



Practical Self Defence **SO THAT ONE MAY WALK IN PEACE**

Hello Everyone,

WE'RE BACK

That's right we're finally back to the mats. Actually we never really left. For the last few months we perfected Online Krav Maga as well as Backyard Krav Maga.

Now it's time to resume regular classes using best practices to ensure the health of our students against covid-19.

The schedule starting Saturday September 12, 2020 is as follows:

Saturdays at King's Christian Collegiate

09:30am to 10:30am - Kids Class

10:30am to 11:30am - Adult Class

11:30am to 12:30pm - Teen Class

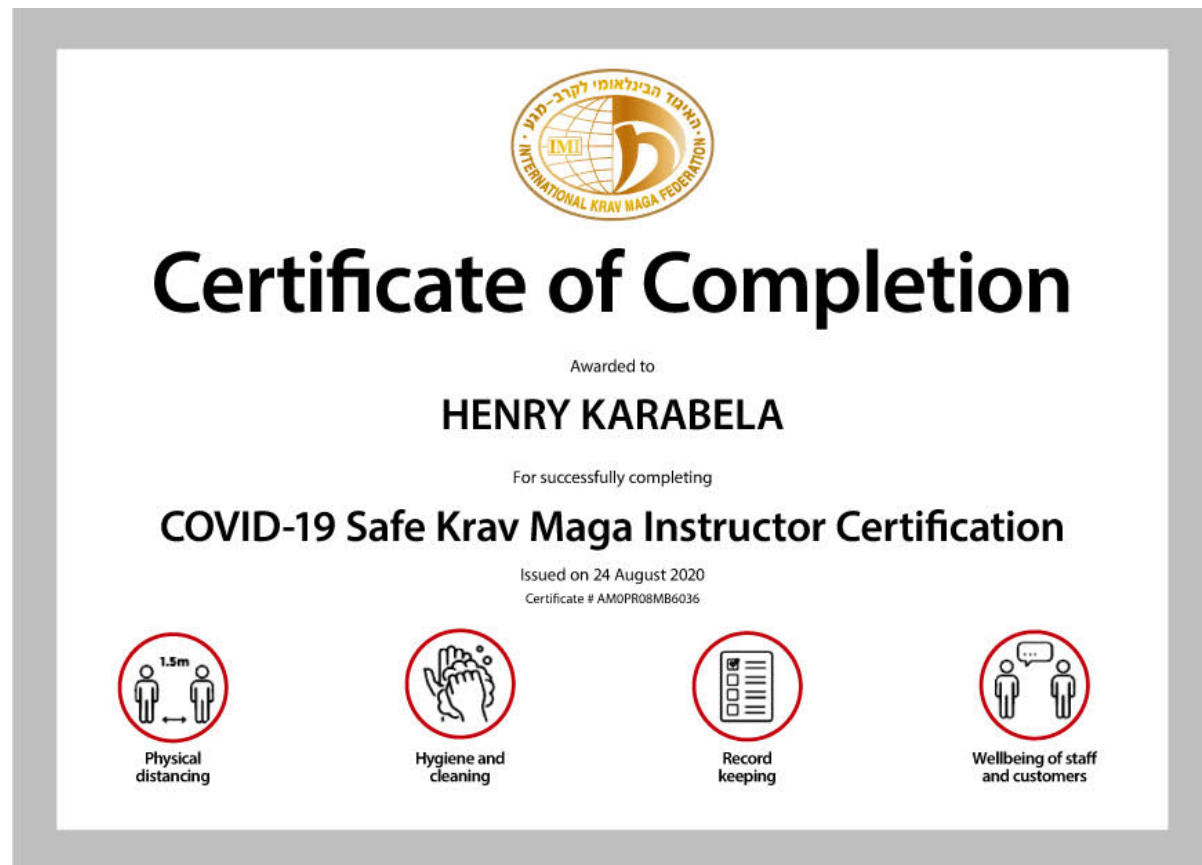
Tuesdays and Thursday Backyard Krav Maga, Oakville

6:30pm to 7:30pm - Adult Class

Existing students who paid for March 2020 will not have to pay for September. Classes were suspended due to covid-19 starting Saturday March 14, 2020. You can now pick up where you left off. Once again existing students can train during September at no cost.

Covid-19 and Self Defence

Self defence is a way of life for Krav Maga practitioners. It doesn't matter the enemy. We take covid-19 seriously. That is why we took the time to learn about safeguarding our students.



Here's how it will work starting this Saturday.....

1. Hands will be sanitized using the available sanitizers prior to entering the class
2. The self assessment form will be signed before each class
3. Masks will be worn during classes
4. Students completing a class will not mingle with students about to start a class
5. Students will enter and leave the class through separate doors
6. Students will be spaced at 2 meter intervals in the class
7. Parents and visitors will not be allowed in the class.
8. Students wishing to train with a partner will keep together for the entire class.
9. Partnered students will not move to other parts of class
10. Floors will be wiped with a disinfectant after each class.

That's a lot but safety is very important to us.

Don't hesitate to contact me if you have any questions.

Looking forward to having our Krav Maga family back together again.

All the best and stay safe.

A handwritten signature in black ink that reads "Henry." The letter "H" is large and stylized, with a long horizontal stroke that loops under the "e" and "y". The "y" has a long, curved tail that loops back under the "e". A period follows the "y".

Henry Karabela

G5 - Certified IKMF Instructor

Krav Maga Nation Inc.

Practical Self Defence Lives Here

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