



Dojo News

<http://www.ScottHayesKarate.com>

November 2006

November is the beginning of the Holiday Season. It is a time of giving thanks for what we have and remembering those that are not as fortunate as us. November is a busy month for the dojo.. Check the calendar and the message board at the dojo to see what is going on.

The Dragon & Little Dragon Mini-Camp and the Project Action Kick-a-thon were fantastic events. At the Kick-a-thon we did 1,400 over the hour period. With 54 students on the mat, the Dojo did 75,600 kicks and raised \$2,987 for Project Action. Great job! Mayor Joe Frank gave a proclamation announcing National Martial Arts Day in Newport News. We look forward to doing the Kick-a-thon next year!

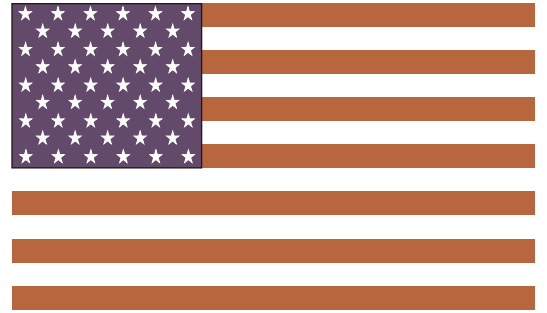
Weapons Camp is November 10-11-12. The dojo will be closed Friday the 10th and Saturday the 11th. This is the only weapons camp of the year. I strongly encourage all weapons students to attend. Our guest instructor is 6th dan Renshi Ron Williams. Mr. Williams is the highest ranking weapons student of Nakazato Sensei outside of Okinawa. On the fun side, we are planning on a bonfire to roast marshmallows and make S'mores.

Sensei Scott and Sensei Shaun will hold a Winter Break Day camp December 26 - December 29. We need at least 10 students to hold the camp.

Winter Camp will be February 23-24-25 in Virginia Beach. Camp flyers will be handed out this month. The camp instructors will be Renshi Kassama (6th Dan), Rodney Willis (9th Dan), and Sensei Scott.

Students of the Month

Little Dragons - Sarah Carrubba
Dragons - Alexander Bailey
Adult / Teens - Caitlin Wallace



Schedule

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

November 3

Leadership Team

7:15

STORM & SWAT

November 3

BBC 5:45

November 10-11-12

Weapons Camp

Buckingham County Virginia

DOJO CLOSED

November 23-24-25

Thanksgiving Weekend

DOJO CLOSED

December 1

Leadership Team

7:15

STORM & SWAT

December 8

BBC 5:45

December 15-16-17

Teen & Adult

Mini-Camp

February 23-24-24

Winter Camp

Virginia Beach

 **Happy
Thanksgiving**

Let Black Belt Be Your Goal



November

Daniel Simko 11/1
 Logan Scharer 11/7
 Bob Brest 11/9
 Sebastian Brock 11/17
 Jake LaFrance 11/19
 Matthew Abeyounis 11/20
 William Hautsch 11/21
 Sensei 11/27
 Tyler Mueller 11/29

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.

Antjuan Walker
 Stephanie Adams
 Jake LaFrance
 Alex Browne
 Tyler Mueller

Dragons Cont.

Joey Link
 Trip Gilmore
 Michael Adelson
 Carter Gilmore
 Demitry Workman
 Eric Workman

Teens

Matthew Abeyounis
 Brittany Browne
 Antuan Byalik
 Richard Hudnall
 Lev Feygelson
 Shaun Brest
 Sebastian Brock
 Jesse Harrison
 Zach Hudnall
 Clint LaFrance
 Caitlin Wallace
 Max Devine

Dragons

Emmanuel Feygelson
 Hunter Schmitz
 Emmit Necaie
 Jamie Bourgeois
 Joesph Pritchard
 Andrew Maeso
 Michael Pratt
 C.W. Wood
 Katie Carrubba
 Ian Wildeman

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

Sebastian Brock

S.W.A.T.

Antjuan Walker
 Emmanuel Feygelson
 Stephanie Adams
 Alex Browne
 Jake LaFrance
 Jacob Stein
 Michael Harvey
 Steve Bateman
 Kathy Adams

S.T.O.R.M.

Max Devine
 Emmit Necaie
 Jamie Bourgeois
 Hunter Schmitz
 Trevor Jansen
 Connor McCarthy-Cruse
 Victoria McCarthy-Cruse
 Tyler Mueller
 Shelby Pantel
 Andrew Maeso
 Catlin Wallace
 Ashley Wandersee

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

Trip Gilmore
 C.W. Wood
 Ian Wildemann
 Joey Link
 Sarah Wandersee
 Demitry Workman
 Katie Carubba
 Megan Boyd
 Magan Link
 Alison Moore
 Natalie Moore
 Carter Gilmore

Sensei's Corner

October Promotions

Dragons

Ben Hancock – Junior Gold Belt
Daniel Simko – Junior Orange Belt
Andrew Simko – Junior Orange Belt

Dragons cont.

Sean Wells – Junior Orange Belt
Madeline Wood – Junior Orange Belt
Emmanuel Feygelson – Junior Black Belt 3

Odds and In's

At the Halloween Party, the Grenobles brought a sausage dip that everyone loved. Many people have requested the recipe, so here it is:

- 1 lb Sausage Roll
- 8 oz Cream Cheese
- 1 can Rotel tomatoes & green chiles

Crumble and brown sausage, drain, put sausage and remaining ingredients in crockpot mix it up and heat. Serve with tortilla chip scoops.

Inclement Weather Policy

You can call the Dojo (595-8380) to find out if we will be open. In the event that the Dojo will be closed, a message will be left on the answering machine.

During inclement weather your safety is important. Please exercise common sense. If you think it is too bad to drive, then it probably is.

Driving conditions can change quickly. Heavy rains can flood roads. Heavy winds can knock down trees. In winter, roads can become very icy in a short time. Roads that were ok when you came to the Dojo may be blocked or iced over during the class. If you feel you need to leave class early because of weather or road conditions, please inform the instructor.

Shoes and coats

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.

Warwick Blvd. Construction

Warwick Blvd. is being worked on and speed limit is reduced to 25 mph. If you get delayed in traffic, please come into the Dojo quietly and quickly join class.

Friday's 7:15 PM class is now a weapons class

The Friday 7:15 class is now a weapons class for adults and teenagers. The Friday 6:30 PM class is for all rank. Some Leadership Team classes will also use the 7:15 time slot while the weapons class is in progress..

