



DOJO NEWS

<http://www.ScottHayesKarate.com>

March 2003

<http://www.usashorinryu.org>

WOW! Winter Camp was fantastic! Kyoshi surprised us by testing Matthew and Jeff for Shodan. Spring is around the corner and summer is close behind.

CONGRATULATIONS Matthew Abeyounis and Jeffrey Browne on their Shodan promotions at Winter Camp. They both did a great job and had the time of their lives showing the grading board their stuff. Well done!

I want to give a big Thank You to all the students that participated at Winter Camp. You represented your Dojo fantastically. I received many comments about you and they were all good. Our Dojo had the largest group there with 23 students. The next largest contingent had only 14. Thank You.

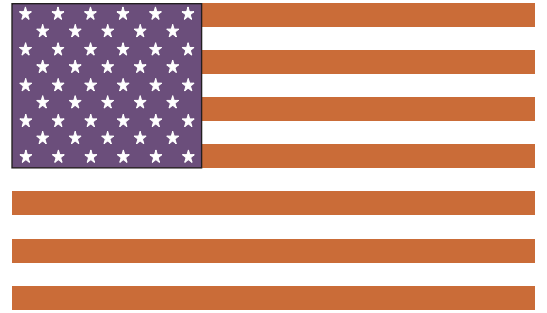
Parents, with out your support we could not have done Winter Camp. Thank you for allowing them to participate in Winter Camp, To those parents that braved Winter Camp with their children: THANK YOU Gail, George, Nancy, Kathy!

Nancy Brest. I owe you dinner. You were a fantastic help at Winter Camp and helped me keep my sanity. You are truly the Dojo Mom!

Matthew and Jeff were not the only ones to get attention at Winter Camp. Jason, Shaun, Richard, Brittany, Bob, and Garrett assisted me during the weapon session. Jason, Shaun, Richard, and Bob each took a weapons group. Brittany and Garrett aided me with the nunchaku group.

Renshi Tucker paid the Dojo a brief visit after Winter Camp. He is coming back in May for a while and wants to attend our No Whiners Camp this summer! We look forward to seeing him again and having some fun and exciting training times.

The Association Test will be either Saturday March 15th or March 22nd. The date will be set during the first week of March. The Belt Presentation will be Thursday March 27th. Keep up the good work and keep training hard. Have a great attitude towards your training and you will be the best!



Schedule

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

February 28th - March 2nd

Winter Camp

March 7th

Leadership Team Class 8 PM

March 14th

Black Belt Club Class 8 PM

March 15th or 22nd

Association Test

No Regular Classes

April 3rd

Leadership Team Class 8 PM

April 11th

Black Belt Club Class 8 PM

May 2nd

Leadership Team Class 8 PM

May 9th

Black Belt Club Class 8 PM

July 2nd - July 6th

NAKSA Summer Camp

Canada

Let Black Belt Be Your Goal

BIRTHDAYS

February

Lev Feygelson 2/3

Josh Christenbury 2/5

Carter-Gage Malpass 2/17

Christopher Sullivan 2/22

Alen Dekhanov 2/23

March

Samatha Stradford 3/8



See Sensei Jodi at 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 Sensei Jodi and we'll do our best to be sure this birthday party is one you won't soon forget.

NEW STUDENTS!

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!

Ryan Salnoske
Taylor Sowell

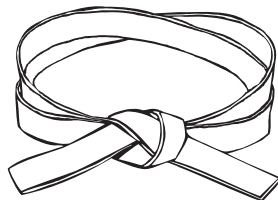
James Johnson

Anthony Davis

Travis Carte

WELCOME TO THE DOJO!

If you joined us recently, Congratulations. Welcome from your fellow students and the staff. If there is anything we can do for you, just ask! We will be happy to help.



Matthew Abeyounis - Shodan
Jeff Browne - Shodan

BELT TESTS WINTER CAMP PROMOTIONS

March is test month, so get ready. The Association Test will be either Saturday March 15th or Saturday March 22nd. The Belt Presentation will be Thursday March 27th in class.

Adults and teens testing for 6th Kyu Green Belt and juniors testing for Junior Brown Belt or higher need to be at the Association Test. Remember, white gi ONLY. The test will be from 9 AM to 4 PM.

BLACK BELT CLUB

Ed Sullivan
Jodi Sullivan
Chris Sullivan
Jason Gargaro

Matthieu Sullivan
Matthew Abeyounis
Antuan Baylik
Lev Feygelson

Emmanuel Feygelson
Brandon Engle
Shaun Brest
David Snell

Richard Hudnall
Antjuan Walker
Clint Lafrance
Jake Lafrance
Stephanie Adams

LEADERSHIP TEAM

D.E.L.T.A Force
Ed Sullivan
Jodi Sullivan

S.W.A.T. II
Jason Gargaro
Matthew Abeyounis
Jeff Browne

S.W.A.T.
Jack Guthrie
Shaun Brest
David Snell

S.T.O.R.M.
Antuan Baylik
Brittany Browne
Lev Feygelson
Carter-Gage Malpass

Chris Sullivan
Matthieu Sullivan
Brandon Engle
Colton Guthrie
Richard Hudnall
Antjuan Walker

TOURNAMENT INFO



Tournament Class: 1 PM Saturday

Traditions in the Martial Arts and in the Dojo

A tradition is a custom, behavior, action, belief, legend, or saying that is passed from the older generation to the younger generation. In the Dojo traditions are passed from the Sensei and the Senpai down to the Kohai. As your Sensei, it is my responsibility to pass these to you. It is the responsibility of the senior students, the Senpai, to help you with these.

SENSEI: In a Dojo, The Sensei is the head of the Dojo, the other Black Belts in the Dojo are his students. Whenever you use just the title "Sensei" you refer to the Dojo Head. You address the other Black Belts as "Mrs. or Mr. and last name". If they have earned the title of sensei, then you address them as "Sensei and last name" or "Sensei and fist name". In our Dojo, Scott Hayes is "Sensei". Robert Hayes, Ed Sullivan, Jodi Sullivan, Matthew Abeyounis, and Jeff Browne are Black Belts and sensei, so you would call them Sensei Robert, Sensei Ed, Sensei Jodi, Sensei Matthew, and Sensei Jeff.

Senpai and Kohai: These two words are used to distinguish the difference between a higher ranked student and a lower ranked student. The term "senpai" refers to any student that has a higher rank than you. The term "kohai" refers to any student that has a lower rank than you. There is a special relationship that must exist between senpai and kohai. It is the senpai's responsibility to look after the kohai, to ensure their safety, and that they understand what Sensei is teaching. It is the kohai's responsibility to listen to the senpai. After all, the senpai has been there before and knows what to do and how to behave.

Bowing to the Mat: Karate begins and ends with respect. Bowing to a person is a way to show respect. You bow before you step on to the training floor, and before you step off. This shows respect to the Dojo and gets you thinking that the Dojo is some place special. The Dojo is not a gym or some sports club. The Dojo is special. It is a place of personal growth and development.

Gi and Obi: The official karate gi is white. The white color symbolizes innocence and the willingness to learn. The formal name for the uniform is "dogi" which means "uniform of the way". The gi jacket is tied so that the left side is on top of the right. In Japan, the right side is only put over the left when the person is dead. The obi represents the level of proficiency the karateka (karate student) has attained. The appearance of the gi and obi also indicates the wearer's attitude towards karate and to themselves. The gi and obi should always be clean and neat. Tears and holes should be mended before the gi is worn again. Stains should be removed. The gi should be free of wrinkles. At some point a gi will get to a point when you should not wear it in class. Save that gi for a day of training on the beach. When you are done training for the day, fold your gi and obi neatly before you place it in your bag. Do not just stuff your gi and obi to a bag or locker. Keep the gi neat and clean.

Personal Care: Just as the condition of your gi and obi indicate your attitude towards karate and yourself, your personal care does so too. Keep your finger nails and toe nails clean, trim your nails short and smooth. This prevents someone from being scratched and hurt. Take a bath or shower. It will make you feel better and others will thank you for it. By taking care of yourself, you are showing self respect. You must respect your self before others will respect you.

