



DOJO NEWS

<http://www.ScottHayesKarate.com>

May 2003

<http://www.usashorinryu.org>

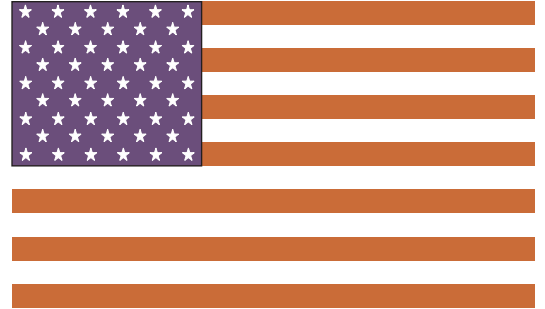
Get read for Summer! The Black Belt Club Camp was great! I want to thank all of those that attended. Look for the special events this month. If you have an idea for an event, just let Shihan Scott know, or talk to any BBC or Leadership team member.

Memorial Weekend: The Dojo Will be closed Saturday May 24th and Monday May 26th for Memorial Day. Take some time this weekend and remember the price and responsibility of Freedom.

Sensei's Challenge is back! Friday June 13th! Sensei will be holding his Challenge. This is a select event where Sensei personally invites selected students to attend a special night of training. This is a very intense night of training. The time of the Challenge is not set in stone yet. It may run longer or continue over night. It is still one month away so I have plenty of time to get things together. Oh just a note and a reminder. Sensei's Challenge will be on **FRIDAY the 13th**.

June Mega Mini-Camp: Get ready for a weekend of intense karate training that will push you to your limits (and beyond). The June Mega Mini-Camp starts Friday June 20th at 6 PM and runs until Sunday June 22nd. This camp has attracted some international attention. Renshi Tucker from Bermuda will be joining us for this camp. Let's make this camp a fantastic experience for everyone. All ages and all ranks are encouraged to come to the camp. Also the Association Test will be held on Day 2 of the camp. Adults and teens testing for 6th Kyu and above, and Dragons testing for Brown 3 need to show up Saturday for the test.

Leadership Team News: The Leadership Team wants to welcome new team members Clint Lafrane and Zach Hudnall to the STORM Team, and Bob Brest and Gordon Weeks to the SWAT Team. Congratulations to Antuan Byalik on upgrading from the STORM team to the SWAT Team. Great job everyone!!!!



Schedule

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

May 2nd

Leadership Team Class 8 PM

May 9th

Black Belt Club Class 8 PM

May 24th

Dojo Closed
Memorial Day Weekend

May 26th

Dojo Closed
Memorial Day Weekend

June 6th

Leadership Team &
Black Belt Club Class 7 - 10 PM

June 13th

Sensei's Challenge
7:30 - 9:30 PM ?

June 20th

June Mini-Camp Day 1 6 PM
No Regular Classes

June 21st

June Mini-Camp Day 2 9 AM
Association Test 9 AM
No Regular Classes

June 22nd

June Mini-Camp Day 3 9 AM

July 2nd - July 6th

NAKSA Summer Camp
Altavista, Virginia

Let Black Belt Be Your Goal

BIRTHDAYS

May

Nick Harvey 5/5

Kyoshi 5/7

Dale Nichols 5/22

Adele DeWysocki 5/24

Lucy Trishman 5/26

Brittany Browne 5/31

June

Jason Gargaro 6/1

Richard Hudnall 6/11

Shaun Brest 6/16



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!

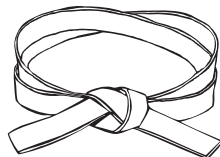
Nancy Brest
Mary Hudnall

Kathy Adams
Ann Myers

Shannon DeWitt
Anita Lenard

Erik Workman
Demetri Workman

WELCOME TO THE DOJO!



BELT TESTS

APRIL PROMOTIONS

CLINT LAFRANCE - DRAGON BLUE BELT 1
STEPHANIE ADAMS - DRAGON BLUE BELT 1
JESSICA MYERS - DRAGON PURPLE BELT

ZACH HUDNALL - DRAGON PURPLE BELT
KEVIN HUTCHINSON - DRAGON PURPLE BELT
RYAN HARVEY - JUKYU ORANGE BELT
NICK HARVEY - DRAGON ORANGE BELT

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
Jeff Browne
Clint Lafrance
Jake Lafrance
Stephanie Adams

Jessica Myers
Brittany Browne
Alex Browne
Bob Brest
Kiven Hutchinson
Zach Hudnall

LEADERSHIP TEAM

*New Member **Upgraded Member

D.E.L.T.A Force
Ed Sullivan
Jodi Sullivan
Matthew Abeyounis
Jeff Browne

S.W.A.T. II
Jason Gargaro

S.W.A.T.
Jack Guthrie
Shaun Brest
David Snell
Antuan Baylik**
Bob Brest*
Gordon Weeks*

S.T.O.R.M.
Brittany Browne
Lev Feygelson
Carter-Gage Malpass
Chris Sullivan
Matthieu Sullivan

Brandon Engle
Colton Guthrie
Richard Hudnall
Antjuan Walker
Clint Lafrance*
Zach Hudnall*

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.

武 士 道
Bu Shi Do

The warriors of Japan and Okinawa followed a code of behavior called Bushido, the Way of the Warrior. Bu means war or martial. Shi means person. Do means way. A bushi is a warrior. Bushido embraces 10 concepts: Honor, Respect, Sincerity, Loyalty, Politeness, Veracity, Bravery, Benevolence, Justice, and Seppuku.

Honor: High regard, respect, or esteem; visible sign, or act, that manifests high regard or esteem; A strong sense of what is right; keen moral judgment; A reputation of high standards of conduct.

Respect: To properly or consideration. Regard for and appreciation of worth; honor and esteem; courteous regard; Conformity to duty or obligation; compliance or observance: respect the law. Consideration.

Sincerity: honesty of purpose and character; freedom from hypocrisy, deceit, or simulation. Honest, faithful.

Loyalty: fidelity; allegiance; faithfulness. Constant and faithful in any relation or obligation requiring trust, confidence. Obedience. If you cannot understand, obey, for there is no third way.

Politeness: behaving and speaking with considerate regard for others; courteous; mannerly. Cultured; cultivated. Polished; elegant; A manner designed to please, or at least not to give offense.

Veracity: being true; truthfulness; honesty. Agreement with truth; accuracy. Being genuine.

Bravery: Valor; heroism. To meet with courage or fortitude. That quality of mind or spirit enabling one to meet danger or opposition with fearlessness and calmness. The brave man is one who feels fear, but overcomes it. Where there is wisdom, there is no need for bravery. The brave man likes the feel of the rain on his face, the wise man knows enough to use an umbrella to shield himself from the rain.

Benevolence: Disposition to do good; kindness; charitableness. Kindness is honorable. Victory over the weak is shameful.

Rectitude (Justice): The act of requiting (repayment). Impartial infliction of Justice. Doing what is right.

The Japanese Code as far as I can ascertain is in part based upon On (passively incurred obligations - parents, teacher, Country, other people), gimu (no payment is ever fully made, where gimu includes chu (fealty to ones leader), ko (parents, descendants, and ancestors), and nimmu (duty to one's work)), and giri (debts that have to be repaid with equivalence to favors received, giri to family, and one's name)

