



# Dojo News

<http://www.ScottHayesKarate.com>

June 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.

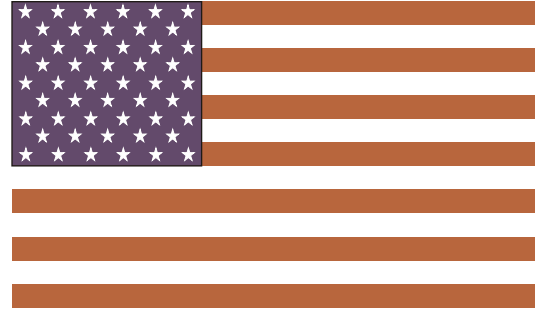
**Summer Schedule:** We are starting a new schedule this summer. Little Dragons will have class Monday, Tuesday, Wednesday, and Thursday at 5:15 PM. The Dragon class will be Monday, Tuesday, Wednesday, Thursday, and Friday at 6:00 PM. The Adult and Teen class will be Monday, Tuesday, Wednesday, Thursday, 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.

