



# Dojo News

<http://www.ScottHayesKarate.com>

October 2009

**F**all is here. The next few months are going to be busy. Keep an eye on the calendar for special events.

**Congratulations New Shodan!** Alex Browne earned his Shodan (1st Degree Black Belt) on Sunday September 20. Alex's sister (Sensei Brittany) came back from Longwood College for Alex's test. Alex's father (Sensei Jeff) was at the test. Through it all, a fun time was had by all.

**SPECIAL CAMP** Halloween Weekend, October 30, 31, and November 1. Christopher White, Godan, and Waymon Beavers, Yondan, from Washington DC are holding a Weekend Camp in Virginia Beach. The Camp is open to all ranks and ages, Adults, Teens and Dragons.. In addition to all the great training, there will be a Halloween Party Saturday night and a field trip to the Hunt Club Hunted Hayride. Please see the Camp Flyer for more information.

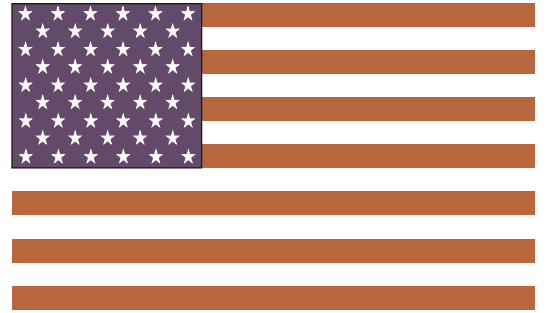
**Special Saturday Class.** Sensei Bob is running a special class on Saturday morning from 11 AM to 12:30 AM. He must have at least 6 students signed up each week to have the class. The class is open to all Teens and Adults, and open to Dragon Brown Belts and higher. Other students may be invited attend.

**T**he Halloween Party is **FRIDAY** October 23rd from 6 PM to 8 PM. Please feel free 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. I am also asking for donations for the piñata.



### *Students of the Month*

Little Dragons - Victoria Mateo  
Dragons - Jeremiah Gaulding  
Teens & Adults - Alex Browne



## Schedule

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

October 2nd

Black Belt Club  
6:00 PM

October 9th

Leadership Team  
6:00 PM

October 16th

Black Belt Club  
6:00 PM

October 23rd

**FRIDAY**

Halloween Party  
6:00 PM

October 30

**FRIDAY**

DOJO CLOSED  
FALL CAMP  
Virginia Beach

October 31

**SATURDAY**

DOJO CLOSED  
FALL CAMP  
Virginia Beach

Happy Halloween  
Be SAFE!



**Let Black Belt Be Your Goal**



**October**

Justin O'Bryan 10/7  
 Jeremiah Gaulding 10/16  
 Michael Pratt 10/18  
 Neal McCann 10/22  
 Mary Blake Avery 10/23  
 Ben Hancock 10/24

**November**

Bob Brest 11/9  
 Justin Brooks 11/13  
 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  
 Justin Brooks  
 Dan Jefferies

**Teens Cont.**

Emmanuel  
 Feygelson  
 Hunter Schmitz  
 William Lindsay  
 Eric Workman

**Dragons Cont.**

Meghan Boyd  
 Ben Hancock  
 Jacob Crowson  
 Mac Avery  
 Mary Black Avery  
 Julie McCullough  
 David Lembersky

**Teens**

Matthew Abeyounis  
 Brittany Browne  
 Lev Feygelson  
 Shaun Brest  
 Sebastian Brock  
 Caitlin Wallace  
 Stephanie Adams  
 Alex Browne  
 Jamie Bourgeois

**Dragons**

Andrew Maeso  
 Michael Pratt  
 C.W. Wood  
 Katie Carrubba  
 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  
 Sebastian Brock

**S.W.A.T.**

Justin Brooks  
 Stephanie Adams  
 Alex Browne  
 Kathy Adams  
 Jamie Bourgeois  
 Hunter Schmitz  
 Ashley Wandersee  
 Trip Gilmore  
 Jessica Fuhs  
 Rosie McCollough  
 Joey Link  
 Sarah Wandersee

**S.W.A.T. Cont.**

Demitry Workman  
 Katie Carubba  
 Megan Boyd  
 Andrew Maeso  
 C.W. Wood  
 Trevor Jansen  
 Catlin Wallace  
 Magan Link  
 Carter Gilmore  
 Jeremiah Gaulding  
 Ben Hancock  
 Duane Leiberman

**S.T.O.R.M.**

Justin Byod  
 Will Lindsay  
 Jacob Crowson  
 Mac Avery  
 Mary Black Avery

# Sensei's Corner

## **Sparring Gear**

The Dojo has limited sparring gear students may barrow 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.

## **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.

## **Uniforms**

Just a reminder, check you karate uniform. If it has gotten too small, or has too much wear-and-tear, it is time to get a new one. Middle weight uniforms are available for \$30. Heavy weight uniforms are available for \$70. Please see Sensei if you need to order a new uniform.

## **Weapons Class**

Weapons Class is open to all Adults and Teens, and all Dragons and Little Dragons Blue Belt and higher. We have loaner weapons for new students to use until they get their own weapons. The Weapons Classes have their own separate ranking and separate tests. If you are interested in attending Weapons Class please talk to Sensei Scott.

## September Promotins

### **Adults**

Stacie Snoap - Jukyū Gold Belt  
Grace Lindsay - Hachikyū Blue Belt  
Pat Quinn - Nanakyū Green Belt  
Jessica Fuhs - Ikkyū Brown Belt  
Rosie McCullough - Ikkyū Brown Belt  
Bert Grenoble - Shodan-Ho

### **Teens**

Blake Crowson - Jukyū Gold Belt  
Sean Chapman - Jukyū Gold Belt  
Mary Blake Avery - Rokukyū Green Belt  
Benjamin Hancock - Gokyū Purple Belt  
William Lindsay - Sankyū Brown Belt  
Katie Carrubba - Sankyū Brown Belt  
Sarah Wandersee - Ikkyū Brown Belt

### **Alex Browne - Shodan**

### **Little Dragons**

Shaun Jones - Junior Gold + White Belt  
Ania Ebrom - Junior Gold + White Belt  
Makayla Majors - Junior Gold + White Belt  
Zachary Hosler - Junior Orange Belt  
Victoria Mateo - Junior Orange + White Belt  
Vianca Mateo - Junior Orange + White Belt  
Jamison Wood - Junior Orange Belt  
Katelyn Williams - Junior Blue Belt 1  
David Lembersky - Junior Blue Belt 3

### **Dragons**

Dajha Tyler - Junior Gold Belt  
Cole MontGomery - Junior Gold Belt  
Nikolaus Porcher - Junior Gold Belt  
Brie Breslow / Hacke - Junior Gold Belt  
Trevor Tippett - Junior Orange Belt  
Justin O'Bryan - Junior Orange Belt  
Sam Vallet - Junior Orange Belt  
Helen Grenoble - Junior Blue Belt 1  
Dylan Cunningham - Junior Blue Belt 2  
Adrian Grove - Junior Blue Belt 2  
Julie McCullough - Junior Green Belt 3  
Duane Lieberman - Junior Green Belt 3  
James Grenoble - Junior Purple Belt 3  
Jacob Crowson - Junior Brown Belt 1  
Alyson Wandersee - Junior Brown Belt 2  
Meghan Boyd - Junior Black Belt 3  
Megan Link - Junior Black Belt 3

# October 2009

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