



# Dojo News

<http://www.ScottHayesKarate.com>

May 2009

May is here and that means No Whiner's Camp time. May is a busy month, so please keep an eye on the Dojo Calendar to see what is happening this month.

No Whiners Camp is this month, May 15-16-17 in Virginia Beach. We have 55 people signed up. This will be the biggest No Whiner's Camp yet! ***The Dojo will be closed Friday May 15 and Saturday May 16.*** This year's camp is shaping up to be one of the best yet, and it does look like there will be some testing at NWC.

Spread the word: *The Dojo needs new White Belts.* Tell your friends about the Dojo. Bring your friends to the Dojo. You can get a free week pass from the office. Teens and adults, get into the action too, tell your friends!

**Schedule Change:** *Advance Class on Thursday will start at 6:45 PM and the Teen /Adult Class will start at 7:30 PM. If you have questions, please see Sensei.*

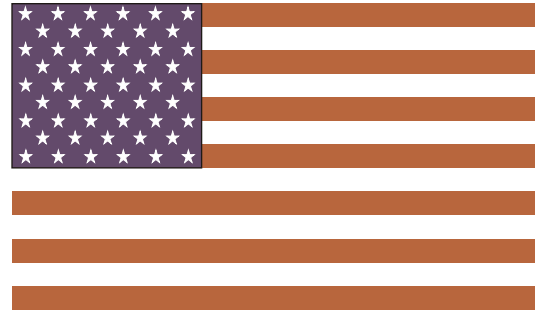
Friday 6:00 PM Class. Sensei still considering making every Friday at 6:00 PM either a BBC class or a Leadership Team Class. There is a discussion about this on the Dojo Forum. You can get to the Dojo Forum from the front page of the Dojo web site or by going to <http://www.scotthayeskarate.com/phpbb3>. Please go to the Dojo Forum and participate in the discussions. Your views and opinions are important and Sensei wants to hear them.

Web site Calendar updated: The Dojo Calendar on the web site has been updated with events through May 2010! Please check the calendar and mark the dates. This includes the dates for Mini-Camps, Winter Camp, and NWC IX in May 2010.

Is anyone interested in helping plan a Dojo Pool Party? If you are interested, please see Sensei.

### ***Students of the Month***

Little Dragons - Cheyenne Conaway  
Dragons - Jacob Crowson  
Adult - Rosie McCullough  
Teens - Hunter Schmitz



## Schedule

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

May 1

BBC 6:00 PM

May 2

LT 6:45 PM

May 15-16-17

***No Whiners Camp***

May 22 - 25

***Memorial Day Weekend***

***DOJO CLOSED***

***(Friday - Monday)***

June 6

TEST RUN

Jr. Brown Belt and up

Teens and Adults 7th kyu and up

June 12-13

***Dragon & Little Dragon***

***Mini-Camp***

June 20

DC Training 10 AM

July 4-5-6

DOJO CLOSED

July 4th Weekend

July 11

DC Training 10 AM

July 24-25

***TEEN & ADULT***

***Mini-Camp***

August 1

DC Training 10 AM

***Let Black Belt Be Your Goal***



**May**

Cheyenne Conaway 5/11  
 Jamie Bourgeois 5/18  
 Eric Workman 5/22  
 Mitchell Chapman 5/28  
 Jacob Toth 5/28  
 Katie Carrubba 5/20  
 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  
 Rosie McCullough  
 Justin Brooks  
 Dan Jefferies

**Teens**

Matthew Abeyounis  
 Brittany Browne  
 Lev Feygelson  
 Shaun Brest  
 Sebastian Brock  
 Caitlin Wallace  
 Stephanie Adams  
 Alex Browne  
 Jamie Bourgeois

**Teens Cont.**

Emmanuel  
 Feygelson  
 Hunter Schmitz  
 William Lindsay  
 Eric Workman

**Dragons**

Andrew Maeso  
 Michael Pratt  
 C.W. Wood  
 Katie Carrubba  
 Joey Link  
 Trip Gilmore  
 Michael Adelson  
 Carter Gilmore  
 Demitry Workman  
 Megan Link

**Dragons Cont.**

Meghan Boyd  
 Ben Hancock  
 Jacob Crowson  
 Mac Avery  
 Mary Black Avery  
**Little Dragons**  
 Julie McCullough

## 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.**

Justin Brooks  
 Emmanuel Feygelson  
 Stephanie Adams  
 Alex Browne  
 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  
 C.W. Wood  
 Dan Jefferies

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

Trevor Jansen  
 Catlin Wallace  
 Ian Wildemann  
 Magan Link  
 Carter Gilmore  
 Jeremiah Gauling  
 Ben Hancock  
 Duane Leiberman  
 Justin Byod  
 Will Lindsay  
 Jacob Crowson  
 Mac Avery  
 Mary Black Avery

# Sensei's Corner

## 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.

## 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.

## 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.

## 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.

## Dojo Discussion Board

We have set up a discussion board on the Dojo web site:

<http://www.ScottHayesKarate.com/phpbb3>. 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!

## Weapon Class

The Weapons Classes are Monday at 7:30 PM and Friday at 5:15 PM. Weapons Class is open to all Adults and Teens, and all Dragons and Little Dragons Blue Belt and higher. We have loaner weapons for new students to use until they get their own weapons. The Weapons Classes have their own separate ranking and separate tests. If you are interested in attending Weapons Class please talk to Sensei Scott.

## 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. BBC members have one special class each month just for members. **Also, BBC members receive one private lesson each month.***

*Requirements for joining the BBC:*

1. Orange Belt in rank
2. Demonstrates commitment, dedication, hardworking and positive attitude
3. Essay on "Why you want to be a Black Belt and why you want to join the BBC"
4. Good grades
5. Sponsorship from a BBC member
6. Must be able to attend BBC classes
7. Recommended by Instructor

## New Shodans



Congratulations:  
Hunter, Ashely, and Andrew

