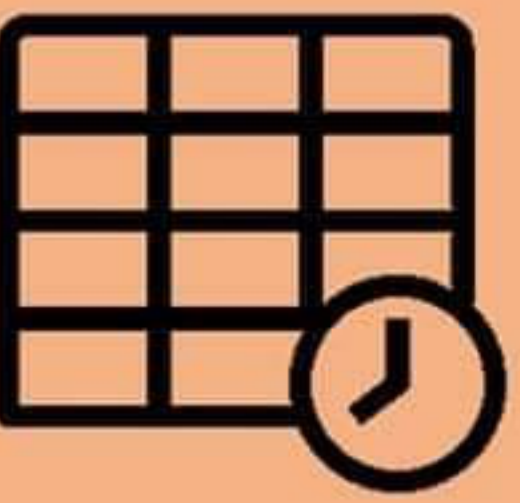


RETURN TO DOJO TRAINING



Class Timetable

Normal Timetable resumes, however for Stage 2 classes will be slightly shorter to allow transition time between classes and ensure the maximum of 20 people inside is not exceeded



Non-Participants

Due to the limited attendance numbers allowed inside and outside of the club we request that all non-participants wait in their vehicles as well as participants waiting for their class



Arrive in Uniform

Please do not get changed at the club. Arrive and leave in uniform. Students are also encouraged to wear the same uniforms for all their classes



Health Checks

All Staff will be health checked each day before being allowed to work. Students and any other people may be health checked as a condition of entry



Hygiene

All Students are encouraged to use hand sanitizer and/or wash their hands upon entry and exit of the club. Hygiene Stations are set up in the club



Stay Home if you are Sick

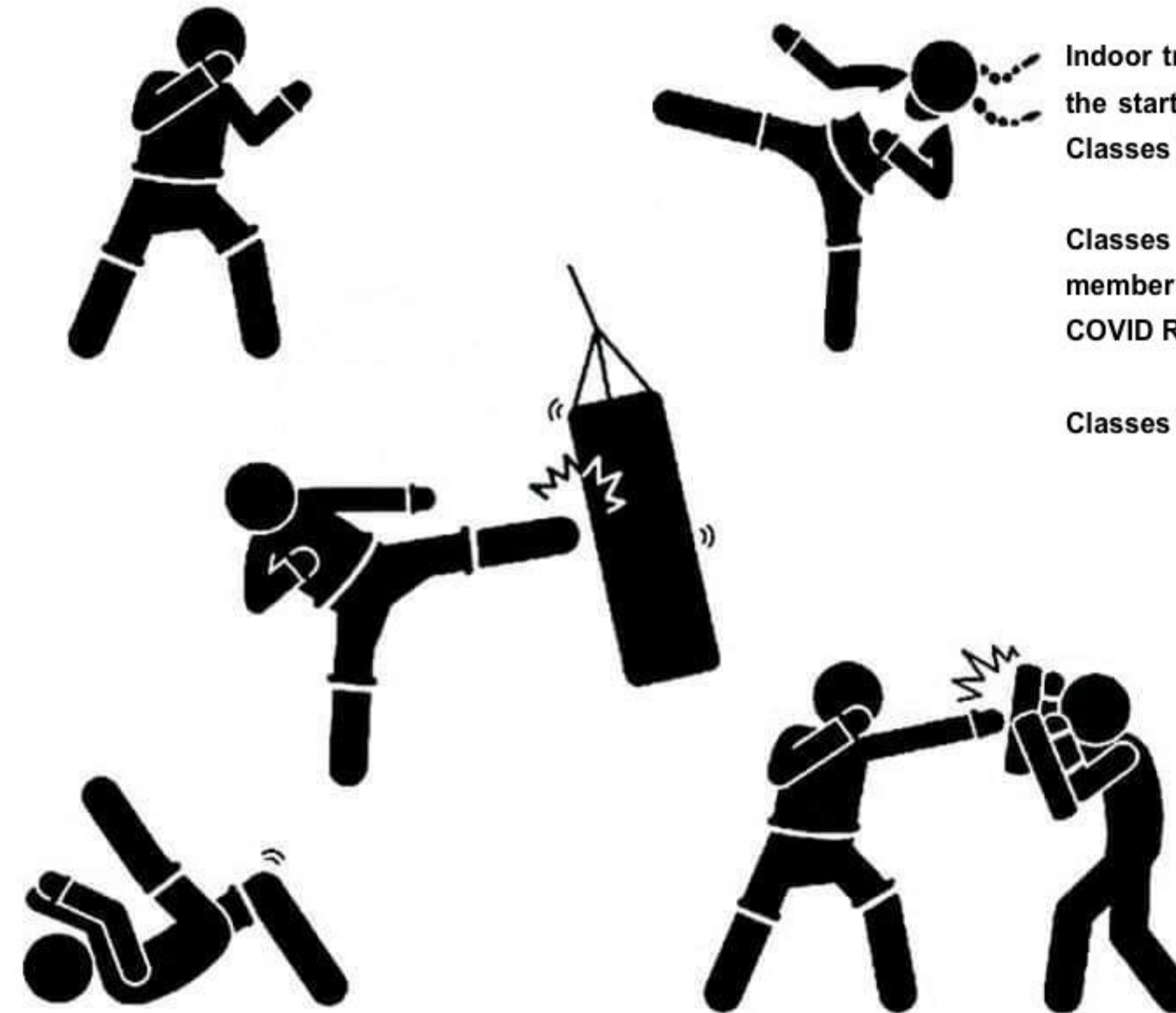
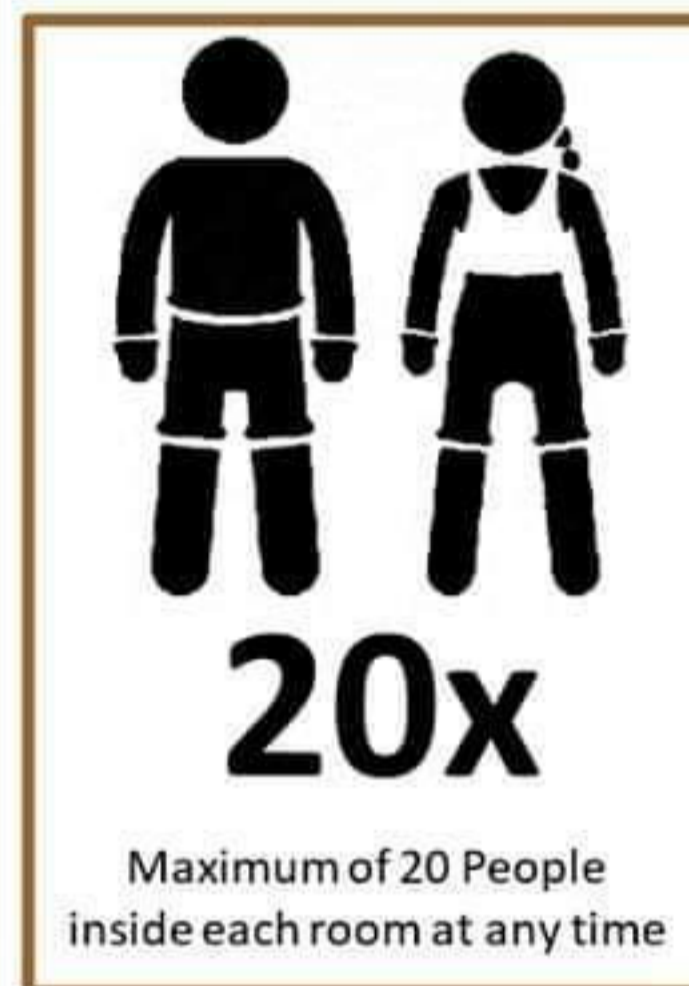
If you or anyone in your household are unwell and have any symptoms of Covid-19, influenza, the cold, or any other sickness – do not attend class or visit the club.



Sanitation & Cleaning

The Club will be cleaned and sanitized daily with all equipment sanitized before use. Students are also encouraged to bring their own equipment to use and not to share equipment.

STAGE 2 NON-CONTACT 13TH OF JUNE



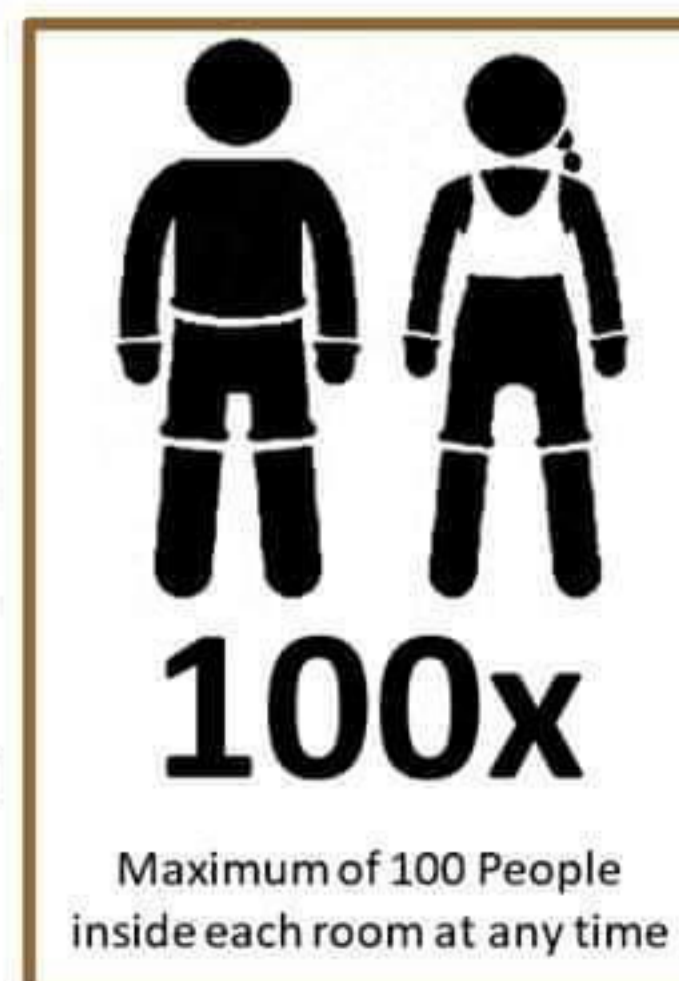
Indoor training resumes as of the 13th of June. This will also be the start of our new weekly schedule. Don't forget, Self Defence Classes have shifted to Monday evenings at 6:30pm.

Classes will be non-contact unless you can train with a family member or the one close friend that has assured you of no COVID Risk.

Classes will consist of:

- * Kata
- * Basics (Kihon I & II)
- * Kobudo (Weapons)
- * Shadow Sparring
- * Advanced Drills
- * Strength & Conditioning work
- * Grading Revision
- * Pad & Mitt work
- * Only Existing Adult Class Students

STAGE 3 CONTACT 11TH OF JULY



Normal training resumes for all with Sparring, Self Defence Drills, Kumite Drills, and paired work allowed.

New Students can start at the Dojo

Stay Tuned – with any luck we will be back sooner rather than later.