



# Dojo News

<http://www.ScottHayesKarate.com>

November 2008

November is the beginning of the Holiday Season. It is a time to give 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.

**H**alloween Party: I want to thank everyone for making our Halloween party a success. Special thanks Mr. And Mrs. Williams for the goodie bags, and to Curtis, Grace, and Will Lindsay for decorating. We all had a great time. Parents thanks for letting your children come. Start planning for next year!

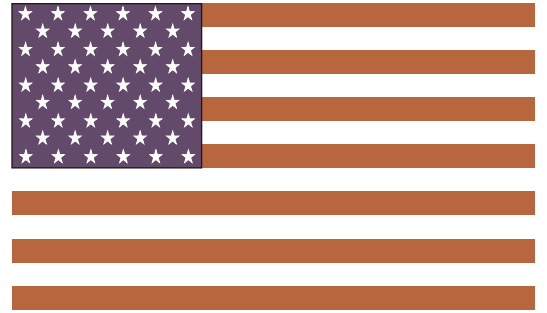
**W**eapons Camp is November 7 & 8. The dojo will be closed Friday the 7th and Saturday the 8th. Sensei has planned an ambitious training schedule. We will do drills and kata for each weapon. Come ready to train because it will be intense! Please see the flyer for more information

**C**old 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.

**T**his spring we have two big camps. Winter Camp is February 20-21-22. Winter Camp is open to all students. We will be using the Nazarene Camp again this year. Please see the flyer for more information. No Whiners Camp is May 15-16-17 in Virginia Beach. Remember, the NWC is a select camp; Sensei has to approve you to go. If you want to get selected work hard in class and show Sensei that you want to attend.

### *Students of the Month*

Little Dragons - Dylan Cunningham  
Dragons - Ethan Berry  
Adult / Teens - Andrew Maeso



## Schedule

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

### November 7-8

**Weapons Camp  
At the Dojo  
NO REGULAR  
CLASSES**

November 14

BBC 6:00 PM

Leadership Team 6:45 PM

November 27, 28, 29

Thanksgiving

No Classes

Dojo Closed

December 5

**Dragon & Little Dragon  
Mini-Camp**

December 12

BBC 6:00 PM

Leadership Team 6:45 PM

December TBA

Test Run Time TBA

December 22

Belt Presentation

February 20-21-22

Winter Camp

May 15-16-17

No Whiners Camp



**Let Black Belt Be Your Goal**



**November**

- Samuel Jones 11/06
- Robert Brest 11/09
- Sebastian Brock 11/17
- Matthew Abeyounis 11/20
- William Hautsch 11/21
- David Lembersky 11/23
- Sensei Scott 11/27
- Ethan Berry 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
- Rosie McCullough

**Teens Cont.**

- Emmanuel
- Feygelson
- Hunter Schmitz
- William Lindsay
- Eric Workman

**Dragons Cont.**

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

**Teens**

- Matthew Abeyounis
- Brittany Browne
- Antuan Byalik
- Richard Hudnall
- Lev Feygelson
- Shaun Brest
- Sebastian Brock
- Caitlin Wallace
- Stephanie Adams
- Alex Browne
- Jamie Bourgeois

**Dragons**

- Andrew Maeso
- Michael Pratt
- C.W. Wood
- Katie Carrubba
- Ian Wildeman
- Joey Link
- Trip Gilmore
- Michael Adelson
- Carter Gilmore
- Demetry Workman
- Megan Link

## 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
- Demetry Workman
- Katie Carubba
- Megan Boyd
- Andrew Maeso
- Daniel Jefferies

**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
- Will Lindsay

# Sensei's Corner

## **Running Shoes**

Be sure to bring your running shoes with you to class. As the Fall weather brings cooler temperatures, the classes will do more outside, including running. Please bring shoes that you can run in and that will stay on your feet for kicking.

## **Dojo Discussion Board**

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!

## **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 Bert Grenoble 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.

## **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. Black & Brown Belts Part II**

Kyoshi Welch has invited our Jr. Brown Belts and Jr. Black Belts to come to a special training session this fall at his Dojo in Washington D.C. We are still working out a date for the event. It should be another great event.

## **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 20, 21 and 22. 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.

