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Arizona Kodenkan Center (Tucson) Danzan Ryu Jujitsu Little Dragon Matsunoryu Goshinjitsu Shorin Ryu Karate Lohse YMCA (Tucson) Matsu Flock Goshinjitsu MATS (Tucson) Cardio Kickboxing Lil Dragons Japanese Sword Kajukenbo Karate Matsuno Ryu Goshinjitsu Yoga Ott Y MCA Budokai (Tucson) Bokkendo Danzan Ryu Jujitsu Shorin Ryu Karate Tucson Kajukenbo (Tucson) California Lakewood Budo Kai (Long Beach) Danzan Ryu Jujitsu Shorin Ryu Karate Women's Self Defense Maryland Capital Kodenkan (Silver Spring) North Carolina Kokenkan Budokai (Durham) Washington Sasori No. Kage Kodenkan (Vancouver) Matsuno Kajukenbo Kai Shukokai Karate Reopening Update July 15, 2020 Dear KMAA members and instructors: I hope this letter finds you healthy and safe at these unprecedented times. For many people, it was at least difficult to adapt to the numerous changes in work and social life. KMAA instructors sincerely wish you and your family well at this challenging time. It was also difficult to assess when we would be able to reopen as an academy and continue our martial arts training together. Businesses were approved to reopen at the end of May, but a soaring number of cases in June caused the state to shut down all gyms again during July. Instructors and I discussed opening in August, but the number of Covid 19 cases we are currently experiencing in our immediate area, combined with the number of hospitalizations and our hospital capacity is at nearly 100% to make this plan unrealistic and not safe for our community. The safety of you and your family is extremely important to us, so we want to be very careful in making this decision. The CDC previously gave states guidance on when reopening businesses could be done safely. These included seeing a declining number of cases and hospitalizations over 14 days, a declining percentage of positive test cases, adequate testing available and sufficient contact traces for Covid's 19 cases on the site. We have concluded that we should wait for the reopening of our academy until these conditions described by doctors and scientists are met. Ignoring these guidelines previously had negative consequences for our country and our community, so if we as a city and state meet these CDC parameters then we will rebuild our academy and continue training safely together. In the meantime, please continue to check with us to see any updates that may come, practice as much as you can and stay safe and healthy as we get through this difficult time together. Presenting in Martial Arts, J. McGraugh, Shihan Director – KMAA June 13, 2020 Dear KMAA members, instructors, families and friends: I hope this letter finds you and your safe and sound during this unprecedented time. The KMAA community has always been a very close-knit family that believes in the many benefits that martial arts training brings us. We respect and practice philosophical principles Founder of Kodenkan Professor Seishiro H. Okazaki. In Esoteric Principles judo provides concepts that help us develop our character through this training – among them: respect, discipline, selflessness, gratitude, humility, courage, honesty and kindness. In this principle, it urges those who practice martial arts to constantly pay attention to their commitments to the general public. In order to comply with this principle, we consider it necessary, with great caution, to temporarily suspend operations as an academy until it is safe to continue training together. Keeping our members, instructors and their families safe is the main consideration for this procedure. There is a lot of logistics around restoring practice at this time that would make keeping people safe during training very difficult. Professor Okazaki also teaches us that strenuous effort and diligence overcome adverse circumstances. Opening a dojo that maintains these principles became a dream come true for me when I was 15 years old. It took over 20 years to make that dream come true. The persistence that has been insisted on establishing our dojo is far greater than the temporary inconvenience associated with suspending our operations. This pandemic will pass and soon we will be able to train together again. The success we have had over the years would be impossible without the unwavering perseverance, dedication and support of our KMAA instructors and members, and that same spirit will help bridge that gap. If

you are in a position to assist KMAA through this transition – any donations or payments made through our website will go towards storage fees and reopening costs – your support during this temporary shutdown would be greatly appreciated. Our KMAA community has created a unique atmosphere for our students and instructors that is not contained in a physical place, but in our spirit and compassion for others. The safety of others is rooted in who we are as a community in the first place. This temporary pause in operations is in line with the principles we have held close to our collective hearts since we founded our academy. I look forward to training with all of you again as soon as possible. Please be careful, stay safe and be prepared to continue training as soon as conditions permit. Consonant in Martial Arts. J. McGraugh, KMAA Director of Best Of Traditional Martial Arts & Modern Martial Arts at TUCSON BJJ/MMA/KICKBOXING/Jujitsu/SELF DEFENSE/KAJUKENBO/Japanese Sword/KARATE/FILIPINO Martial Arts Looking for Martial Arts School? Kodenkan Martial Arts Academy (KMAA) offers a safe, friendly and professional atmosphere where you can learn martial arts with classes for children, teens, women and men. KMAA instructors are highly qualified and experienced. NO CONTRACTS No contracts are required at KMAA. You pay a low monthly rate, one of the most affordable in Tucson! DISCOUNTS AVAILABLE KMAA offers discounts for students, and members of our army. DIFFERENT STYLES Learning martial arts is a great way to get in shape, develop discipline and self-confidence. We will be happy to help you decide which style suits you best. Message from KMAA Director John MCGRAUGH, SHIHAN Welcome to Kodenkan Martial Arts Academy. After 30 years of studying martial arts, I realized the benefits that different martial arts offer. From flexibility, strength and balance to combat techniques, self-defense skills or simply fun, there are many good reasons to study martial arts. I also realized that there is a huge difference between martial arts, as we traditionally view them, and martial arts, which are essentially sports, and defensive tactics that would use techniques and training in the most extreme circumstances. Here at KMAA we have art that offer all three of these approaches to martial arts studies. We'd like you to come and see the class you're interested in and find out what we're about. About US Kodenkan Martial Arts Academy was founded in 1992. Our mission is to offer the Tucson community quality martial arts training. While our instructors can practice different styles, they are united in the belief that martial arts practice improves the fitness, discipline and spirit of their participants. We are proud of our work and the students we have trained over the years. Our goal is to preserve the teachings of Professor Seishir H. Okazaki, founder of Danzan Ryu Jujitsu. Its principles show us that the main goal of martial arts studies is the perfection of character. maotinfo@gmail.com has served the large Tucson area since 1987. Martial Arts in Tucson is a unique alliance of martial arts schools united by dedicating an authentic traditional practice that is relevant to the modern student, a commitment to welcoming all sincere students and a deep passion for each of our arts that manifests itself in the simple joy of mutual practice. We've been training in the Tucson area since 1987. We recently moved to the Kodenkan Center. Come to one of our classes today to say hello and find out what we're about. Our instructors take their teaching duties very seriously. Being a good teacher means making sure that students are doing the techniques properly and safely. Many martial arts injuries are the result of doing techniques incorrectly for many years, thereby damaging the bones of the body and connective tissue. We work hard to ensure that all of our students, from young to young to young, get all the training benefits they seek without having to endure dangerous training regimens. David ShanstromAs head instructor of Aikido, Sensei Shanstrom brings you unsurpassed knowledge and experience that can only develop a lifelong commitment to martial arts. Sensei Shanstrom has held the Black Belt since 1967. Since then, he has achieved an advanced ranking in several Discipline. He has trained and taught throughout the United States and many other countries. Aikido has been teaching in Tucson since 1987. A calm, soft spoken and sincere character. Mr. Shanstrom exudes these traits naturally... reflection of the spirit of Aikido itself. Andrew IvyIvy Sensei began studying judo at Michigan State University under Sensei Jagoon Kim in September 1971. He continued his studies under Sensei Ken Carson (Rendokan Dojo, Tucson, Arizona), eventually acquiring his Godan (Fifth Degree Black Belt) on April 19th 2007. Ivy Sensei's rank is certified through USJF and USJA. In addition, he holds National Judo Rank Examiner certification through USJA, Silver Life membership, and is registered as an associate member of the Shudokan Martial Arts Association. Come join our family today! It has served the large Tucson area since 1987.

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