



# ELORA GORGE KARATE DOJO

61 Price St  
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02.07.2020

## 2020 Summer Newsletter

### It is time!

It is time for us to start back to classes! I am happy to announce that Gorge Karate Dojo will be opening for outside classes starting the week of July 6<sup>th</sup>. Classes will be held outside for the rest of the summer, weather permitting (i.e. if it rains – no classes)

#### Summer Classes

We will be running All Belt Classes on Mondays and Wednesdays for Kids and Tuesdays and Thursdays for Adults. Class times will be as follows: Monday and Wednesday Kids ages 6-8 5:45-6:45 PM, followed by Kids ages 9-12 7:00-8:00 PM. The time between classes will allow us to prepare for the next class. We will train outside for now, so this does not apply, but will prepare for fall when together we create a new normal. Adult Classes will be Tuesday and Thursday 7:00 – 8:30 PM.

#### What to Bring to Class

Students can train in their Gis if they wish, or shorts, t-shirt and running shoes (no sandals or flip flops), and Belt. Please bring a water bottle to the Dojo. The Dojo will only be open for use of the washroom. Please bring a mask to wear if you go inside, and please remove your shoes and use the hand sanitizer provided upon entry.

We will be using social distancing as much as possible, however, contact from instructor to student may occur for teaching purposes.

Fees will resume at our regular monthly rates.

#### Grading & Belt Presentation

I am happy to announce that we are having a Black Belt Grading to kick open the door on our new start. Duane Giles, and Kim Clark will be grading to Shodan, 1<sup>st</sup> Degree Black Belt, on Saturday July 4<sup>th</sup>. There will be a Belt Presentation in Hoffer Park (across from the Dojo) following Grading, Saturday afternoon at approximately 2:30PM. All are welcome, with social distancing rules in effect.

It is time in this crazy world, to help each other, to stand up for what is right, and to try to be better people. Now, more than ever, Martial Arts practice is needed. Mental and physical balance in all our lives is needed to help us achieve our goals of being better. I know for me that it is time, and I hope that friends, you will join me.

If you have any questions, please email, message, or call the Dojo and Sempai Jerry or I will be happy to answer you.

Humbly Yours,  
Sensei Bill Stimpson