



Dojo News

<http://www.ScottHayesKarate.com>

March 2005

<http://www.usashorinryu.org>

It's March and spring is around the corner. February was a busy month and March is looking fun. Check the calendar to see what is coming up.

Congratulations Shaun Brest for earning his Shodan (1st Degree Black Belt) at Winter Camp! Great job Sensei Shaun!

I want to thank all of you that helped make Winter Camp a success: The students that attended camp! The parents that chaperoned their children as well as others children! Nancy Brest, Bob Brest, Stephanie Bourgeois (Jammie's mother), and Richard Hudnall for helping with the sweatshirts. The parents of all our students for their continued support of their children and the dojo. I want to thank those who came to Virginia Beach to watch Shaun and myself test and receive our promotions. Thank you!

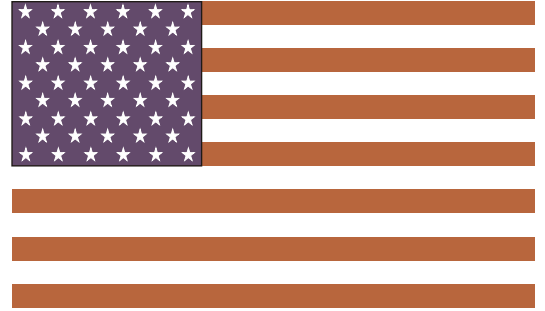
The Belt Presentation will be Thursday March 31 in class. Remember that you need to wear your gi on that day. You cannot wear a dojo t-shirt at the Belt Presentation. Please arrive at the dojo *before* your scheduled class time.

Adult Mini-camp will be March 18-19-20. The camp runs Friday night 6 PM to 10 PM, Saturday 9 AM to 10 PM, and Sunday 9 AM to Noon.

The forth annual *No Whiner's Camp* is Friday May 20th through Sunday May 22nd at the Holiday Trav-L Park in Virginia Beach. The NWC is a weekend filled with lots of hard work and training. The camp is growing. Last year Shihan-Dai Heidi brought students to this camp. I expect more participants from other dojos this year. Get your applications in early to reserve your spot. Little Dragons and Dragons need Sensei Scott's permission to attend NWC.

Students of the Month

Little Dragons - Meghan Boyd
Dragons - TBA
Teens - Matthew Abeyounis



Schedule

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

March 4

Leadership
Team 8 PM

March 11

BBC PM

March 18-19-20

Adult Camp

March 21-22-23

TESTING

March 31

Belt Presentation

April 1

Leadership Team 8 PM

April 8

BBC 8 PM

April 22-23-24

Little Dragon &
Dragon Mini-Camp

May 7

Kyoshi's Birthday

May 20-21-22

No Whiners Camp

August 10-11-12-13-14

NASKA

SUMMER CAMP

November 18-19-20

NASKA

WEAPONS CAMP

Let Black Belt Be Your Goal

Birthdays

March

Aaron Dunkailo 3/1
 Trevor Tippett 3/3
 Mason Leonard 3/8
 Adam Stein 3/12
 Megan Link 3/13
 Alexander Allen 3/18
 Steven Bateman 3/31



See 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 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!

Kristen Nealy
 Tracy Adams
 Cecilia Motes

Cameron Brewer
 Travis Brummert

Bert Grenoble
 James Grenoble

Bryan Jackson
 Kevin Jackson



Scott Hayes – Godan
 Shaun Brest – Shodan

Belt tests Winter Camp Promotions

Belt Presentation Thursday March 31st

Black Belt Club

Justin Brooks
 Matthew Abeyounis
 Antuan Byalik
 Lev Feygelson
 Emmanuel Feygelson
 Shaun Brest
 Richard Hudnall
 Antjuan Walker

Jeff Browne
 Clint LaFrance
 Jake LaFrance
 Stephanie Adams
 Jessica Myers
 Brittany Browne
 Alex Browne

Bob Brest
 Kevin Hutchinson
 Zach Hudnall
 Ryan Salnoske
 Max Devine
 Nancy Brest
 Hunter Schmitz

Emmit Necaise
 Jesse Harrison
 Cheyenne Ward
 Kayla Rupp
 Caitlin Wallace
 Sebastian Brock

Leadership Team

D.E.L.T.A Force
 Matthew Abeyounis
 Jeff Browne
 Brittany Browne
 Shaun Brest

S.W.A.T. II
 Vanessa Menendez
 Bob Brest

S.W.A.T.
 Justin Brooks
 Antuan Byalik
 Gordon Weeks
 Richard Hudnall
 Clint LaFrance
 Zach Hudnall
 Lev Feygelson
 Glenn Stamps

S.T.O.R.M.
 Antjuan Walker
 Emmanuel Feygelson
 Stephanie Adams
 Jessica Myers
 Kevin Hutchinson
 Alex Browne
 Jake LaFrance
 Max Devine
 Emmit Necaise

S.T.O.R.M. cont.
 Jacob Stien
 Jamie Bourgeois
 Trevor Tippett
 Trevor Jansen

More 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.

Seiza: Seiza is a formal way to sit. In Japan and Okinawa children start sitting in seiza at an early age. In our western culture, we use a crossed leg sitting posture. For the Japanese and Okinawans, the crossed leg sitting posture is informal. When sitting in seiza you are sitting on your legs so that from the instep of the foot is flat on the ground. Your knees are about one to two fists wide. Your back is straight. You make a circle with your thumb and forefinger and place them on the knees in a relaxed way.

Closing Ceremony: The closing ceremony uses a formal bow from seiza. During the closing ceremony, the sensei and the dai senpai will issue commands. The dai senpai is the highest ranking student taking class.

1. Sensei will call the class to attention and then to sit in seiza
2. Dai senpai will say: MOKUSO! Quiet meditation. Close your eyes, & be quiet.
3. Dai senpai will say: MOKUSO Owari! Meditation over. Open your eyes
4. Dai senpai will say: SHOMEN NI REI! Bow to the front of the dojo.
5. Dai senpai will say: SENSEI! The sensei will turn around to face class.
6. Dai senpai will say: SENSEI NI REI! Bow to the sensei.
7. While down in the bow you say: DOMO ARIGATO GOZAIMAUS!
8. The sensei will say: DOITSHIMASHITE! Then you rise from the bow.
9. The sensei will say: Ends turn in. Turn your body a little to face the middle of the mat.
10. The sensei will say: OTAIGAI NI REI! Bow to each other.
11. The sensei will say: TATE! Stand up.

When bowing from seiza you put your left hand down on the floor first. Then you put your right hand down touching the thumbs and forefingers. Then you bow. Then you bring the right hand back to the right knee. Then you bring the left and back to the left knee.

MOKUSO: Quiet meditation. Mukuso is a time to quiet the mind and the emotions at the beginning of class as well as at the end of class. At the beginning of class you are leaving behind your worries and problems of the day. At the end of class you are calming down getting ready to go home. Class has pumped you up. You want to be able to react properly outside the dojo. During Mokuso, slow your breathing down. Relax. Calm your mind.

