

Dear East West Students and Families,

After much consideration, we have decided that for the safety of our students, their families and our communities as a whole, we will be suspending classes held in the schools until April 13th. This was a difficult decision for us to make, as we have never closed the doors for any extended period of time in the fifty-three year history of East-West Kung Fu. However, the most important thing to us is to put the health and well-being of our staff and students first, as well as do our part to contribute to the health and safety of our community during this public health emergency. We feel it is important - now more than ever before - to put the concepts of Bok Fu Do into action as we have all learned in our very first lesson when facing a larger, stronger opponent to "use the opponent's strength and energy against themselves". To accomplish this, we must side step the attack (get out of its path) and relocate ourselves (staying home) into a better position to extinguish this devastating foe (we are no longer the victims of attack, Covid-19 is).

As a small business, we are not able to sustain an extended closure of this nature indefinitely. With that being said, we would sincerely appreciate your continued patronage and ask that all students keep their programs up to date and current. We will push forward any lost time due to the schools closure, so your program length will remain intact and honored.

Another Bok Fu Do concept into action: "turn a negative into a positive". We are excited to announce the implementation of an online curriculum that will allow our students to continue training from home. Here is just some of what we have planned that will be available beginning Monday, March 16th.

- We have set up an online learning program that can be done from home. Classes will run in real time with a live teacher at specific times each day via our online platform. Links to these classes will be emailed directly to our student body.
- We will be teaching techniques of the day as well as giving students opportunities to access advanced classes based on their online attendance.
- Our students will have access to additional private lesson training that can be done online as well.
- We will be teaching introductory lessons via our online program as well. So if you know anyone that is interested in beginning their training while they have more time on their hands, please direct them to us.

In these unprecedented times, we encourage you to use your Bok Fu Do training to center yourself and help others where you are able. Sometimes it is encouraging to ask yourself the question, "what would my teacher do in this situation". We suggest staying active during these times of uncertainty. Remember Bok Fu Do can be practiced anywhere, anytime - in the park,

your driveway, living room, backyard, etc. In Bok Fu Do, we refer to it this way - practice within when you are without. Your training will help alleviate stress, burn off energy and keep your kids active and healthy while they have additional free time. We are all in this together. We care about each of our staff and students and wish you and your family continued health during this difficult time. Our management will be available to help anyway they can with your training during this temporary shut down.

If you have any questions or concerns, please do not hesitate to reach out to us. We look forward to seeing everyone back in our schools kicking and punching as soon as it becomes possible.

Wishing you health in mind, body and spirit,

Senior Grandmaster Lee, Grandmaster Buckley, Master Newman
and the East West Kung Fu Management Team