

# HIGH PARK MARTIAL ARTS

# CHOP SUEY



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## WELCOME!

Hana Yi  
Luca Sanchez  
Darren Hovey- renewed  
Jovan Lazic- renewed

Jina Yi  
Adrian Sanchez  
Isobel Georges- renewed  
Aubrey Friesner- renewed  
Karol Moreno- renewed

Aline Ouadi  
Karin Periera- renewed  
Lugh Georges- renewed  
Giuseppe Castellano

## WELCOME BACK!

A number of you have returned to class since we opened again July 21. Some of you have not seen each other for quite some time. Please remember to wear a mask coming in and leaving.

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. There is no need to send in an On Hold form in advance of your return, simply do so on the day you get back. Your time and membership status will get figured out, based on your expiry date, whenever it is you choose to be back in class. When you do return you may use your On Hold time until it expires, and then renew or not, OR renew upon your return and any outstanding time will be added to your renewal. As yet another benefit your membership rate remains the same.

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. Please be sure to check the What's Happening section of our website for any other updates.

Students in the Friday 5pm class should attend Thursday at 5pm or Saturday at noon for now and may choose whichever class is most convenient. We will be closed Fridays and Sundays for now.

FYI: Since March 2020 we have only been actually open 2 months plus 3 weeks, although the zoom virtual classes have been available most of that time. This means that for the 16 months from March 2020 until July 2021, we were closed for about 13 ½ months!

## CONGRATULATIONS

To Dmitri Pavlov on the birth of their son. Max was born August 18 and Mom and baby are doing well.

## WHAT'S HAPPENING

September  
4 – Close at 1 PM  
5/6 – Closed – Labour Day  
11 – Grading 2:30 PM

## **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 skill development will be stressed.
- 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/Thursday/Saturday kids 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.

## **THANK YOU!!!**

- To those Black Belts who taught our complimentary Zoom classes (status to be determined) and to those who attended them.
- To those who helped the Dojo out in any way during this closure period in such ways as our website and newsletter updates and any maintenance or cleaning jobs.
- To those who emailed or called during the closure to ask how I was doing and generally check in.
- To those few who supported the Dojo by renewing their memberships while we were not open, which of course helped the Dojo to be able to reopen at all, to the benefit of everyone. Good on you!

## **KARATE FINALLY MAKES ITS OLYMPIC DEBUT (Globe and Mail- August 5)**

"This epic quest finally ends Thursday. Nothing will be the same for Karate after Tokyo says the President of the World Karate Foundation. (He) is confident Karate can captivate the world. The competition will be held in both kumite and kata. (They) have been trying to gain Olympic recognition since 1970, which is when the first World Championships were held at the Nippon Budokan (I have been there in 1991).

Karate proliferated in Japan in the early 20<sup>th</sup> Century after it arrived from the annexed Okinawa islands. It became popular after the second world war among American servicemen (think Sensei Urban) and it was exported around the globe..... Kata is a contemplative, cerebral discipline with a holistic attraction for some."

FYI: We were listed in the July Toronto Star 2021 Readers Choice Awards winners (again).

## **CLASS ASSISTING**

We will need adults to assist with our Children's classes. Please consider helping out on a regular basis as best you can considering the overall current circumstances.

## **THOUGHT FOR THE MONTH**

To get the best of an argument, avoid it.

If you are interested in Health and Well-Being products during these times you are welcome to go to>>>>  
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