



Dojo News

<http://www.ScottHayesKarate.com>

May 2008

Congratulations Jamie Bourgeois for earning her Shodan Saturday April 26, 2008.

It's May and that means No Whiners Camp! May is a busy month with the Memorial Day holiday, so check the calendar for special class times and for the holiday closing. The next few months will be busy with lots of events. Keep an eye on the calendar and the bulletin board.

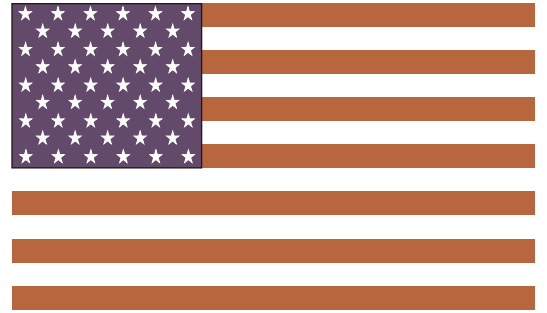
Little Dragon and Dragon Mini Camp: The camp was fantastic! We had a great turnout. I want to thank everyone for attending camp. I also want to thank the following students for assisting at the camp: Victoria McCarthy-Cruse and Ashley Wandersee. I also want to thank the parents that stayed at the dojo to support their children!

No Whiners Camp VII: The seventh annual No Whiners Camp will be May 16-17-18 in Virginia Beach. The Dojo will be closed Friday May 16th and Saturday May 17th. The NWC is held at a campground in Virginia Beach. We will be staying in cabins. Sensei envisions this camp as a karate boot camp but with better food. Students will be pushed out of their comfort zones. The workouts are long and intense. All training is done outside. It's called No Whiners Camp for a reason. Whiners will not be happy!

We have set up a discussion board on the Dojo web site: <http://www.ScottHayesKarate.com/forum>. We want to use the discussion board to enable more communication. There are sections for parents, students, the Black Belt Club, the Leadership Team, the advance class, the Black Belts, and many more. You have to register for the discussion board, but that is real easy. I hope to see everyone there!

Students of the Month

Little Dragons - Duane Claus
Dragons - Jacob Crowson
Adult / Teens - Bob Brest



Schedule

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

May 2

BBC 6:00 PM

Leadership Team 6:45 PM

May 16-17-18

No Whiners Camp

Virginia Beach

May 16-17-18

DOJO CLOSED

May 23,24,25,26

DOJO CLOSE

Memorial Day Weekend

June 6

BBC 6:00 PM

Leadership Team 6:45 PM

June 27-June 28

Adult & Teen Mini Camp

June 28

Test Run 8 AM

June 30

Monday

Belt Presentation

July 26

Jr. Brown Belt & Jr. Black Belt

Trip to Kyoshi Welch's Dojo

August 14 - 17 2008

Okinawan Summer Camp

Washington DC

Let Black Belt Be Your Goal



May

Nancy Brest 5/9
 Cheyenne Conway 5/11
 Jamie Bourgeois 5/18
 Eric Workman 5/22
 Katie Carrubba 5/30
 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

Teens Cont.

Alex Browne
 Jamie Bourgeois
 Tyler Mueller
 Joesph Pritchard

Dragons Cont.

Michael Adelson
 Carter Gilmore
 Demitry Workman
 Eric Workman
 Megan Link
 Meghan Boyd
 Ben Hancock
 Jacob Crowson

Teens

Matthew Abeyounis
 Brittany Browne
 Antuan Byalik
 Richard Hudnall
 Lev Feygelson
 Shaun Brest
 Sebastian Brock
 Joey Prichard
 Caitlin Wallace
 Antjuan Walker
 Stephanie Adams
 Jake LaFrance

Dragons

Emmanuel Feygelson
 Hunter Schmitz
 Emmit Necaise
 Andrew Maeso
 Michael Pratt
 C.W. Wood
 Katie Carrubba
 Ian Wildeman
 Joey Link
 Trip Gilmore

Little Dragons

Mac Avery

Leadership Team

D.E.L.T.A Force

Matthew Abeyounis
 Jeff Browne
 Brittany Browne
 Shaun Brest
 Bob Brest
 Antuan Byalik
 Lev Feygelson
 Sebastian Brock

S.W.A.T.

Antjuan Walker
 Emmanuel Feygelson
 Stephanie Adams
 Alex Browne
 Jake LaFrance
 Steve Bateman
 Kathy Adams
 Jamie Bourgeois
 Hunter Schmitz
 Ashley Wandersee
 Trip Gilmore
 Shawn Craig

S.W.A.T. Cont.

Jessica Fuhs
 Rosie McCollough
 Joey Link
 Sarah Wandersee
 Demitry Workman
 Katie Carubba
 Megan Boyd
 Andrew Maeso

S.T.O.R.M.

Trevor Jansen
 Connor McCarthy-Cruse
 Victoria McCarthy-Cruse
 Tyler Mueller
 Catlin Wallace
 C.W. Wood
 Ian Wildemann
 Magan Link
 Carter Gilmore
 Jeremiah Gauling
 Ben Hancock

Sensei's Corner

April Promotions

Dragons

Joey Link – Junior Brown Belt 2

Teens

Jamie Bourgeois -- Shodan

Dojo T-Shirts

During the warmer parts of the year, some students like to wear a dojo T-Shirt in place of their gi top. You can get the dojo T-shirts in the front office. Only dojo T-shirts may be worn in place of the gi top, other T-shirts are not allowed. On formal days, belt presentations, seminars, and visiting guest instructors, a full gi must be worn.

Plain White Gis for Washington DC Camp

If you want to order a plain white gi for the Washington DC Summer Camp, please order your gis as soon as possible. We cannot guarantee orders placed after July 20.

Jewelry

In the interest of safety, jewelry and watches should not be worn during class. They can get damaged, or injure yourself or another student. Wedding rings and religious items may be worn. Small, non-dangling earrings are permitted.

Sparring Gear

The Dojo has limited sparring gear students may borrow 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. *Sensei really likes the new Century Headgear with the clear face mask.* 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.

Special training session for Jr. Brown and Black Belts

Kyoshi Welch has invited our Jr. Brown Belts and Jr. Black Belts to come to a special training session on Saturday July 26 at his Dojo in Washington D.C. Following the workout, there will be a cookout at Kyoshi Welch's house for everyone. Sensei is very honored to have our students invited to Kyoshi Welch's dojo and house. Please keep this event in mind as you plan your summer.

Water

As it gets warmer, you need to drink more water. It is important to drink water *before* and *after* class. It takes the water that you drink about 30 minutes to get into your system. Parents, please encourage your child to get a drink of water before class.

Shoes

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.

May 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1-A	2-B BBC 6:00 PM LT 6:45 PM	3
4	5-E	6-B	7-C	8-D	9-E	10
11	12-D	13-E	14-A	15-B	16 NWC DOJO CLOSED	17 NWC DOJO CLOSED
18 NWC DOJO CLOSED	19-B	20-C	21-E	22-A	23-B Memorial Day Weekend DOJO CLOSED	24-C Memorial Day Weekend DOJO CLOSED
25	26-A Memorial Day DOJO CLOSED	27-B	28-C	29-D	30-E	31
		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				