



# DOJO NEWS

<http://www.ScottHayesKarate.com>

October 2003

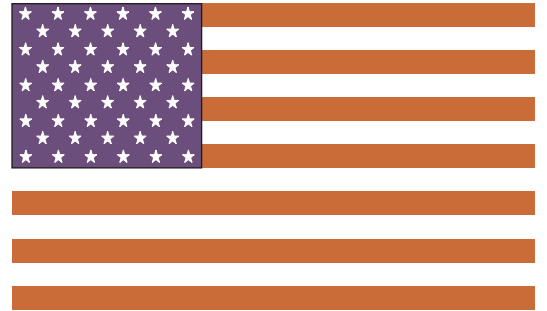
<http://www.usashorinryu.org>

Fall roared in with Hurricane Isabel forcing us to move the big September Mini-Camp to October. Also, Hurricane Fabian lashed the island of Bermuda at the beginning of September. Renshi Tucker is the assistant Fire Chief for the east end of the island. The clean up efforts prevented Renshi Tucker from visiting us this fall.

Hurricane Isabel will be remembered for a long time. The storm affected everyone. I have lived in Newport News my whole life and have been through a number of storms, both hurricanes and noreasters. Isabel had the greatest impact of any storm that I can remember. People are comparing this storm to the 1933 Storm. Although the water did not get as high, the damage from Isabel was much greater. I am very thankful that no one in our Dojo Family was injured. I wish everyone a speedy recovery.

Mini-Camp: Mark your calendars for October 3-4-5. Isabel moved the September Mini-Camp to October. The camp is going to be great. Renshi Tucker from Bermuda will not be able to attend this camp. Mini-Camp will be an action packed camp, filled with lots of hard training, good work outs, and even some fun. Topics for the camp include: kata, bunkai, kumite, kumite drills, and basics. Remember, camp includes DINNER Saturday, and BREAKFAST Sunday. We will not be serving 5 course meals, but they will be filling. Be sure to bring LUNCH for Saturday as well as any snacks.

Weapons Camp: There will be a few weapons camps this fall. One in Altavista Virginia on October 24-25-26, one in Guelph Canada on November 21-22, and one at our Dojo on November 14-15-16. Weapons Camp is a weekend of intense weapons training. The Bo, Sai, Tonfa, Nunchaku, Kama, and Eku are studied. The Taiso Renshu for each weapon will be taught as well as at least one kata for each weapon. See the flyer in the dojo for more information.



## Schedule

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

**October 3-4-5**

Mini-Camp  
DOJO CLOSED



**October 10th**

Black Belt Club Class 7:15 PM

**October 17th**

Leadership Team 7:15 PM

**October 24 - 26**

Weapons Camp - Altavista

**November 1st**

Halloween Party 6-8 PM

**November 7th**

Leadership Team 7:15 PM  
Black Belt Club Class 7:15 PM

**November 14 - 16 ???**

Weapons Camp - Newport News  
DOJO CLOSED

**November 21 - 23**

Weapons Camp - Canada  
DOJO CLOSED

**November 27th**

Thanksgiving  
Dojo Closed

**December 5th**

Leadership Team 7:15 PM  
Black Belt Club Class 7:15 PM

**February 27 - 29**

Winter Camp  
Virginia Beach



**Let Black Belt Be Your Goal**

# BIRTHDAYS

## September

Mary Hudnall 9/3  
Gordon Weeks, Jr. 9/7  
Jeff Browne 9/13  
Jon Pearl 9/22

## October

Emmanuel Feygelson 10/9  
Jade Arjoon 10/11



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.

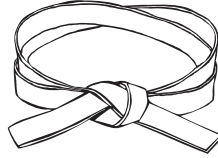
# NEW STUDENTS!

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!

Seth Berry  
Aaron Stamp

Issac Smith  
Tyler Greg

## WELCOME TO THE DOJO!



# BELT TESTS

## TEST DATE: THE FIRST WEEK OF OCTOBER

*DUE TO HURRICANE ISABEL, THE SEPTEMBER TEST IS RESCHEDULED TO THE FIRST WEEK OF OCTOBER. TEENS AND ADULTS TESTING FOR 6TH KYU GREEN, AND DRAGONS TESTING FOR BROWN BELT AND HIGHER WILL TEST DURING THE MINI-CAMP.*

# BLACK BELT CLUB

Justin Brooks	Antuan Byalik	Antjuan Walker	Gordon Weeks III.
Ed Sullivan	Lev Feygelson	Jeff Browne	Brittany Browne
Jodi Sullivan	Emmanuel Feygelson	Clint Lafrance	Alex Browne
Chris Sullivan	Brandon Engle	Jake Lafrance	Bob Brest
Jason Gargaro	Shaun Brest	Stephanie Adams	Kevin Hutchinson
Matthieu Sullivan	David Snell	Jessica Myers	Zach Hudnall
Matthew Abeyounis	Richard Hudnall	Gordon Weeks Jr.	Ryan Salnoske

# LEADERSHIP TEAM

<b>D.E.L.T.A Force</b>	<b>S.W.A.T. II</b>	<b>S.W.A.T.</b>	<b>S.W.A.T. Cont.</b>	<b>S.T.O.R.M.</b>
Ed Sullivan	Jason Gargaro	Justin Brooks	Brittany Browne	Carter-Gage
Jodi Sullivan		Shaun Brest	Richard Hudnall	Malpass
Matthew Abeyounis		David Snell	Clint Lafrance	Chris Sullivan
Jeff Browne		Antuan Byalik	Zach Hudnall	Matthieu Sullivan
		Bob Brest	Lev Feygelson	Brandon Engle
		Gordon Weeks		

### **Powerful Mind**

The Martial Arts has a rich history which has been passed down for centuries from sensei to student. On the surface, the Martial Arts appear to invoke violence; however, if one looks deeper you will see that the essence of the Martial Arts is opening your mind. The following story, the empty cup, unlocks the key to what the Martial Arts is all about.

One day two great and wise Martial Arts masters were visited by a well-known and respected university professor. " I have come a long way to see you both, since I have heard that you are great masters of Martial Arts, the art of empty self. I have studied very hard for many years to understand the essence of what you teach. Can you tell me the meaning of Martial Arts, of empty self, and how it can bring peace to the world? What is the secret of this teaching?" One master was serving tea as the professor spoke. He poured the visitor's cup full, and still kept on pouring until the tea was running off the table onto the floor. The professor watched the cup overflowing until she could no longer stand it. "The cup is full, no more will go in!" She exclaimed. "Like the cup, he said, your mind is full of questions and seeking answers. Until you empty your cup, no more can go in. Likewise, until you empty your mind, you cannot receive anything."

The true essence of Martial Arts is not learning how to react to physical attacks. Instead, Martial Arts should be learned to open your mind. The idea of emptying your mind can also apply to all aspects of your life. Like the cup, you should be empty and ready to receive knowledge and wisdom each day.

How is your cup? Is it empty or full?

