



# Dojo News

<http://www.ScottHayesKarate.com>

October 2008

October is here and that means cooler weather and fun times. Keep an eye on the calendar and the bulletin board to see what's coming up. We have the Halloween Party this month and there may be something special for the teens.

I want to thank Nancy for being our "Front Desk" person for many years. Nancy has started a new job. She has told me that she will drop by the Dojo from time-to-time. Sensei Scott can handle your office needs, so don't hesitate to talk to Sensei Scott. Thanks Nancy for all you have done.

The "Double Block Class" on Tuesday night at 6:45 PM has been a big hit. So far the feedback has been very positive. This class has an intermission at 7:30 for those that have to leave. After the water break it is back to training for those that stayed.

The Halloween Party is Saturday October 25 from 6 PM to 8 PM. You are welcome to bring pot-luck snacks. Parents, I will be putting up a sign up list for helping to set up, clean-up and bringing candy for the goodie bags. I already have the piñata and the games.

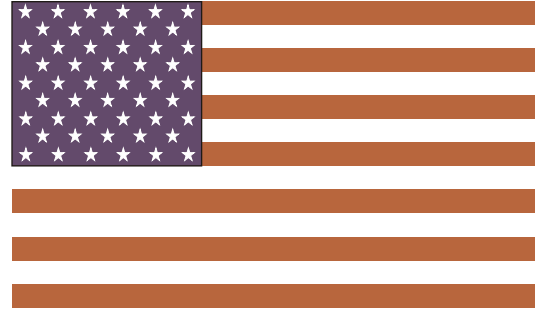


Halloween: The Dojo will be closed Friday October 31 for Halloween. Have a safe and fun night of trick-or-treating.

Weapons Camp: Weapons camp will be at the Dojo this year. The Dojo will be closed Friday November 7 and Saturday November 8. If you are interested in attending Weapons Camp, please see Sensei Scott.

### *Students of the Month*

Little Dragons - Cheyenne Conaway  
Dragons - Ethan Berry  
Adult / Teens - Bert Grenoble



## Schedule

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

October 3

BBC 6:00 PM

Leadership Team 6:45 PM

October 25

Halloween Party

6 PM

October 31

Halloween

Dojo Closed

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

Dojo Closed

December 5

Dragon & Little Dragon

Mini-Camp

December TBA

Test Run Time TBA

December 22

Belt Presentation

**Let Black Belt Be Your Goal**



**October**

Emmanuel Feygelson 10/9  
 Jeremiah Gaulding 10/16  
 Michael Pratt 10/18  
 Neal McCann 10/22  
 Mary Blake Avery 10/23  
 Ben Hancock 10/24

**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  
 Demitry 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  
 Demitry 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 Gaulding  
 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!

## **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.

# September Promotions

## **Adults**

*Daniel Jefferies -- Kukyu Orange Belt  
Wayne Hancock -- Hachikyu Blue Belt  
Pat Quinn -- Hachikyu Blue Belt  
Corey Aldeson -- Rokukyu Green Belt  
Jessica Fuhs -- Gokyu Green Belt  
Rosie McCullough -- Gokyu Green Belt  
Roland Hautsch -- Ikkyu Brown Belt*

## **Teens**

*Neal McCann -- Junior Orange Belt  
William Lindsay -- Rokukyu Green Belt  
Benjamin Hancock -- Junior Purple Belt 1  
Clarence Nguyen -- Yonkyu Purple Belt  
Ashley Wandersee -- Shodan-Ho*



## **Little Dragons**

*Katelyn Williams -- Junior Gold Belt  
Cheyenne Conaway -- Junior Gold Belt  
Dylan Cunningham -- Junior Gold Belt  
Ethan Ott -- Junior Orange + White Belt  
Micah Kriner -- Junior Orange Belt  
Caleb Kriner -- Junior Orange Belt  
David Lemberskey -- Junior Orange Belt  
Sergey Shurkov -- Junior Blue Belt 1  
Julie McCullough -- Junior Blue Belt 3*

## **Dragons**

*Xavier Yoshikawa -- Junior Gold Belt  
Terek Kirsch -- Junior Blue Belt 1  
Duane Lieberman -- Junior Blue Belt 1  
Patrick Maloon -- Junior Blue Belt 2  
Seth Berry -- Junior Blue Belt 2  
Mac Avery -- Junior Blue Belt 3  
Mary Blake Avery -- Junior Blue Belt 3  
Ethan Berry -- Junior Blue Belt 3  
William Hautsch -- Junior Green Belt 1  
Jacob Crowson -- Junior Green Belt 2  
Michael Adelson -- Junior Purple Belt 1  
Alyson Wandersee -- Junior Purple Belt 2  
Carter Gilmore -- Junior Purple Belt 3  
Jeremiah Gaulding -- Junior Brown Belt 1  
Megan Link -- Junior Brown Belt 2  
Michael Pratt -- Junior Brown Belt 3  
Meghan Boyd -- Junior Brown Belt 3  
Trip Gilmore -- Junior Brown Belt 3  
CW Wood -- Junior Black Belt 2*

# October 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-A	2-B	3-C BBC 6:00 PM LT 6:45 PM	4-D
5-E	6-B	7-C	8-D	9-E	10-A	11-C
12-D	13-E	14-A	15-B	16-D	17-E	18-A
19-B	20-C	21-E	22-A	23-B	24-C	25-D Halloween Party 
26-A	27-B	28-C	29-D	30-E	31 Halloween Dojo Closed 	
		A: Basic Hand and Foot Techniques, +/- Kata    D: Self-Defense, Ukemi waza, B: Kata, Terminology, Philosophy                      Grabbing Techniques, Etc. C: One-Steps, Yakusoku Kumite, Sparring            E: Kata and/or Bunkai				

