



Dojo News

<http://www.ScottHayesKarate.com>

May 2006

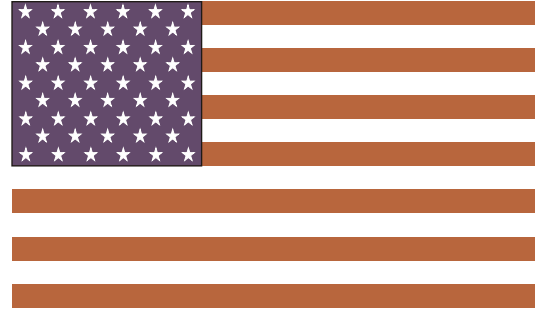
Spring is here and Summer is around the corner. Memorial Day is at the end of the month so check the calendar for the dojo closings. If you can think of any events you would like to see, please let Sensei or Nancy know.

NWC V: No Whiners Camp V is this month. This is a very high intensity camp held in Virginia Beach the weekend before Memorial day. This is NWC is Friday May 19, Saturday May 20, and Sunday May 21. We train outside for the camp. The weather in May can be tricky so pack accordingly. If the weather is warm enough we will even train in the swimming pool! If you are interested in going, please see Sensei. Due to the high intensity nature of the camp, you must have Sensei's approval to attend the camp.

Hints from Sensei: As the weather warms up remember to drink plenty of water. Try drinking a glass of water about 30 minutes before class. That will help keep you hydrated during class. It takes about 30 minutes for the water you drink to get into your system. Also since the weather is getting nice Sensei may take class outside for training or for a run, so please bring shoes that you can run and kick in.

The Dojo will be closed for No Whiners Camp on the following days: Friday May 19, Saturday May 20, and Sunday May 21. There will be no regular classes Friday or Saturday. The Dojo will also be closed Saturday May 27 and Monday May 29 for Memorial Day.

Students of the Month
Little Dragons - Jeremiah Gaulding
Dragons - Phillip Auby
Adult / Teens - TBA



Schedule

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

May 5

LT 6:30
BBC 5:45

May 12

5 - 5:45
Relay for Life Demo
Todd Stadium

May 19-20-21

No Whiners Camp V
Virginia Beach
DOJO CLOSED

May 27

Memorial Day Weekend
DOJO CLOSED

May 29 Memorial Day

DOJO CLOSED

June 2

LT 7:15

June 9

BBC 5:45

June 16-17-18

Teen and Adult
Mini Camp

July 4th

DOJO CLOSED

August

Spring Break Day Camp
Dates to be announced
See Sensei Shaun

Let Black Belt Be Your Goal



May

Nancy Brest 5/9
 Venecia Watson 5/14
 Ryan Campbell 5/18
 Jamie Bourgeois 5/18
 Eric Workman 5/22
 Katie Carrubba 5/22
 Ingrid Fournier 5/31
 Brittany Browne 5/31

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

Dragons

Antjuan Walker
 Stephanie Adams
 Jake LaFrance
 Alex Browne
 Cheyenne Ward
 Emmanuel Feygelson
 Hunter Schmitz
 Emmitt Necaie
 Shelby Pantel

Dragons Cont.

Joesph Pritchard
 Tyler Mueller
 Andrew Maeso
 Michael Pratt
 C.W. Wood
 Katie Carrubba
 Ian Wildeman
 Joey Link
 Trip Gilmore

Teens

Matthew Abeyounis
 Brittany Browne
 Antuan Byalik
 Richard Hudnall
 Lev Feygelson
 Shaun Brest
 Sebastian Brock

Teens Cont.

Jesse Harrison
 Zach Hudnall
 Clint LaFrance
 Ryan Salnoske
 Kayla Rupp
 Caitlin Wallace
 Max Devine

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

Vanessa Menendez
 Zach Hudnall
 Glenn Stamps
 Sebastian Brock

S.W.A.T.

Richard Hudnall
 Clint LaFrance
 Antjuan Walker
 Emmanuel Feygelson
 Stephanie Adams
 Alex Browne
 Jake LaFrance
 Cheyenne Ward
 Jacob Stein
 Michael Harvey
 Randy Mozzillo

S.T.O.R.M.

Max Devine
 Emmitt Necaie
 Jamie Bourgeois
 Hunter Schmitz
 Trevor Tippet
 Trevor Jansen
 Connor McCarthy-Cruse
 Victoria McCarthy-Cruse
 Tyler Mueller
 Joseph Pritchard

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

Shelby Pantel
 Andrew Maeso
 Catlin Wallace
 Kayla Rupp
 Ashley Wandersee
 Trip Gilmore
 C.W. Wood
 Ian Wildemann
 Joey Link

Sensei's Corner

While you watch class at the Dojo, you will notice several students wearing special belts, uniforms, and or patches. These students are Students of the Month, Black Belt Club Members, and student on the Leadership Team. These belts, uniforms, and patches are awards and recognition for their accomplishments at the Dojo.

Student of the Month

The Student of the Month is chosen from the Little Dragon, the Dragon, and the Teen Classes. The Student of the Month is selected as recognition of that student's effort to be the example the other students should follow. The red-white-blue coloring of the special belt easily identifies the Student of the Month. In addition to wearing the special belt for the month, the student is allowed to lead the stretches in class and is used for examples and demonstrations in class.

In choosing a student for the Student of the Month, the instructors look at several factors including:

- 1. Good class attendance*
- 2. Good class behavior*
- 3. Good attitude in class*
- 4. Gives good effort in class*
- 5. Good grades*
- 6. Good behavior at home & school*
- 7. Good attitude at home & school*

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.

Requirements for joining the BBC:

- 1. Orange Belt in rank*
- 2. Demonstrates commitment, dedication, hardworking and positive attitude, and honor*
- 3. Essay on "Why you want to be a Black Belt and why you want to join the BBC"*
- 4. Respect (Rank, Honor, Traditions)*
- 5. Good grades*
- 6. Sponsorship from a BBC member*
- 7. Must be able to attend BBC classes*
- 8. 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.

There are several levels within the Leadership Team: S.T.O.R.M. (Super Team of Role Models), S.W.A.T. & S.W.A.T. II (Superior Winning Attitude Team), and D.E.L.T.A. Force (Dedicated, Enthusiastic, Loyal, Teaching Assistants). As the members increase in rank and ability, they move up from S.T.O.R.M. eventually to the D.E.L.T.A. Force. Once they have completed the Sensei Program and passed the examinations, they become certified instructors qualified for N.A.S.K.A.'s Masters Program.

May 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-A	2-B	3-C	4-D	5-E BBC 5:45 LT 6:30	6-B
7-C	8-D	9-E	10-A	11-C	12-D Relay 4 Life Demo	13-E DOJO CLOSED
14-A	15-B	16-D	17-E	18-A	19-B No Whiners Camp DOJO CLOSED	20-C
21-E	22-A	23-B	24-C	25-D	26-A	27-B CLOSED Memorial Day
28-C	29-D CLOSED Memorial Day	30-E	31-C			
		A: Basic Hand and Foot Techniques, +/- Kata D: Self-Defense, Ukemi waza, B: Kata, Terminology, Philosophy Grabbing Techniques, Etc. C: One-Steps, Yakusoku Kumite, Sparring E: Kata and/or Bunkai				