



Dojo News

<http://www.ScottHayesKarate.com>

September 2008

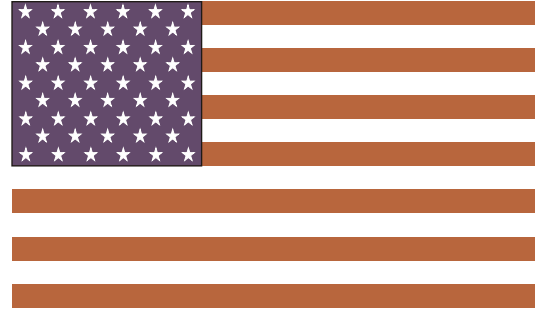
Welcome back! September is a busy month for everyone. As soon as possible, get into your routine and keep training. Keep an eye on the calendar and the bulletin board to see what's coming up.

Get into a routine! Now that Fall is here and everyone's schedule has adjusted, it's important to get into a routine. Figure out which days are good for you to train and make them your standard days. The benefits of a regular training schedule are many: It's easy to keep a schedule; Steady exercise generates results; It opens space for other activities. You should try to attend class at least 2 or 3 times a week. You can attend more classes as your schedule allows. If you need to miss a class or a karate event because of school or homework, just let Sensei know. Sensei will understand, after all, Sensei did go to school many years ago :).

Fall Schedule: The new schedule starts Tuesday September 2. Little Dragons will have class Monday, Tuesday, Wednesday, and Thursday at **5:15 PM**. The Dragon class will be **all ranks** Monday, Tuesday, Wednesday, Thursday, and Friday at **6:00 PM**. The Adult and Teen class will be Monday, Tuesday, Wednesday, Thursday, and Friday at **6:45 PM**. The Tuesday class is a double class and will last until 8:15 PM. Adult Weapons class is Monday at **7:30 PM**. Advance Class is Thursday at **7:30 PM**. The Open Weapons Class is at **5:15 PM** on Friday. Black Belt Club and Leadership Team Classes will be as scheduled. We will schedule some Teen only events on Fridays every other month. Depending on how the class is attended we may schedule more.

Students of the Month

Little Dragons - Julie McCullough
Dragons - CW Wood
Adult / Teens - Ashley Wandersee



Schedule

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

September 1

Labor Day
Dojo Closed

September 5

BBC 6:00 PM
Leadership Team 6:45 PM

September 26-25

Dragon & Little Dragon
Mini Camp

October 3

BBC 6:00 PM
Leadership Team 6:45 PM

October 25

Halloween Party
6 PM

October 31

Halloween
Dojo Closed

November 7

BBC 6:00 PM
Leadership Team 6:45 PM

November 27, 28, 29

Thanksgiving
Dojo Closed

December 5

BBC 6:00 PM
Leadership Team 6:45 PM

Let Black Belt Be Your Goal



September

Ian Wildemann 9/2
 Julie McCullough 9/2
 Shawn Craig 9/4
 Ethan Ott 9/4
 Jeff Browne 9/13
 Carter Gilmore 9/17

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 Gauling
 Ben Hancock
 Will Lindsay

Sensei's Corner

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.

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.

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.

Black Belt Club (BBC)

The Black Belt Club is an association of Black Belts and non-black belt students. These students are dedicated to achieving their highest potential. Students in the Black Belt Club wear belts that have a black stripe running down the middle of the belt. This black stripe symbolizes their commitment to becoming a Black Belt. BBC members have one special class each month just for members. Also, BBC members receive one private lesson each month.

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.

Jewelry

In the interest of safety, jewelry and watches should not be worn during class. They can get damaged, or injure yourself or another student. Wedding rings and religious items may be worn. Small, non-dangling earrings are permitted.

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!

Requirements for joining the BBC:

- 1. Orange Belt in rank*
- 2. Demonstrates commitment, dedication, hardworking and positive attitude, and honor*
- 3. Essay on "Why you want to be a Black Belt and why you want to join the BBC"*
- 4. Good grades*
- 5. Sponsorship from a BBC member*
- 6. Must be able to attend BBC classes*
- 7. Recommended by Instructor*

