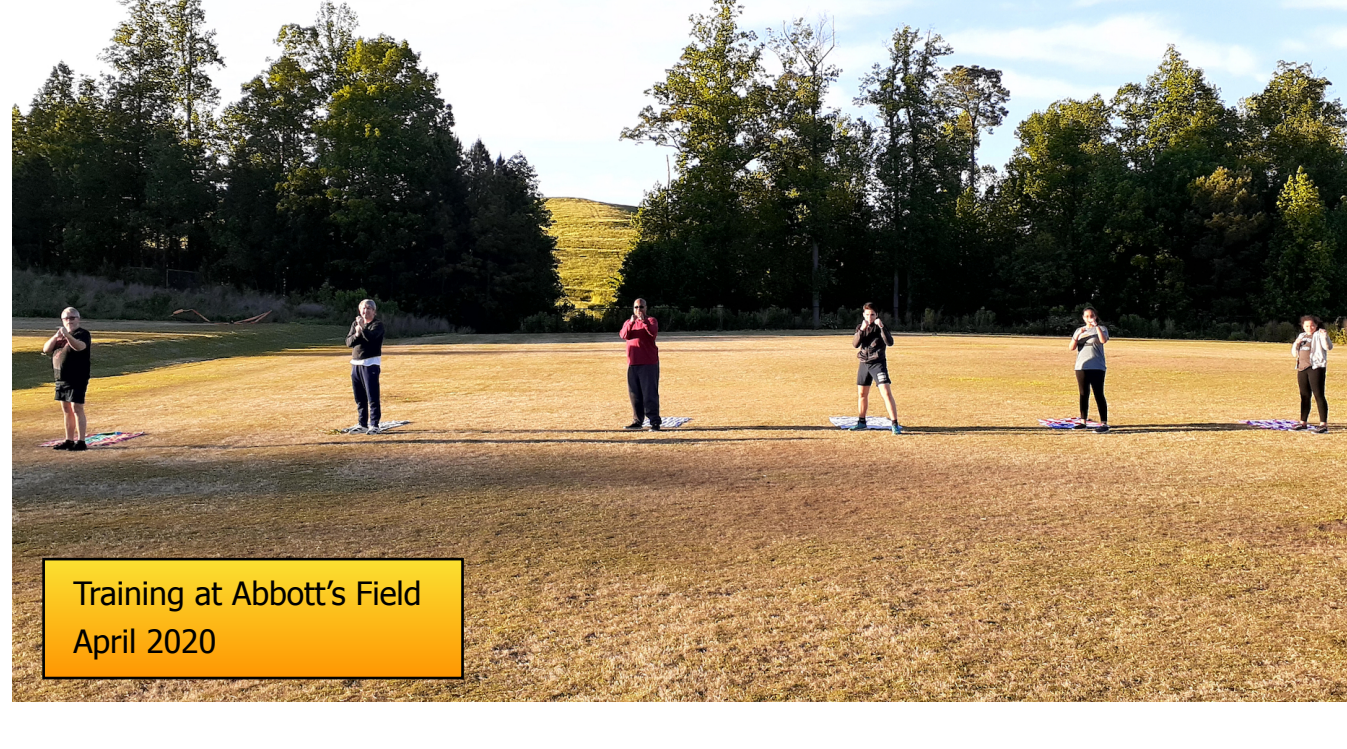


TRAINING DURING THE COVID PANDEMIC

March 2020—2022



Training at Abbott's Field
April 2020



Abbott's Field
April 2020

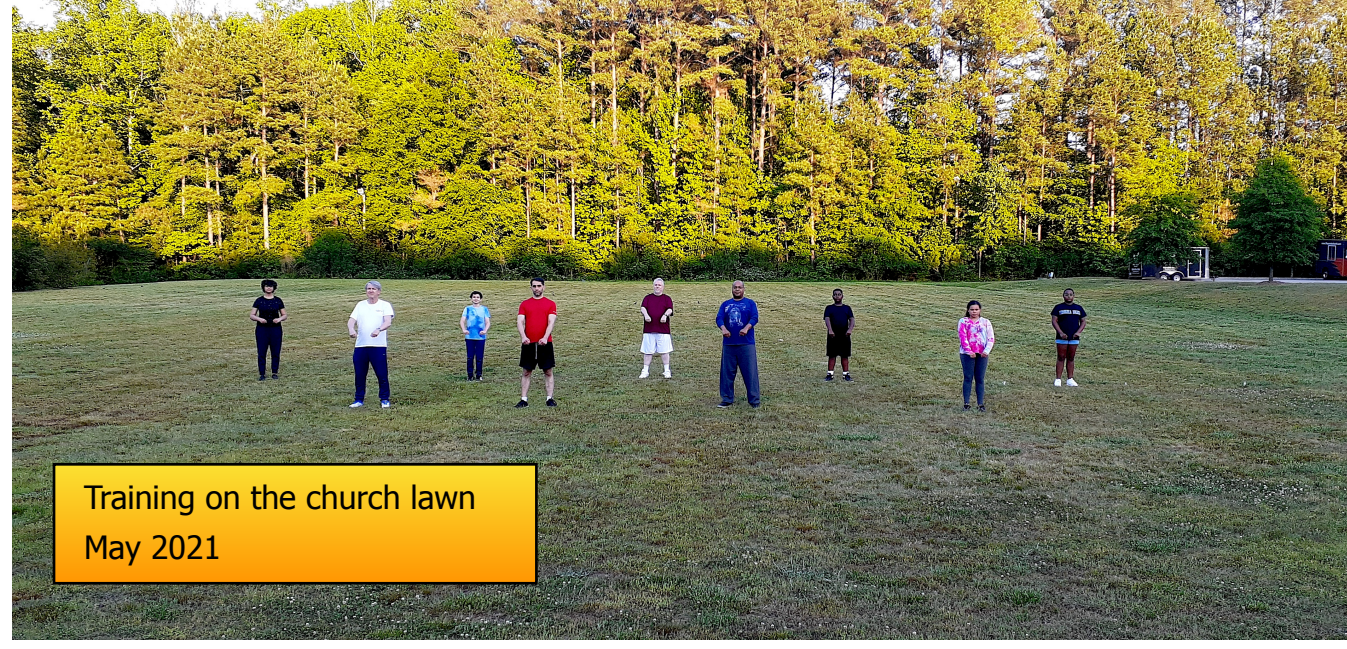
We were all charting new territory with the pandemic. Many dojos were homeless, and sadly, many did not survive. We did. We trained in parks and under street lights at night. As we trained outside, I discovered that I loved training without walls, seeing birds overhead as we were on our backs doing warm-ups, looking at hills in the distance as we kicked through the field, hearing kids play and seeing people walking their dogs as we hammered out our blocks and hand strikes. We could perform traveling kicks in a straight line forever, without hitting a wall. It felt "spiritual" (for lack of a better word) when training outside.

Of course, it was too hot in summer, and too cold in winter, so we discovered the convenience of Zoom.

Now the pandemic has calmed down, and we're back inside once again. But it's nice to know that if we become homeless ever again, we can survive.



Black Belt class at Annie Louise Wilkerson Park
October 2020



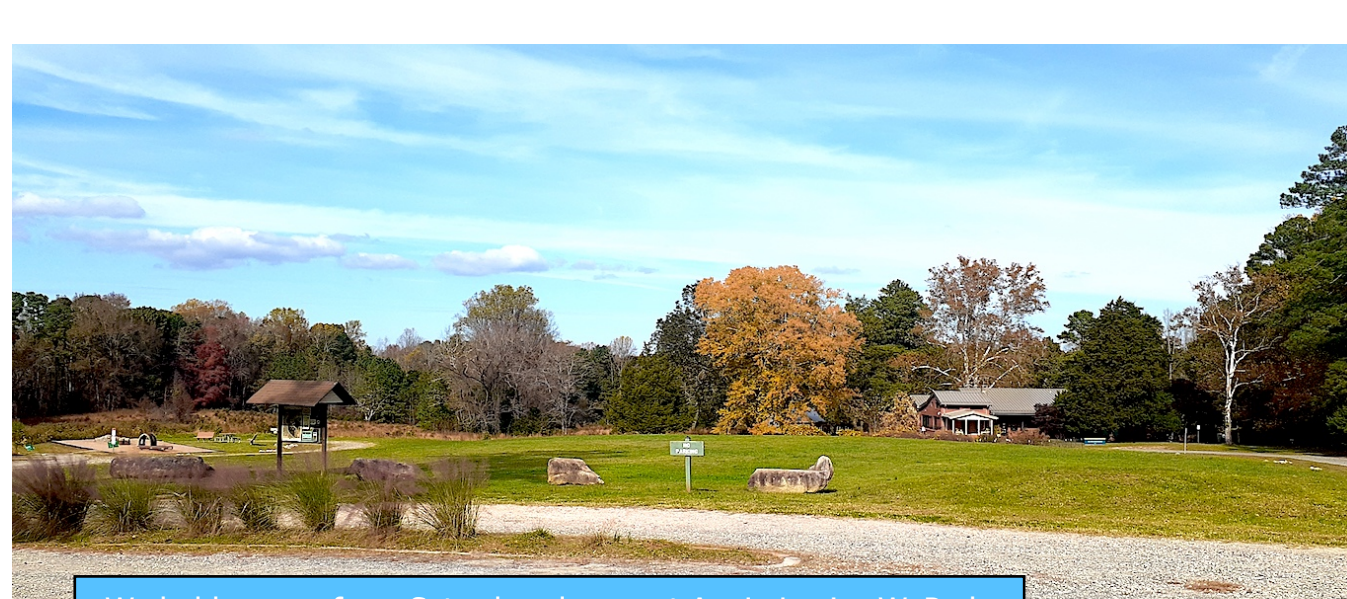
Training on the church lawn
May 2021



"The Super Nine"
During the pandemic,
there were 9 students
who rarely missed a class.
They were referred to as
"The Super Nine"



February 2021



We held some of our Saturday classes at Annie Louise W. Park



Tai Chi classes were held at parks and at Abbott's courtyard



When we first moved back inside,
we trained in the gym.
July 2021