



Dojo News

<http://www.ScottHayesKarate.com>

June 2006

WOW! May was a busy month. The summer months are busy, so check the calendar and the web site to see all the events. If you can think of any events you would like to see, please let Sensei or Nancy know.

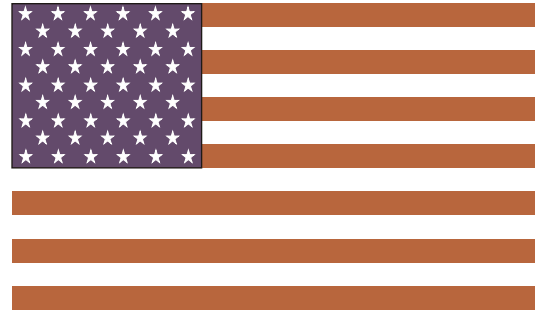
NWC V: The No Whiners Camp was great. The weather was fantastic. Some new traditions were started. Everyone had a good sweaty time. Special thanks go out to CA Cruse, Jason Kriner, Stephanie LaFrance, Peggy Ward, and Heather and Charlie Wood for helping with the camp. The date has been set for NWC 6, May 18, 19, and 20 2007.

Leadership Team: The leadership will have more meetings each month. The meetings will be broken up by level. There will be a STORM meeting and a SWAT/SWAT II/DELTA Force meeting each month. The SWAT/SWAT II/DELTA Force meetings may be broken down into smaller groups depending on the subject. These meetings will focus on developing the teaching skills needed for each level. Please pay attention to the notice board, newsletters, and web site for dates. The meetings will be at 7:15 unless other times are given.

Training Tips: 1) Please remember to get a drink of water before class. It takes about 30 minutes for the water to get into you system. Cold water takes longer to get into your system than room temperature water. 2) It's easier to run in sneakers than flip-flops. Be sure that you bring shoes that you can wear for running.

Students of the Month

Little Dragons - Andrew Simko
Dragons - Ashley Wandersee
Adult / Teens - Jake LaFrance



Schedule

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

June 2
LT 7:15 - All Levels

June 9
BBC 5:45

June 9-10-11
Teen and Adult
Mini Camp

June 28
Belt Presentation
Advance Dragons

June 29
Belt Presentation

July 3rd
DOJO CLOSED

July 4th
DOJO CLOSED

July 7
LT 7:15

July 14
BBC 5:45

August
Spring Break Day Camp
Dates to be announced
See Sensei Shaun

Let Black Belt Be Your Goal



June

Amber Risser 6/2
 Demetri Workman 6/5
 Richard Hudnall 6/11
 Alexander Bailey 6/12
 Phillip Auby 6/13
 Shaun Brest 6/16
 Chaz Dalton 6/17
 Irain Visalden 6/22
 Max Devine 6/26
 Kayla Rupp 6/26

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

Dragons

Antjuan Walker
 Stephanie Adams
 Jake LaFrance
 Alex Browne
 Cheyenne Ward
 Emmanuel Feygelson
 Hunter Schmitz
 Emmitt Necaie
 Shelby Pantel

Dragons Cont.

Joesph Pritchard
 Tyler Mueller
 Andrew Maeso
 Michael Pratt
 C.W. Wood
 Katie Carrubba
 Ian Wildeman
 Joey Link
 Trip Gilmore

Teens

Matthew Abeyounis
 Brittany Browne
 Antuan Byalik
 Richard Hudnall
 Lev Feygelson
 Shaun Brest
 Sebastian Brock

Teens Cont.

Jesse Harrison
 Zach Hudnall
 Clint LaFrance
 Ryan Salnoske
 Kayla Rupp
 Caitlin Wallace
 Max Devine

Leadership Team

D.E.L.T.A Force

Matthew Abeyounis
 Jeff Browne
 Brittany Browne
 Shaun Brest
 Bob Brest
 Antuan Byalik
 Lev Feygelson

S.W.A.T. II

Vanessa Menendez
 Zach Hudnall
 Glenn Stamps
 Sebastian Brock

S.W.A.T.

Richard Hudnall
 Clint LaFrance
 Antjuan Walker
 Emmanuel Feygelson
 Stephanie Adams
 Alex Browne
 Jake LaFrance
 Cheyenne Ward
 Jacob Stein
 Michael Harvey
 Randy Mozzillo
 Steve Bateman

S.T.O.R.M.

Max Devine
 Emmitt Necaie
 Jamie Bourgeois
 Hunter Schmitz
 Trevor Tippet
 Trevor Jansen
 Connor McCarthy-Cruse
 Victoria McCarthy-Cruse
 Tyler Mueller
 Joseph Pritchard

S.T.O.R.M. cont.

Shelby Pantel
 Andrew Maeso
 Catlin Wallace
 Kayla Rupp
 Ashley Wandersee
 Trip Gilmore
 C.W. Wood
 Ian Wildemann
 Joey Link

Sensei's Corner

Change in Testing Procedures

The dojo is growing and I need to adjust the testing procedures to better suit everyone's needs. Testing will now be done each month during the last FULL week of the month. The weekend prior to the last FULL week of the month will also be used as necessary for testing. This will allow each student to progress at their pace, when they are ready. Test announcements will be placed on the notice board.

Testing Criteria

To be eligible for testing you must meet the following criteria: 1) Knowledge of required material 2) Proficiency of required material 3) If required, the physical component of the test 4) Required minimum hours.

Please note that meeting some of these criteria does not make you eligible for testing. Sensei will evaluate all four criteria and will post a list of eligible students on the notice board. Sensei has the final decision about who tests each month.

For those ranks that have a physical component to their test, the physical component will be done quarterly. Normally physical component is done in March, June, September, and December. Other physical component test may be schedule to accommodate special needs. To be eligible to test you must have participated in the last physical component test.

Belt Presentation

The belt presentation will be announced each month and will still be done in class. Please check the notice board, newsletter, and web site for exact days and times.

Black Belt Testing

Black Belt testing will be announced on special schedules. When possible Black Belt candidates will have at least one month notice.

