



Dojo News

<http://www.ScottHayesKarate.com>

November 2004

<http://www.usashorinryu.org>

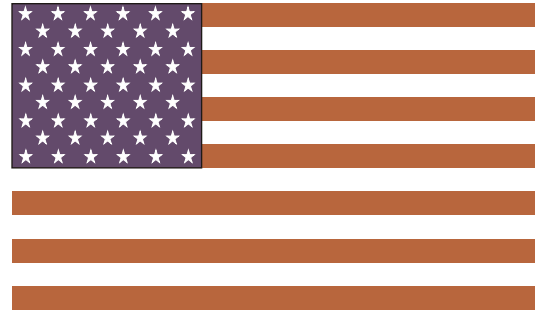
Thank You. The Dojo is nothing without students. In November we remember the people and things we are thankful for. It's a time of remembering and sharing.

S*Schedule Change Teens and Adults!* There is a slight schedule change affecting the teen and adult classes. On Monday's and Friday's the 6:30 class is for White Belts through Purple Belts, and the 7:15 class is for Blue Belts and above. On Wednesday's the 6:30 class is for Blue Belts and above, and the 7:15 class is for White Belts through Purple Belts.

Dojo Family Picnic was FANTASTIC! Thank you for making the event a great day. I want to personally thank Susan Stein for organizing the picnic. There are many families that helped make the day work: the Harbin's, the Stein's, the Hautsch's, the Jansen's, the Tippett's, the Dipersio's, Gaulding's, the Necaise's, the Wallace's, the Wertheimer's, Fournier's, the Brest's, the Myers', the Lyons', the Stamps', the Browne's, the Bourgeois', the Ward's, the Menendez's, the Flores', the Couch's, and the Wood's.

This month we are having the Little Dragon and Dragon Mini-Camp and the NASKA Weapons Camp. Please see the flyers for specific information about the camps.

The Dojo will hold it's Winter Break Day Camp December 27-31. Don't be bored over the Holidays. The camp will run from 7 AM until Class time. See the brochure for more information.



Schedule

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

November 12-14

Dragon & Little Dragon
Mini-Camp

November 19-20-21

Weapons Camp
Virginia Beach

November 25

Private Lessons
By Appointment Only
11 AM - 2 PM
NO REGULAR
CLASSES

November 26

BBC 8-9 PM

December 3-4-5

Adult Mini Camp

December 10-11-12

Teen Mini-Camp

December 16

Belt Presentation

December 24-25

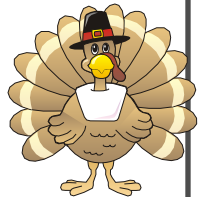
Dojo Closed

December 27-31

Winter Break Day Camp

February 25-26-27

NASKA WINTER CAMP
Virginia Beach



Students of the Month

Little Dragons - TBA

Dragons - TBA

Teens - TBA

Let Black Belt Be Your Goal

Birthdays

November

Bob Brest 11/9
 Justin Brooks 11/13
 Jake Wertheimer 11/14
 Sebastian Brock 11/17
 Zack Hudnall 11/19
 Jake LaFrance 11/19
 Matthew Abeyounis 11/20
 William Hautsch 11/21
 Scott Hayes 11/27



See 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!

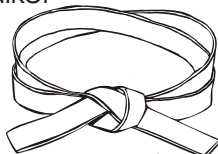
BIRTHDAY PARTIES

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 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!

Yyler Mueller	Megan Link	Collin Nealy	Justin Boyd
Shawn Craig	Carter Gilmore	Meghan Boyd	Bill Martin
Justin Walker			



Adults & Teens

Lev Feygelson - Shodan
 Shaun Brest - Shodan-Ho
 Jesse Harrison - Ikkyu Brown Belt
 Zackary Hudnall - Nikkyu Brown Belt
 Bob Brest - Nikkyu Brown Belt
 Cheryl Browne - Sankyu Brown Belt
 Clint LaFrance - Sankyu Brown Belt
 Steven Bateman - Yonkyu Green Belt
 Vanessa Menendez - Yonkyu Green Belt
 Jessica Myers - Yonkyu Green Belt
 Nancy Brest - Gokyu Green Belt
 Anne Myers - Rokukyu Green Belt
 Kathy Adams - Rokukyu Green Belt
 Kayla Rupp - Hachikyu Blue Belt
 Caitlin Wallace - Hachikyu Blue Belt
 Glenn Stamps - Hachikyu Blue Belt
 Eric Noel - Kukyu Purple Belt
 Rebecca Harbin - Kukyu Purple Belt
 Aaron Parsons - Kukyu Purple Belt
 Lissy Menendez - Jukyu Orange Belt
 Rowland Hautsch - Jukyu Orange Belt
 Ingrid Fournier - Jukyu Orange Belt
 Randy Mozzillo - Mukyu Gold Belt
 Lydia Kerby - Mukyu Gold Belt
 Isaac Silcox - Mukyu Gold Belt
 Chelsea Williams - Mukyu Gold Belt
 Katie Williams - Mukyu Gold Belt

Belt tests September Promotions

Dragons and Little Dragons

Antjuan Walker - Jr. Black Belt 1
 Stephanie Adams - Dragon Brown Belt 2
 Jake LaFrance - Dragon Brown Belt 1
 Cheyenne Ward - Dragon Green Belt 3
 Hunter Schmitz - Dragon Blue Belt 3
 Emmit Necaize - Dragon Blue Belt
 Jacob Stein - Dragon Blue Belt
 Aaron Stamps - Dragon Blue Belt
 Jamie Bourgeois - Dragon Purple Belt
 Michael Pratt - Dragon Purple Belt
 Connor McCarthy-Cruse - Dragon Purple Belt
 Victoria McCarthy-Cruse - Dragon Purple Belt
 Clarence Nguyen - Dragon Purple Belt
 Daniel Fournier - Dragon Orange Belt
 Eric Workman - Dragon Orange Belt
 Shelby Pantel - Dragon Orange Belt
 Demitri Workman - Little Dragon Orange Belt
 C.W. Wood - Little Dragon Orange + White Belt
 Trevor Jansen - Little Dragon Orange + White Belt
 Alex Menendez - Little Dragon Orange +

Black Belt Club

Justin Brooks	Jeff Browne	Bob Brest	Emmit Necaize
Matthew Abeyounis	Clint LaFrance	Kevin Hutchinson	Jesse Harrison
Antuan Byalik	Jake LaFrance	Zach Hudnall	Cheyenne Ward
Lev Feygelson	Stephanie Adams	Ryan Salnoske	Kayla Rupp
Emmanuel Feygelson	Jessica Myers	Max Devine	Caitlin Wallace
Shaun Brest	Brittany Browne	Nancy Brest	Sebastian Brock
Richard Hudnall	Alex Browne	Hunter Schmitz	
Antjuan Walker			

Leadership Team

D.E.L.T.A Force	S.W.A.T.	S.W.A.T. Cont.	S.T.O.R.M. Cont.	Emmit Necaize
Matthew Abeyounis	Justin Brooks	Zach Hudnall	Stephanie Adams	Jacob Stien
Jeff Browne	Antuan Byalik	Lev Feygelson	Jessica Myers	
Brittany Browne	Bob Brest	Glenn Stamps	Kevin Hutchinson	
Shaun Brest	Gordon Weeks	S.T.O.R.M.	Alex Browne	
S.W.A.T. II	Richard Hudnall	Antjuan Walker	Jake LaFrance	
Vanessa Menendez	Clint LaFrance	Emmanuel Feygelson	Max Devine	

Sensei's Corner

A long time ago in Japan there lived this great Karate Master. Over his life he taught many students the art of Karate-do. He lived alone near the mountains away from the fast-paced life of the cities.

One day two young men came to his gate seeking to become his students. He invited them to have tea as they enjoyed the sunset. After tea was over the Master told the young men that before they could become his students, he had a task they must complete.

He took them outside and showed the young men two barrels and some buckets. He pointed to a well a little way off and said that each of them needed to fill one barrel by themselves before they could become his student. They would have until sunrise to complete the task.

The young men thought this was simple and started to fill the barrels. They made the long walk to the well and back. They poured the water into the barrels and started back again. However, when they returned all the water had leaked out of the barrels! They checked the barrels only to discover that the barrels did not have a bottom. No matter how fast they made the trip to the well and back, too much water leaked out.

At sunrise the master came out and looked to see what the young men had done over the long night. "The barrels are not full," the master said. "How can we fill them the barrels have no bottom!" One student shouted back. "Oh I see," said the master. "I understand. Go to the other side of the house. There are buckets and barrels with bottoms there. You have until sunset to fill them."

The young men ran to the other side to get started. The first one shouts, "Oh no! How can we do this! The buckets have no bottom!" The other young man said that he was going to try and started off with one of the buckets. The first one gives up and walks home.

The young man tries using his hands to keep the water in the bucket, but most of the water drains out. When he gets back to the barrel, only a single drop of water remains in the bucket. He watches the drop of water go into the barrel. "Before the barrel was empty. Now there is a drop of water in it. I can do this!" He hurries back and forth to the well making many, many trips.

Just as the sun is setting he watches the last drop of water go into the barrel. The Master says, "Well done young man. I accept you as my student. You did not quit when you discovered that the task was harder than you first thought. You discovered a way to do it and did not complain. Now I know you will not quit your training when the training gets tough and hard. Come, let's have some tea and enjoy the evening. Training starts in the morning!"



