

Healthy Precautions

As Always

Overly Protective:

One of my defining characteristics as an instructor is that I am overly protective of my student's health and safety. As usual, I will absolutely do my best every day of the year to keep you safe and healthy so you can continue to train and earn taekwondo's many mental and physical health benefits.

Stay Home if You're Sick:

At any time of the year students who have a cold, flu, or fever should stay home. It's very hard to exercise if you can't breathe. However, many of our students have asthma and/or allergies. Don't panic, not all coughs are contagious.

Hand Sanitizer & Soap:

As always, you are encouraged to use the provided hand sanitizer and soap to your heart's content.

Social Distancing:

In our Taekwondo culture it is perfectly polite to kick someone and purpose and very rude to kick them on accident. It has therefore always been necessary for us to keep 6-10 feet (2-3 mats) distance between training students. We usually space ourselves 10 feet apart to avoid any accidents.

Payments:

You do not need to make payments in person at all. I will be happy to send you an electronic invoice for monthly tuition, gear, and apparel purchases.

Healthy Precautions

Things We've Stopped

Group Classes:

For the time being, indoor group classes have been canceled.

Spectators:

To help keep the school as healthy a training environment as possible for our students we respectfully ask that family and guests wait in the car unless you need to come in to do business.

Group Events:

Group events such as Belt Testing, Potlucks, Craft & Game Days, Ninja Camps, and Birthday Parties do not allow us to maintain a healthy social distance, so we've abandoned all fun.

Attendance Cards:

I will keep track of your attendance for you, so you don't have to sort through the attendance cards everyone else touched too.

Handshakes:

Instead we'll use the more sanitary, but equally polite Korean bow to say hello, goodbye, and thank you (a bow is a very versatile thing).

Contact Sparring & Self-Defense:

These will come back with modifications when it becomes safer. No need to remember your sparring gear, we won't be using it.

Non-Contact Sparring:

Good test sparring should be done within inches of your partner, so it had to go too. We will continue to do sparring drills in the air and in laps.

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Things We've Started

Private Lessons by Appointment:

Students will be trained individually or with their household members only. Please arrive dressed in your uniform so you don't need to use the closed in bathrooms.

15 Minute Breaks Between Lessons:

This is to allow for plenty of time between lesson for people to come and go and limit the amount of people in the building and social contact.

Private Belt Testing by Appointment:

Parents will be allowed inside to watch belt testing and are encouraged to take videos to share with their friends and families.

Daily Cleanings:

We've moved up from cleaning the entire school a few times a week to sanitizing every day with Clorox wipes.

Hand Washing Signs:

When you sing along with the hand washing signs, please keep in mind that the bathrooms echo and we can hear you.