

Updated March 16, 2020

Dear Rohai Dojo students, parents, and extended families,

It is with both sadness and resolve that I must announce we are suspending in-person classes at Berkeley Cuong Nhu Karate, effective tomorrow, Monday, March 16th. The health and safety of our students and their families is our utmost concern; after all, it is the purpose of martial arts training to make us fit, healthy, and capable of defending ourselves and others. Closing the dojo for a period of time is a sensible act of self-defense for all of us, as we continue to evaluate a developing threat.

For weeks, I have followed closely the news about the COVID-19 outbreak, and the evolving guidelines for safe continuation of small-setting activities among small communities like ours. Recommendations changed rapidly over the past few days, prompting me to consult with several senior instructors in the dojo to arrive at this decision. I thank those instructors for their wisdom and points of view. I also thank them for the wise and responsible way they handled classes at the dojo for the past several days when I was not present. We have a very capable group of leaders, and we will all get through these difficult times together.

Classes are cancelled through April 7th, subject to change. During this time we will be considering how best to help our dedicated students continue to move forward in their training when they must practice alone at home. To start with, we will provide some “homework” for each rank level (parents: please help your children keep up with their assignments!). We will investigate the use of video conferencing, video rank testing, and other options for the near future.

We also want very much to hear from *you* during this time. What do you need, and what would you like from us, to help you and your children stay healthy, fit, and on track? How can we all help each other? We are, after all, a community. Please take some time to share your thoughts and suggestions.

Meanwhile, stay healthy, and don't panic! Breathe deeply, and find ways to help others. At the moment that seems the best way forward.

Sincerely,

John Burns, Chief Instructor, Berkeley Cuong Nhu Karate