

Greetings everyone,

We are reaching out to you today to let you know that we will begin offering live online karate classes this week using the Zoom app! This coming week (March 23-27) the schedule below will be put in place. If all goes well this week, we will continue with this schedule until we are able to open for regular classes again. We are also looking at creating short recorded instructional videos on specific topics that will be accessible through our website.

Step 1 - Get Technology Set-Up and Join us Online

Please download the Zoom Cloud Meeting app on your chosen device from your App Store or Android play store. Zoom is available for phones, tablets, and computers. For this purpose, the larger the screen the better. In order to keep the connection accessible, each weekly class will use the same Zoom meeting number and link from week to week. Use the links below to access your class. We will also post the links on our webpage.

Dragons Monday/Wednesday 4:30pm
<https://minnstate.zoom.us/j/671823759>

Youth Beginner Monday/Wednesday 5:15pm
<https://minnstate.zoom.us/j/103807985>

Intermediate/Advanced/All Adults Monday/Wednesday 6:15pm
<https://minnstate.zoom.us/j/311727558>

Weapons Thursday 5:15pm
<https://minnstate.zoom.us/j/288138113>

Black Belts Thursday 6:15pm
<https://minnstate.zoom.us/j/268400006>

In addition, Sensei Stein will be available on Tuesdays and Fridays for virtual private lessons for individuals or small groups on a donation basis. Please email Mr. Stein directly to make arrangements.

Step 2 – Get prepared – Best Practices for Online Classes:

1. Add class to your calendar - Set an alarm 15-10 mins before class to allow time to get set up. We suggest that you come 5 minutes early to class to get settled, just like an in-person karate class.
2. Others in your household are welcome to join, or ask for a quiet space if you are the only one attending the online class.
3. Find a clear spot to set yourself up. An area about 10x10 feet should be sufficient.
4. For Dragons and youth beginner students, a parent, caretaker or older sibling should be available to assist the student and supervise.
5. Mute & Video Sharing - You can mute yourself and “stop your video” from the bottom left corner of your own video square so that others can’t see you while you are doing the practice. We will ask everyone to stay muted during practice so we don’t hear talking, phones ringing, dogs barking, or other background noises.

6. We will periodically unmute and allow time for questions. Click on Gallery View in top right corner to see all the faces.
7. Bring water and stay hydrated.

There is some equipment that would be practical to have at home. We are putting together a recommended equipment package for purchase, but are also willing to lend our dojo equipment to those who need it.

We are committed to providing the best quality classes we can for our students and to sustaining StoneHouse Martial Arts during this time of physical closure. Please be aware that this business is not a hobby for us. If we are unable to keep afloat during this difficult time, sadly there may not be an academy to come back to when this is all over. Therefore, we kindly and humbly ask that our families continue to pay membership dues to the best of their ability. For those who are not set up for automated payments, please send checks/money orders to the Duluth academy address: 4013 Woodland Ave., Duluth MN 55803. That said, some families are obviously more affected than others and we will not judge nor turn any family away who is unable to pay. Our hope is that this will only be for the month of April with a return to regular classes in May, but like everyone else, we will continue to evaluate as we go.

Incidentally, May 1st 2020 is the Stein family's 10-year anniversary of owning and running this martial arts academy full-time. It's been a decade of ups and downs, challenges and changes, fun and friendship, and amazing personal accomplishments for so many. We feel very thankful and privileged to have gotten this far. With luck, the next ten years will provide even more growth opportunities for us and for our students, and will prove to be stronger than ever. Thank you so much!!

As always, if you have any questions or concerns, or need any help with our online forum, please don't hesitate to ask. We are here to help!

Respectfully,

Mr. and Mrs. Stein