



Dear students,

We are with you! Keep practising!

This is an unprecedented time. We know you will be feeling 'all at sea' and 'without an anchor' for a while, until you adapt to the new regimes that we must all follow in order to keep ourselves and our community safe.

The loss of your dojo's does not mean the loss of your karate, remember everywhere is your dojo! You can practise in the garden, in your front room, in your garage, anywhere with a modicum of space. And look at it his way, now you are truly being challenged as a warrior-how tough, how resilient, how disciplined are you?

Now more than ever, your karate practice will provide the physical, mental and emotional strut needed to stand up to this collective challenge. Don't be idle. *Move, breathe & learn!*

As true warrior's we are adapting with the times, and changing how we develop our karate skills and martial spirit.

We will provide:

- Weekly films,
- Led by our dedicated England sensei team,
- Fun and informative instruction on keeping your practice alive,
- Championing technique,
- Championing focus,
- Championing history,
- Championing *endurance*,
- Supplemented by supporting material about the history, culture and depth to our great school,
- Featuring special guests from around the school, from the youngest pee-wee to the oldest student
- Each episode underlined with a message from someone, somewhere in the school to keep us all together.

This launch will keep us all driven towards our goals, carving through this crisis with the very community spirit that we were founded upon. It will develop, evolve and grow. And you will be part of it. Though sometimes you may forget, always remember that you are a *modern warrior* – will you fight the virus with Renshinkan?

Yours sincerely,

Julia Turley Shihan, & Tom Abbosh Sensei

