



# Dojo News

<http://www.ScottHayesKarate.com>

March 2007

March is here and the things are heating up. The next few months will be busy with lots of events. Keep an eye on the calendar and the bulletin board.

**Winter Camp** is at the end of this month. Winter Camp will be held at the Virginia District Camp Ground in Buckingham County out near Farmville. The dates for the camp are March 30, 31 and April 1. This is our 2nd Karate camp and our 4th camp overall at the Buckingham Camp. It is a great place to have a training camp: Large Gym, nice dining facilities, and great staff. For more information about Winter Camp please see the flyer.

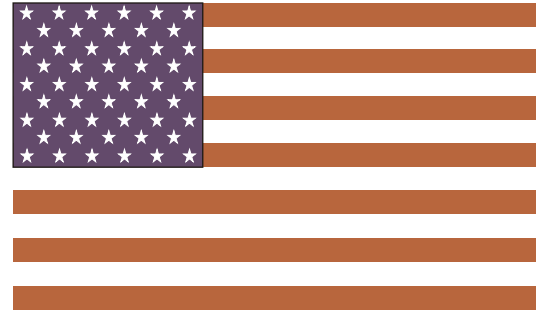
**The Dojo will be closed for Winter Camp on the following days: Friday March 30 and Saturday March 31.**

Warwick Blvd construction may cause traffic delays. If you are running late, come in quietly. Get your card and wait by the edge of the mat to join class. It is important to come to class even if you are late.

**Spring Break Day Camp:** Monday April 2nd - Monday April 9. We are currently planning this Break Camp. We need at least 10 students attending the camp in order to hold the camp. There will be two classes before lunch and two classes after lunch. *The dojo will have normal class schedule in the evenings.*

**TESTING:** The test date for 6th Kyu and up Teen & Adult students, and Dragon Jr. Brown and up has moved to Saturday March 10. There will not be regular classes on Saturday March 10.

**Students of the Month**  
Little Dragons - TBA  
Dragons - Trip Gilmore  
Adult / Teens - TBA



## Schedule

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

March 2

Leadership Team 7:15

March 9

BBC 5:45

**March 10**

**NO REGULAR CLASSES  
TESTING**

**Jr. Brown and up  
6th kyu Green and up**

March 30-31- April 1

DOJO WINTER CAMP  
Buckingham County

April 13

BBC 5:45

April 20-21-22

Dragon & Little Dragon Mini Camp

April 27

Leadership Team 7:15

Mar 4

Leadership Team 7:15

May 11

BBC 5:45

May 18-19-20

No Whiners Camp VI  
DOJO CLOSED

May 26

Memorial Day Weekend  
DOJO CLOSED

May 28

Memorial Day  
DOJO CLOSED

Are You Going?

**Let Black Belt Be Your Goal**



**March**

Megan Link 3/12  
 Andrew Maeso 3/20  
 Dhanyal Khan 3/28  
 Bert Grenoble 3/30  
 Steve Bateman 3/31

**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.**

Antjuan Walker  
 Stephanie Adams  
 Jake LaFrance  
 Alex Browne  
 Tyler Mueller

**Dragons Cont.**

Joey Link  
 Trip Gilmore  
 Michael Adelson  
 Carter Gilmore  
 Demitry Workman  
 Eric Workman  
 Megan Link  
 Meghan Boyd

**Teens**

Matthew Abeyounis  
 Brittany Browne  
 Antuan Byalik  
 Richard Hudnall  
 Lev Feygelson  
 Shaun Brest  
 Sebastian Brock  
 Jesse Harrison  
 Zach Hudnall  
 Clint LaFrance  
 Caitlin Wallace  
 Max Devine

**Dragons**

Emmanuel Feygelson  
 Hunter Schmitz  
 Emmit Necaie  
 Jamie Bourgeois  
 Joesph Pritchard  
 Andrew Maeso  
 Michael Pratt  
 C.W. Wood  
 Katie Carrubba  
 Ian Wildeman

## 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**

Sebastian Brock

**S.W.A.T.**

Antjuan Walker  
 Emmanuel Feygelson  
 Stephanie Adams  
 Alex Browne  
 Jake LaFrance  
 Jacob Stein  
 Michael Harvey  
 Steve Bateman  
 Kathy Adams

**S.T.O.R.M.**

Max Devine  
 Emmit Necaie  
 Jamie Bourgeois  
 Hunter Schmitz  
 Trevor Jansen  
 Connor McCarthy-Cruse  
 Victoria McCarthy-Cruse  
 Tyler Mueller  
 Shelby Pantel  
 Andrew Maeso  
 Catlin Wallace  
 Ashley Wandersee

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

Trip Gilmore  
 C.W. Wood  
 Ian Wildemann  
 Joey Link  
 Sarah Wandersee  
 Demitry Workman  
 Katie Carubba  
 Megan Boyd  
 Magan Link  
 Alison Moore  
 Natalie Moore  
 Carter Gilmore

# Sensei's Corner

## Odds and In's

### **Belt Presentation**

The Belt Presentation will be Wednesday March 28 for the Advance Dragons and Thursday March 29 for the rest of the school. Please feel free to take pictures during the presentation.

### **Warwick Blvd. Construction**

The construction on Warwick Blvd. in front of the dojo is fully under way. If you get delayed in traffic, don't worry. Just come into the Dojo quietly and quickly join class. It is better to be late to class than to miss class. The construction equipment is taking up space in the parking lot. So far we have been able to find parking spaces for classes.

### **Shoes and coats**

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. You can place your shoes and coats in the locker room to help keep the front area nice and neat.

### **Sparring Gear**

The Dojo has limited sparring gear students may barrow 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. 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.

### **Lost and found**

Parents, there is a hamper in the boys locker room that is full of "STUFF" students left behind. Please put your child's name or initials on their uniform, belt, sparring gear, dojo t-shirts, and anything else they bring to the dojo. Please check the lost and found. At the end of the month, I will empty the hamper.

### **No Whiners Camp VI**

Sensei's No Whiners Camp is a high intensity training camp held at a camp ground in Virginia Beach. Sensei envisions this camp as a karate boot camp but with better food. Students attending the camp will be pushed out of their comfort zones. The workouts are long and intense. All training is done outside. Attendance to this camp is by invitation or by instructor recommendation. This is a tough camp. If you are interested in being considered for this camp, please talk to Sensei or Sensei Shaun. This is a tough camp it's called No Whiners Camp for a reason. Whiners will not be happy!

# March 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-A	2-B LT 7:15 ALL	3-C
4-D	5-E	6-B	7-C	8-D	9-E BBC 5:45	10-A Testing NO CLASSES
11-C	12-D	13-E	14-A	15-B	16-D	17-E
18-A	19-B	20-C	21-E	22-A	23-B	24-C
25-D	26-A	27-B	28-C Adv. Dragons Belt Presentation	29-D Belt Presentation	30-E Winter Camp DOJO CLOSED	31-C Winter Camp DOJO CLOSED
		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				