



Dojo News

<http://www.ScottHayesKarate.com>

November 2007

November is the beginning of the Holiday Season. It is a time of giving thanks for what we have and for 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 2,300 over the hour period. With 43 students on the mat, the Dojo did 98,800 kicks and raised \$2,376 for Project Action. We look forward to doing the Kick-a-thon next year!

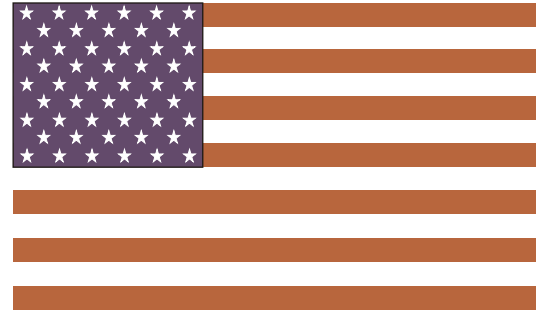
Weapons Camp is November 10-11-12. The dojo will be closed Friday the 9th and Saturday the 10th. We will train on all the weapons, doing at least one kata per weapon. On the fun side, we are planning on a bonfire to roast marshmallows and make S'mores.

Cold and Flu season is coming. Please be considerate of the other people in the dojo. If your child stays home from school because they are not feeling well, then they should not come to karate class. We want everyone to stay healthy, so remember that it is OK to miss karate class when you are sick.

The Ultimate Black Belt Quest (UBBQ) kicks off this month. If you are interested, please see Nancy in the front office. The UBBQ is an extension program of the Black Belt Club and Leadership Team. Those students who choose to participate in the UBBQ start a year long journey. The tasks and requirements help the participants discover more about themselves. I would like to think that the UBBQ will have a profound effect on everyone that participates.

Students of the Month

Little Dragons - Surgey Shurkov
Dragons - William Lindsay
Adult / Teens - Rosie McCullough



Schedule

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

November 2

BBC 6:00 PM

November 2

LT 6:45 PM

November 9-10-11

Weapons Camp

November 22-24

Thanksgiving

DOJO

CLOSED

December 8

Test Run

December 20

Belt Presentation

December 24 - 29

DOJO CLOSED

December 31

New Years Eve

DOJO CLOSED

January 1

New Years Day

DOJO CLOSED

January 25-26

Dragon & Little Dragon

Mini-Camp

February 15-16-17

Winter Camp

August 2008

Okinawan Summer Camp

Washington DC



Let Black Belt Be Your Goal



November

Logan Scharer 11/7
 Bob Brest 11/9
 Alec Wolf 11/15
 Sebastian Brock 11/17
 Jake LaFrance 11/19
 Matthew Abeyounis 11/20
 Leslie Keys 11/21
 William Hautsch 11/21
 Sensei 11/27
 Tyler Muller 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.

Alex Browne
 Jamie Bourgeois
 Tyler Mueller
 Joseph Pritchard

Dragons Cont.

Michael Adelson
 Carter Gilmore
 Demitry Workman
 Eric Workman
 Megan Link
 Meghan Boyd
 James Grenoble
 Ben Hancock

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 Necaie
 Andrew Maeso
 Michael Pratt
 C.W. Wood
 Katie Carrubba
 Ian Wildeman
 Joey Link
 Trip Gilmore

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

S.W.A.T. Cont.

Joey Link
 Sarah Wandersee
 Demitry Workman
 Katie Carubba
 Megan Boyd

S.T.O.R.M.

Trevor Jansen
 Connor McCarthy-Cruse
 Victoria McCarthy-Cruse
 Tyler Mueller

S.T.O.R.M. Cont.

Andrew Maeso
 Catlin Wallace
 C.W. Wood
 Ian Wildemann
 Magan Link
 Alison Moore
 Natalie Moore
 Carter Gilmore

Sensei's Corner

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. 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.

Lost and Found

Over the summer (and from the spring) the dojo has acquired a large collection of **"STUFF"** in the lost and found. Uniforms, sparring gear, clothes, shoes, jackets, and other stuff. Please check the lost and found for stuff that belongs to you. Leftovers will be discarded at the end of the month. Please remember to label all items you bring to the studio so they can be returned to you.

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.

Sausage Dip

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.

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.

Holiday Sale and Special Orders

Holiday Sale! All orders placed between December 1st and December 13 will be 15% off the normal price. Order early to receive the items before the holidays. A sale sheet and holiday catalogues will be available in the office. For more information, please see Sensei Scott or Mrs. Nancy.

Winter Camp

Winter Camp will be held at the Virginia District Camp Ground in Buckingham County out near Farmville. The dates for the camp are February 15, 16 and 17. This is our 3rd Karate camp and our 6th camp overall at the Buckingham Camp. It is a great place to have a training camp: Large Gym, nice dining facilities, and great staff. For more information about Winter Camp please see the flyer. Kyoshi Welch is planning on instructing at the camp.

The Okinawans Are Coming! August 2008

