



Dojo News

<http://www.ScottHayesKarate.com>

September 2009

Fall is around the corner and School is back in session. Summer Break has ended and it's time to get back into your routines. All is not lost. There are several fun events planned over the next few months. Keep an eye on the calendar for special events.

FALL SCHEDULE STARTS AUGUST 31: The first Saturday Sparring Class will be 10:30 AM Saturday *September 26th* due to Labor Day Weekend on the 5th, and the Little Dragon and Dragon Mini Camp on the 12. On Friday's Weapons Class will be at 5:15 PM, BBC / Leadership Team will be at 6:00 PM, and DRAGONS, Teens, and Adults will be at 6:45 PM.

Little Dragon and Dragon Mini-Camp will be *September 18 and 18 (THE DATE CHANGED)*. The sleep over will be Friday night with a movie. We will have a Pizza Lunch on Saturday. Mini-Camp is worth 20 classes! We will be sparring, training in the dark, turtle wrestling, and lots of training. Get your name on the Sign Up Board now!

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. 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.

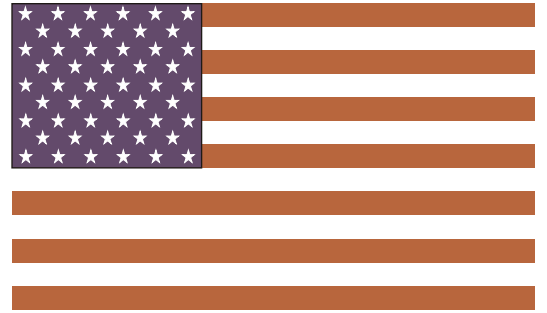
DOJO Pool Party. I want to thank Mrs. Susan Nachman, Mr. Corey Adelson, Michael Adelson, and the rest of the Adelson family for hosting the Dojo Pool Party. Everyone had a great time. We had lots of games and contests. Who could make the biggest splash or the loudest. The Nachman's feed everyone. Thank you again for inviting us into your home!

Students of the Month

Little Dragons - Zachary Hosler

Dragons - Katie Roeder

Teens & Adults - Clarence Nguyen



Schedule

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

September 4th & 5th
Labor Day Weekend
Dojo Closed

September 7th
Labor Day
Dojo Closed

September 8th
Fall Schedule Starts

September 11th
Leadership Team
6:00 PM

September 18-19
Little Dragon
And Dragon
Mini-Camp

September 25
Black Belt Club
6:00 PM

September 28
Belt Presentation

October 2nd
Black Belt Club
6:00 PM

October 9th
Leadership Team
6:00 PM

October 24th
Halloween Party
6:00 PM

Let Black Belt Be Your Goal



September

Julie McCullough 9/2
 Theresa Kriner 9/3
 Ethan Ott 9/4
 Carter Gilmore 9/17
 Victoria Mateo 9/21
 Vianca Mateo 9/23
 Antjuan Walker 9/27

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

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

Teens Cont.

Emmanuel
 Feygelson
 Hunter Schmitz
 William Lindsay
 Eric Workman

Dragons

Andrew Maeso
 Michael Pratt
 C.W. Wood
 Katie Carrubba
 Joey Link
 Trip Gilmore
 Michael Adelson
 Carter Gilmore
 Demitry Workman
 Megan Link

Dragons Cont.

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

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.

Water

Even though it not summer any more, it is important to drink water *before* and *after* class. It takes the water that you drink about 30 minutes to get into your system. Parents, please encourage your child to get a drink of water before class.

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.

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.***

Requirements for joining the BBC:

- 1. Orange Belt in rank*
- 2. Demonstrates commitment, dedication, hardworking and positive attitude*
- 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*

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.

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.

Leadership Team

The Leadership Team is an association of Black Belts and non-black belts who are teachers or are training to become teachers. It is through this program that a Black Belt earns the honorific title of Sensei. This program develops teaching, planning, communication, leadership, organization, and people skills. The skills learned and developed in this program are easily transferred to school and the workplace.

If you are interesting in joining the Leadership Team talk to Sensei Scott.

August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1-A	2-B	3-C	4-D	5-E
6-B	7-C	8-D	9-E	10-A	11-C LT 6 PM	12-D
13-E	14-A	15-B	16-D	17-E	18-A Dragon & L. Dragon Mini-Camp	19-B Dragon & L. Dragon Mini-Camp
20-C	21-E	22-A	23-B	24-C	25-D BBC 6 PM	26-A
27-B	28-C Belt Presentation	29-D	30-E			
		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				