



Dojo News

<http://www.ScottHayesKarate.com>

June 2009

Summer is here. Don't forget about karate classes while you are planning your vacations! Check the calendar! We have two camps this summer!

Congratulations New Shodans!: Caitlin Wallace and Joey Link earned their Shodans at this year's No Whiners Camp. *A fun time was had by all.* Great Job Caitlin and Joey!

NWC: Speaking of No Whiners Camp, everyone had a great time. We did get rained on a few times, but what's a little rain. This year for the first time we had two people testing at NWC: Caitlin and Joey. Also for the first time, we had BLACK t-shirts! This was also our largest camp ever with 55 people and 18 cabins! Each night we trained until dark, then the brown belts and up trained a little longer. We were able to train in the pool. We also started a few new traditions at camp like sumo wrestling and "Off to the Races". NWC 2010 will be May 21-22-23. Put that date on your calendar now!

Spread the word: *The Dojo needs new White Belts.* Tell your friends about the Dojo. 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!

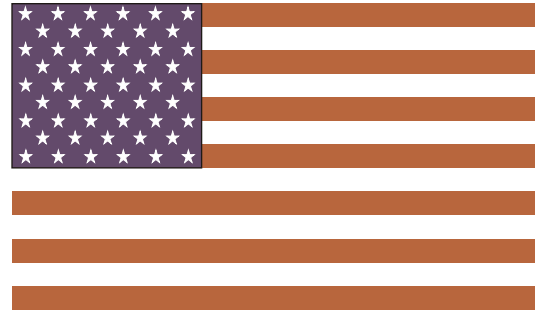
Summer Schedule starts Monday June 1st. Please note that the Advance class is Thursday at 6:45 PM. Black Belt club and Leadership Team classes will alternate every other Friday at 6 PM. The Friday 6:45 PM class is a combined class for Dragons, Teens, and Adults.

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.

Is anyone interested in helping plan a Dojo Pool Party? If you are interested, please see Sensei.

Students of the Month

Little Dragons - David Lemberski
Dragons - Katie Roeder
Adult - Issac Silcox



Schedule

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

June 1

Summer Schedule Starts

June 6

TEST RUN

June 12-13

**Dragon & Little Dragon
Mini-Camp**

June 20

DC Training 10 AM

June 29

Belt Presentation

July 3-4-5

DOJO CLOSED
July 4th Weekend

July 11

DC Training 10 AM

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

Let Black Belt Be Your Goal



May

Cheyenne Conaway 5/11
 Jamie Bourgeois 5/18
 Eric Workman 5/22
 Mitchell Chapman 5/28
 Jacob Toth 5/28
 Katie Carrubba 5/20
 Brittany Browne 5/31

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

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

Matthew Abeyounis
 Brittany Browne
 Lev Feygelson
 Shaun Brest
 Sebastian Brock
 Caitlin Wallace
 Stephanie Adams
 Alex Browne
 Jamie Bourgeois

Teens Cont.

Emmanuel
 Feygelson
 Hunter Schmitz
 William Lindsay
 Eric Workman

Dragons

Andrew Maeso
 Michael Pratt
 C.W. Wood
 Katie Carrubba
 Joey Link
 Trip Gilmore
 Michael Adelson
 Carter Gilmore
 Demitry Workman
 Megan Link

Dragons Cont.

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

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

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.

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.

Weapon Class

For the Summer, the Weapons Class will be Monday at 7:30 PM. Weapons Class is open to all Adults and Teens, and all Dragons and Little Dragons Blue Belt and higher. We have loaner weapons for new students to use until they get their own weapons. The Weapons Classes have their own separate ranking and separate tests. If you are interested in attending Weapons Class please talk to Sensei Scott.

Black Belt Club (BBC)

*The Black Belt Club is an association of Black Belts and non-black belt students. These students are dedicated to achieving their highest potential. Students in the Black Belt Club wear belts that have a black stripe running down the middle of the belt. This black stripe symbolizes their commitment to becoming a Black Belt. BBC members have one special class each month just for members. **Also, BBC members receive one private lesson each month.***

Requirements for joining the BBC:

- 1. Orange Belt in rank*
- 2. Demonstrates commitment, dedication, hardworking and positive attitude*
- 3. Essay on "Why you want to be a Black Belt and why you want to join the BBC"*
- 4. Good grades*
- 5. Sponsorship from a BBC member*
- 6. Must be able to attend BBC classes*
- 7. Recommended by Instructor*

Leadership Team

The Leadership Team is an association of Black Belts and non-black belts who are teachers or are training to become teachers. It is through this program that a Black Belt earns the honorific title of Sensei. This program develops teaching, planning, communication, leadership, organization, and people skills. The skills learned and developed in this program are easily transferred to school and the workplace.

If you are interesting in joining the Leadership Team talk to Sensei Scott.

New Shodans



Congratulations
Caitlin and Joey

June 2009

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