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Confidence  
Respect  
Self Esteem  
Fun  
Fitness  
Focus  
Flexibility and  
Self Defense

Hi,

### Re Opening

This has been quite a spring. I hope everyone is well. I have talked to most of the students over the last week or two. Our dojo families have not had a problem with the virus.

We have scheduled the class times for the week of JULY 6 - JULY 11th. I have put together a new schedule for the following weeks. The trouble is we can't have more than 10 people in the dojo at any one time. I would like to keep the numbers down to 6 students plus myself. This will be for Social distancing. Please call me (508) 852-3333 and let me know what works for you. **LOOK AT THE SCHEDULE on the web site & CALL ME** with the times you prefer.

I also need to schedule private lesson with students', day times are good for me. If these times do not fit please call me to make arrangements to schedule your classes.

Until the Governor moves us to Phase 3 we cannot teach adults. I expect that will be July 13<sup>th</sup>. I will then publish a schedule for the student over 18 yrs.

[Link to my website](#)

### Restrictions

Everyone knows by now about social distancing and wearing masks. We will keep the class size down to 6 students. Unfortunately we can't teach 18 yrs. and older until the governor puts us into phase 3. If everything continues in a positive direction here that should be around July 13<sup>th</sup>.

The lobby will be closed and you will have to wait outside for the class to end. Student will be allowed in, one at a time and sent out one at a time.

**Upon entering** we will take their temperature, give them hand sanitizer and assign them a spot on the mat. (The guide lines for exercise do not make sense to me they say you can take your mask off once you get to your spot.) I would like the student to keep them on if possible.

The instructors will wear masks and a full face shield.

We will keep a distance from the students. This may be tough for the little ones. We will help them understand. We will have to modify our classes. Dojo running etc.

[Link to my website](#)

### What to bring to Class.

Student must wear a mask into the dojo. Student should wear socks, uniform bottoms and a New Horizon Karate T-Shirt to class. Students who can tire their own uniform and belt may wear that. I would rather at least in the beginning that student not wear the uniform top and belt.

**NO Carry Bags**

**No Water**

**Nothing Extra**