

# Tring Martial Arts Academy

## Lockdown 2.0 Digital Dojo Timetable

Effective Thursday 5<sup>th</sup> November until Tuesday 2<sup>nd</sup> December 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
4:15pm – 4:45pm		Kids 4-6		Kids 4-6		9:00am – 9:45am	Kids 6-12
5:00pm – 5:45pm		Kids 6-12	Kids 6-12	Kids 6-12	Kids 6-12	10:00am – 10:45am	Teens 13-17
6:00pm – 6:45pm	Kids 10-12	Kids 6-12	Kids 10-12	Kids 6-12	Teens 13-17	11:00am – 11:45am	Adults 18+
7:00pm – 7:45pm	Teens 13-17	Teens 13-17	Teens 13-17	Teens 13-17			
8:00pm – 8:45pm	Adults 18+	Adults 18+	Adults 18+	Adults 18+			

### Digital Dojo Participation Options & Instructions

1. Please prepare your training space, move any furniture and make sure you have enough space to train safely (ideally 2 metre square area like in the dojo)
2. Wear your uniform and belt!
3. Have a drink handy and make sure siblings / pets / other members of your family do not disturb you.
4. Look out for the Zoom links sent daily through the Whats App and Facebook Groups
5. Zoom – when joining a Zoom Class join with your Microphone OFF and your camera ON. (You may participate with your camera off, please let your instructor know).
6. Facebook Live – when joining a Facebook Live class make sure you comment with your name so we can record your attendance.
7. To be eligible to test for tags or belts, we must see you have attended classes.
8. We broadcast mainly from the dojo because our internet is extremely good, should you be having problems logging in, check first your own internet connection before contacting your instructor.

Office hours – Monday to Friday 9am until 3:30pm – [customercare@ukma.org](mailto:customercare@ukma.org)