



March 16th - A Message to Kovar's Parents and Students

Thank you for your support and patience during what has been an extraordinary time for you and our team and the rest of the world, due to the coronavirus.

Making decisions about how to deal with the virus in our academies and classes over the past several weeks has proven to be challenging, as new information about the virus comes to light almost hourly. Our decisions have been guided by only two priorities:

1. The safety of our students and our staff.
2. Directives from our local, state and federal government.

Last Saturday, I wrote you and said we would be restructuring classes this week, to comply with the CDC recommendation of providing social distancing - keeping people 6 feet apart from one another. In addition, Kovars would provide an online, train at-home program to allow students another option to receive their instruction.

However, due to recommendations for nonessential businesses from Governor Newsom yesterday, we have decided to provide our martial arts instruction through our new online platform, **only**. Our Kovar **academies will not be hosting group classes this week**, but classes will still be taught and can be accessed via our website.

To provide online training we are pleased to announce the launch of Kovars TV! As of today your student can train from anywhere with the first release of our virtual training program-DojoStream.

- You will need access to a device with internet connection
- Lessons are password protected using the same password as our cycle curriculum videos
- You can get credit for attendance by viewing the instructional lesson video, practicing your curriculum, completing the online assignment, and keeping a training log (to be turned in at the end of the cycle.)

Training tips:

- Make sure you clear a space free from furniture and object with enough room to perform the moves without injury
- Bare feet on solid floor is recommended, ie. don't train in socks on a slick surface
- Parents can participate as a training partner for students by holding a firm cushion instead of a pad.

For access please go to www.kovars.com/kovars-TV. We will provide additional video content over time. Please reach out to your academy if you have any questions about accessing the online curriculum.

I also want to announce the postponement of the Black Belt test scheduled for April 25th, along with the corresponding Black Belt Prep classes taught on Saturday mornings at the Carmichael Academy. We will announce a date for when the Black Belt test will be rescheduled, along with a schedule for the Black Belt Prep instruction for preparing students for the test, well in advance of the new testing date.

Again, we appreciate your support and martial arts attitude during a time that will be remembered by some, as when the world stood still. Our students and the team at Kovar's don't intend to stand still, but rather, will lead by example to embrace this challenge with an indomitable spirit.

Thank you,

Dave Chamberlain
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