/or Bunkai