

HIGH PARK MARTIAL ARTS

CHOP SUEY



VOLUME 29 ISSUE 7

OCTOBER 2020

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WELCOME!

HELLO STUDENTS AND PARENTS. I HOPE YOU AND YOUR FAMILIES ARE WELL

Students may return to class anytime they wish. This includes Karate, Kobudo and Tai Chi. If anyone feels they wish to wait to return you may continue to stay On Hold (subject to any individuals Expiry date) until you are able to, or feel comfortable, returning.

Our On Hold format has always been a positive feature and a benefit for all students. People have put time On Hold for a variety of reasons over the years. Any On Hold time has been added to the renewal of your new registration as long as your membership remained continuous. This also applied to your membership rate remaining the same. However due to existing circumstances the “continuous “ component is being waived in both cases.

All you need to do is bring in an On Hold form dated back from March 15 as the starting point for everyone. Any individuals On Hold time frame will be calculated in either one of two ways:

1)—If your membership did not expire during the time period we were forced to close, just hand in the form and date it March 15 until the day you get back, and it will be filed and recorded as we always have. One extra month will be added to your renewal regardless of when it comes up later, due to the forced closure.

2)—If your membership expired between March 15 and the date you return, your On Hold time will be from March 15 until your expiry date. The time for each individual will be then added to their renewal as we have always done, except as mentioned the requirement to have your membership continuous for any On Hold time to be valid is waived. When you return you may then use your On Hold time until it expires, and then renew or not. However if you renew on your **FIRST** day back your On Hold time will be added, plus one and a half additional months will be added right then, due to the closure and your immediate support.

We have added our On Hold form to our website which you may use for membership time missed, which varies of course for each individual. Just below the On Hold form link, there is a Waiver form that you may also print and bring with you whenever you return.

Our email address is on our front page and you are welcome to send an email with any questions. Put this time to good use in all facets of your life and keep your energy strong. Thank you. Sensei

ATTENTION PARENTS

If you are currently not a student here, you are welcome to join our Virtual Tai Chi classes for FREE with Caryn Katz as long as they are available. Please contact her at ckatz@sympatico.ca.

WHAT'S HAPPENING

October 10 - Close at 1pm
11/12 - Closed for Thanksgiving
17 - Adult Grading 3:30pm

December 4 - Adult Christmas reception 7pm

SCHEDULE ADJUSTMENT

Monday
White/Yellow 6:15-7:15
Black 7:30-8:30

Tuesday
Orange-Brown 6:15-7:15
Kobudo/Tai Chi 7:30-8:30

Saturday
Kobudo (anyone) 1:15-2:15
Sparring 2:30-3:30

CLASS ASSISTING

Any student who has their blue, brown or black belt should ideally be assisting in a class somewhere within our schedule. Children's classes are always the priority. It is extremely likely that you received assistance along the way so now is your opportunity to pay it back – plus you learn things better for yourself. A win for everyone! Please see me.

THOUGHT FOR THE MONTH

The pinnacle of the evolutionary process is a reasoning individual who uses their power to choose to create within and construct without, one's own world. We have reached the point in the scale where we must be self-evolving.

RE-OPENING

ALL STUDENTS/GUARDIANS ARE REQUIRED TO COMPLETE A COVID WAIVER AT THEIR FIRST CLASS UPON RETURNING. THIS MEANS THAT PARENTS WILL HAVE TO COME INTO THE RECEPTION AREA TO COMPLETE OR HAND IN THE FORM PRIOR TO YOUR CHILDS FIRST CLASS. THE FORM MAY BE DOWNLOADED FROM OUR WEBSITE.

Safe and responsible are key components to opening (as with anywhere) so that once any establishment opens again they stay open. There will be some alterations to how we have done things, successfully, all these years, and we will all have some adapting to do. Here are a few things for now:

- Any student may wear whatever personal protective equipment they wish such as face shields, masks, gloves etc.
- There will be no seating in the front reception area.
- Students should arrive and leave in their uniform.
- There will be no use of the weights, heavy bags, library or makiwara
- In class there will be no self-defence interaction, sparring or kiais. See the Return to Training document as noted below
- Individual Kata work, basics and exercise will predominate
- Everyone will be expected to have washed their hands, gone to the washroom before arriving and to leave immediately after their class. Parents and caregivers will be expected to be on time for pick up when children's classes resume.
- Some class times may be adjusted for children, which could impact adult times (Tai Chi will operate as usual)
- Needless to say, if you are experiencing any symptoms, please stay home until they are cleared up

Based on input received during our first few weeks of opening, along with guidelines found on the City of Toronto's website, we have created a "Return to Training" document designed to help keep everyone healthy and safe while at the Dojo. We have also created an online sign-in system to be used going forward, until further notice, for all adults and our Monday/Friday Teen classes. Please visit our website for the Return to Training information and the link to register your attendance for an upcoming class. Any or all of the above is subject to change and updating as deemed helpful.