Relaunch of ishigaki classes

**Venues**

Our relaunch of classes will be in outdoor sports facilities. This decision was made to reduce the risk of virus transmission. We are working with the Marlborough Sports Garden, Bankside, near London Bridge. **11 - 25 Union St, London SE1 1SD**

All 4 ishigaki venues have been contacted to ask about their plans to re-open. Brighton Kicks have replied advising us that they will minimise footfall through August by not renting out their dojo to other clubs. Their earliest availability will be from September. The London venues (Oasis, Finsbury, St. Gabriels Halls) have yet to respond.

**Covid compliance**

Our governing body UKMAGB (Jikishin) provided a risk assessment on July 17. Sensei Earl Walker worked with the government COVID guidelines for sports to generate the risk assessment. This will inform and guide ishigaki of what is required, possible, and desirable to resume training. Ishigaki will use the risk assessment to publish our own covid guidelines to members through the facebook membership page.

Hanshi Brian Herbert has asked ishigaki to pilot the use of UKMAGB risk assessment through August and to feedback to better inform the association and other clubs. Most other Jikishin jujitsu clubs have a holiday break through the month of August, then restart classes in September when schools resume. Ishigaki are best placed to resume classes in August and to report how their risk assessment guidance works in reality.

**What we expect from members**

Your membership of Ishigaki Jujitsu Club must be valid. If your membership expired in the last 4 months, you must renew before attending class. Nigel will coordinate this process.

You are required to follow the ishigaki, and venue, covid precautions.

Do not wear your jujitsu uniform (gi). Trainers, track suit trousers (or shorts), tshirt (ishigaki branded is a good option). Ideally, you will arrive at the venue wearing you will training clothes, but discrete changing in the training space will be possible. There will be no shower facilities. Bring a punch-pad if you have one.

We will consider purchasing hand sanitiser and masks in response to the venues' guidelines and the resources they provide. Bring your wn if you have them.

Register for each class through our online booking system. Your name must be registered for you to attend.

We are not going to charge our members for these initial classes. Our focus is to bring members together to familiarise everyone with what can be done and to reassure them that we can train safely. Once the new class structure is established, we will ask you to renew your monthly subscription through our online payment portal.

Feedback to the instructors about content and concerns.

**What members can expect when they attend**

A warm welcome from ishigaki friends including several familiar black belt instructors.

The venue and ishigaki will provide directions to the training space and you will be assigned to a bubble of no more than 6 people. Social distancing will be respected between bubbles.

Classes will be for 1 hour under the current restrictions. An informal social will follow.

We will launch an online booking system for classes to limit numbers and provide a register of attendees.

Each bubble will perform a range of jujitsu related activities that are non-contact, or minimal contact.

**Activities**

We have compiled a variety of exercises and techniques that are non-contact, or minimal contact. This is our initial template of activities:

A warm-up followed by breakfalls (depending on surface!).

Punching and kicking practice.

Pads are very cheap from sports direct or Amazon. Members are encouraged to bring their own pads although ishigaki can provide some.

Self- defence techniques such as:

counters to knifes and batons,

counters to wrist locks and grabs.

Novice kata

Fan kata

Kata of blocks

1st blocking kata

2nd blocking kata

3rd blocking katas

Cool down

Pub.