

Chungdo @ Home launch announcement.

Hi everyone,

Firstly I'd like to thank everyone for their support so far.

These are uncertain times and we are very grateful to everyone for attending classes and being open minded to less traditional methods of delivering training.

When I wrote my update last week there were approx 120 cases in Australia.

As of 20 March there were 709 cases according to the WHO.

The growth rate has increased and the trajectory of government announcements implies that we will have a lock down style situation very soon.

According to the UK Scientific Group for Emergencies lockdowns of various severity could last "at least most of a year" (1).

With this in mind, we have developed our digital strategy to be a medium to long term strategy.

Grading will move online

Grading was scheduled for 26 and 28 March

As numerous students have missed 1-2 weeks we will delay grading for a week to be due on Sunday April 5.

Grading will be done via video submission, we will be using an online platform which will give you the chance to record your patterns and kicks and Master Steve and I will independently assess. You will get 3 chances with the patterns as usual.

The pass mark will stay the same (60%)

If you don't pass, we will schedule a LiveStream so we can give immediate feedback as you try again.

We will send instructions during this week.

Face to face classes

After 22 March, face to face classes will officially stop.

Instructors will be at the Zido Hub (Lemon Grove), there may be some classes at Mosman, Manly and Beacon Hill until the Government enforces a shut down and we will open limited places each class if people want to train in person.

Please do not come if you have any cold or flu symptoms

Generally speaking, our recommendation is to keep up to date with updates from NSW Health and to train at home.

The schedule for Week commencing 23rd March will change as we need to allocate time to create the online content. Please watch the schedule on the website for updates. www.chungdotkd.com.au/taekwondoclasses

As my daughter's swimming teacher says "it's not business as usual, it's life goes on".

Chungdo@Home launch

We will launch our Chungdo@Home program starting Tuesday 24th March.

The offering will include

- 1) Live Stream Classes
 - a) Yoga Mat Taekwondo - series of classes focused on strength, toning, balance, cardio, basic techniques
 - b) Home Taekwondo - more similar to a general class including patterns
 - c) The class timetable on the website will be updated accordingly
- 2) Recorded Content will be rolled out progressively
 - a) Recordings of LiveStream classes
 - b) On demand tutorials for everything from stances to full patterns
- 3) One on One online classes
 - a) Short 10-15 minute one on one LiveStream with one of our Instructors

People who maintain their Standard Class Fees will have access to all 3 of the above elements

One on One private classes will continue in person until further notice (if you want) or will be available via LiveStream too (these are \$75 per 45min session).

Class Fees

The online offering is designed to make sure you can continue to develop and improve your health, fitness, immune system and Taekwondo skills. This obviously benefits you as the student but it also increases the chances that we will still be around until this is over.

We have a few different options to offer

- 1) Standard Class fees.
 - a) Class fees will remain the same but we recommend switching to fortnightly payments. Fortnightly payments incorporate the 3 month fee discounts but are much better for everyone's cashflow
- 2) Pay per class
 - a) Recorded content and the short One on One training is included in the standard class fees
 - b) If you aren't paying Standard Class Fees you will be able to access recorded content using one off payments
- 3) If you want to put your membership on hold, let us know and we will pause payments. Any prepayments will be carried over until you restart.
I do want to reiterate that we (and importantly Governments globally) are not expecting this situation to blow over quickly
- 4) If you'd like to cancel we understand. Please remember your membership is lifetime membership. You're welcome back at anytime and there will be no joining fee when you restart.

Once again I want to thank you for your support to date and there is a transcript of this message available in your email.

I want to reiterate that we remain committed to developing skilled martial artists and leaders who change lives communities and the world for the better.
If you have any questions please contact us.

References

- (1) https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/873729/06-spi-m-o-consensus-view-on-behavioural-and-social-interventions.pdf