

Dear Kim's TaekwonDo families,

While we are practicing social distancing to do our best to keep our community safe, we are finding new ways to be creative, productive, stay active, and be together - even if that means virtually! I want to try something for the next couple of weeks. If it works, we will continue it into April if things are still shut down. I have looked into different "online meeting software" and have chosen Cisco WebEx as an application to use to teach Taekwondo classes for the next week. We are not looking at this as a replacement for in-person Taekowndo classes; rather as a way to get exercise and have a set schedule for activity for the week or so. We are trying to keep your progress moving forward.

Having internet access and a small space to exercise at home are not privileges everyone shares. If you are unable to access the Cisco WebEx meetings because of timing, access, or otherwise, we apologize and hope you can find ways to stay healthy and active during our closure.

Virtual Class Structure

Level A – First Kicks class (ages 5-7)

Level B – For White Belts through Purple Belt

Level C – For Brown Stripes through Black Belts

Level D – Saturday advanced class

**All students can opt into any of the meetings/classes for their level. You do not need to attend every class for your level but try to get twice a week in. We want to offer you a variety of options!*

Virtual Class Dates and Times:

Level A: First Kicks

- Wednesday 3/25 4:30 - 5:15 p.m. – Master Brown/Osgood/Hawes
- Monday 3/30 4:30 - 5:15 p.m. – Master Brown/Osgood/Hawes

Level B: White Belt-Purple Belt

- Tuesday 3/24 5:30 - 6:30 p.m – Master Tindall/Brown
- Wednesday 3/25 5:30 - 6:30 p.m. – Master Brown/Hawes
- Thursday 3/26 5:30 - 6:30 p.m. – Master Secord/Brown
- Monday 3/30 5:30 - 6:30 p.m. – Ron Rohde/Brown
- Tuesday 3/31 5:30 - 6:30 p.m. – Master Brown/Tindall

Level C: Brown Stripes-Adv. Black Belts

- Tuesday 3/24 6:30 - 7:30 p.m. – Master Brown/Vo
- Wednesday 3/25 6:30 - 7:30 p.m. – Master Brown/C. Brown/
- Thursday 3/26 6:30 - 7:30 p.m. – Master Secord/Brown/Vo
- Monday 3/30 6:30 - 7:30 p.m. – Master Brown/ Brown
- Tuesday 3/31 6:30 - 7:30 p.m. – Master Brown/Vo

Level D: Brown & Black Belts - Saturday 3/28 12:00 noon -1:00p.m. – Master Brown/Vo

If you would like to join us for virtual Taekwondo classes please do the following by Tuesday, March 24th at 11:00 a.m. Should we need to continue this in April and you want to continue the rate would be your current monthly tuition with a 25% discount. If you have a question, special situation, or concern, please email or call your instructor.

1. Email info@kimstkdportland.com with the following information:

- Your (Student's) full name
- Current belt level
- Your Instructor's Name
- The email address you would like the meeting/class invitation sent to
- Which Taekwondo level you would like to attend (A, B, C, or D)
- Attend the Saturday Advanced class

2. Download the free Cisco WebEx software on your computer or app on your mobile phone:
<https://www.webex.com/downloads.html/>

3. Watch a video on how to "join" a WebEx meeting:
<https://www.youtube.com/watch?v=fE5FnEUKtaE&feature=youtu.be>

4. Find a space in your home where you will be able to follow along with the virtual lesson (a 10'x10' space is plenty large, carpet is okay,
Uniforms are to be worn and hair should be pulled back. Just as in class.

5. When joining the meeting/class please double click or pin the instructor. That will you're your screen from jumping around. Remember the #1 RULE: No talking during class unless you have a question or concern.

This will be our first time teaching virtual Taekwondo classes so please have patience with us. We are looking forward to trying this with all of you. We hope you are all healthy, safe, and enjoying your time with family. We look forward to seeing you online!

With thanks,

Master Cynthia Brown
Kim's TaekwonDo, LLC
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