

## Training Plan (Updated July 16<sup>th</sup>)

- **We will continue the current Zoom class / in person class schedule for July and August**
- **Students must always maintain a 6ft social distance between students**
- We have an infra-red thermometer...anyone entering the school must have a temperature check
- No one will be allowed to enter the school with a temperature greater than 100.4
- We have a spray bottle of hand sanitizer available when students enter and exit the school
- Parents should wait in cars if possible
- If necessary, parents may enter the school but cannot relocate chairs (placed at appropriate distances); temperatures will be checked and hand sanitizer dispensed
- Students will train using specifically marked spots on the training floor
- Students should remain standing during the entire class; no sitting or touching the mats with their hands
- The entire training floor is disinfected twice daily
- Hand sanitizer will be provided for students
- Students should not socialize before / after class
- **Students and Instructors will wear masks during class (this is NOT optional)**
- **The instructors will maintain appropriate distance from students at all times**
- Students must sign in using the normal iPad sign in process; students should use a stylus pen instead of touching the iPad; fresh tissues will be available if the student wishes not to handle the stylus
- A fifteen minute break time will separate all classes; this allows students to enter / exit the school without grouping together.
- Class schedule for May (Monday – Thursday):
  - **6:00PM – 6:30PM White Belt Class**
  - **6:45PM – 7:15PM Jr Belt Class**
  - **7:30PM – 8:15PM Sr Belt Class**
- **We do NOT have in person classes on Friday's**
- **We will hold special "outdoor training sessions" on Saturday's. Announcements will be email'd to all students.**
- The in person training classes will cover the following areas of training
  - Forms
  - One Steps
    - Basic
    - Intermediate
    - Long Distance
  - Basic Sets (Front Stance, Back Stance, Senior)
  - Master Combinations
  - Kick drills
  - Line drills

- We will NOT be covering the following areas of the curriculum
  - Self Defense (Ho Sin Sul)
  - Sparring
  - One Steps with partners
- **Breaking will be allowed in class when the classes are very small and proper disinfecting treatments can be easily applied**
- **Belt Test Process**
  - **Email will be sent to all students announcing the Thursday / Friday schedule for students to get approved for the belt test**
  - **If a student feels they are ready, they can simply respond to the announcement email and schedule a review session (Thursday / Friday)**
  - **Tests will be held on the next Thursday / Friday per the approved list**
  - **Tests will be almost one-on-one with an instructor (no large group tests)**
  - **Belts will be awarded immediately following the test**
  - **The “Belt Test Dates” will be distributed via email to all students**
  - **We will not follow a strict monthly test schedule for the foreseeable future**

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Aim and Focus Karate