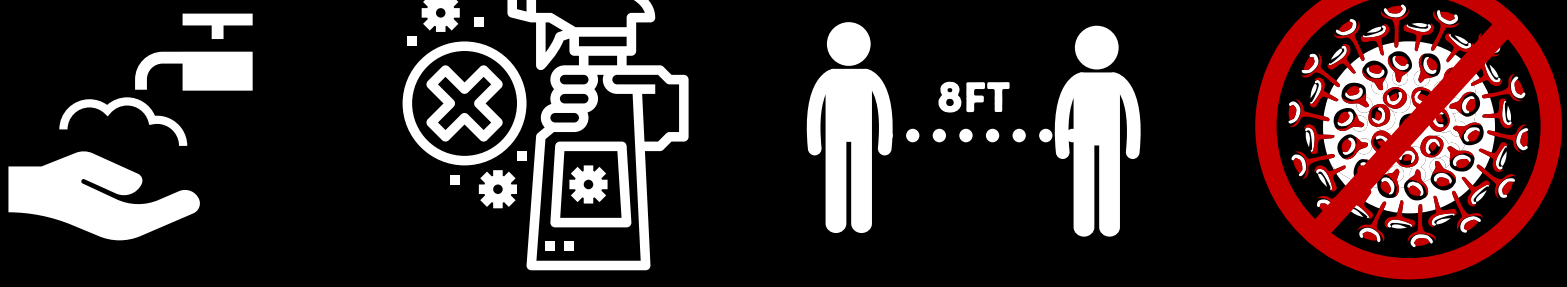
IRON FIST MARTIAL ARTS ACADEMY

RE-OPENING PLAN

RETURNING SAFELY TO THE DOJO



GRAND RE-OPENING:

JULY 6, 2020

IRON FIST MARTIAL ARTS ACADEMY

#1 - SAFETY EQUIPMENT

- MULTIPLE H13 HEPA AIR PURIFIERS THROUGHOUT
- HAND SANITIZER STATION
- TOUCH-LESS ENTRY DOOR
- TOUCH-LESS RESTROOM FAUCET & SOAP DISPENSER
- ELECTROSTATIC SANITIZING SPRAYER FOR SURFACES

#2 - SANITAZATION PROCEDURES

- THE FOLLOWING WILL BE DONE BEFORE AND AFTER EACH CLASS:
  - SANITIZE ALL EQUIPMENT & SURFACES
  - SANITIZE BATHROOMS
- SANITIZE MAT & FLOOR WITH HOSPITAL GRADE CLEANER DAILY

#3 - MEMBERSHIP OPTIONS

***REGARDLESS OF MEMBERSHIP OPTION, ALL STUDENTS WILL HAVE ACCESS TO IRON FIST ONLINE MATERIAL & STUDENT RESOURCES.**

OPTION 1: TRAINING IN THE STUDIO ONLY. STUDENTS CAN TRAIN AT THE DOJO ONLY, 1x/wk, 2x/wk, 3x/wk, OR UNLIMITED DEPENDING ON THEIR MEMBERSHIP (IF YOU AREN'T FEELING WELL OR NEED TO MAKE-UP, YOU CAN DO THAT FROM HOME)

OPTION # 2: TRAINING AT HOME ONLY. STUDENTS CAN TRAIN FROM HOME 1x/wk, 2x/wk, 3x/wk, OR UNLIMITED DEPENDING ON THEIR MEMBERSHIP

OPTION #3 HYBRID TRAINING. STUDENTS CAN SPLIT THEIR TRAINING BETWEEN HOME AND THE DOJO DEPENDING ON THEIR MEMBERSHIP. (i.e. 2x/wk MEMBERSHIP: 1x/wk @ HOME & 1x/wk @ THE DOJO.)

*OUR PROTOCOLS ARE DIRECTLY FROM THE GUIDELINES AND REQUIREMENTS FROM THE LOS ANGELES COUNTY HEALTH DEPARTMENT AND CDC. THESE PROTOCOLS ARE REQUIRED OF US TO BE ALLOWED TO OPEN UP AND WILL BE MODIFIED AS THE GUIDELINES BECOME LESS RIGID.

#4 - IN-DEPTH PROTOCOLS & PROCEDURES

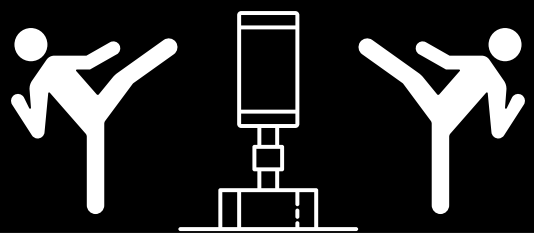
- ALL MEMBERS & STAFF MUST HAVE A, ONE-TIME, SIGNED COIVD -19 RELEASE FORM SUBMITTED BEFORE ENTERING THE DOJO
- ANYONE WITH COLD OR FLU LIKE SYMPTOMS, COUGHING, SNEEZING, OR RUNNY NOSE WILL NOT BE PERMITTED TO ENTER OR WILL BE ASKED TO LEAVE CLASS IF OCCURRENCES ARE DURING CLASS
- STUDENTS MUST REGISTER EACH WEEK FOR THE LITTLE NINJAS CLASS, THE MIXED CLASS, & ADVANCED CLASSES ONLY. NOT FOR IBK OR LFA
- DOWNLOAD THE IRON FIST APP TO REGISTER FOR CLASS
- IRON FIST STAFF ARE REQUIRED TO WEAR MASKS WHILE IN THE DOJO
- MASK FOR STUDENTS/MEMBERS REQUIRED DURING TRAINING PER GOVERNOR'S MANDATE AS OF JULY 1ST, 2020.
- ALL STUDENTS & STAFF ARE REQUIRED TO WEAR CLEAN MAT SHOES ON THE MAT
- THERE WILL BE A MAXIMUM OF 20 STUDENTS PER CLASS
- STUDENTS WILL NOT BE ABLE TO ENTER THE STUDIO UNTIL 5 MINUTES BEFORE CLASS & MUST WASH/SANITIZE HANDS BEFORE & AFTER CLASS
- TOUCH-LESS TEMPERATURE CHECKS WILL BE TAKEN UPON ENTRY FROM STUDENTS & STAFF AS REQUIRED OF US BY THE LA COUNTY HEALTH DEPARTMENT
- THERE WILL BE 15 MINUTES BETWEEN EACH CLASS FOR CLEANING
- STUDENTS & STAFF WILL BE 8FT APART DURING CLASS
- NO CONTACT TRAINING (TEMPORARILY UNTIL ADVISED BY THE CDC)
- NO IN-STUDIO GUESTS / SPECTATORS (PARENTS CAN WATCH VIA ZOOM, PARENTS MAY ENTER TO HELP THEIR LITTLE ONES WITH THE RESTROOM)
- ALL MEMBERSHIP QUESTIONS, PRO SHOP PURCHASES, FEE PAYMENTS, ETC., WILL BE DONE ELECTRONICALLY, VIA PHONE, & EMAIL WITH MA'AM CHRISTINE OR MASTER PATRICK

IRON FIST MARTIAL ARTS ACADEMY

TRAINING OPTIONS

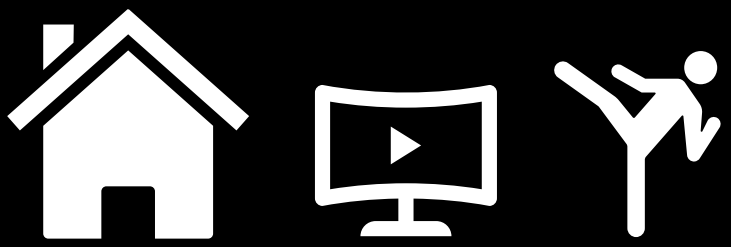
OPTION #1

TRAIN AT
THE DOJO



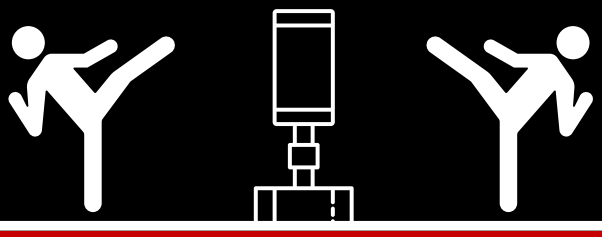
OPTION #2

TRAIN AT HOME
LIVE & ON DEMAND



OPTION #3

HYBRID TRAINING:
TRAIN AT THE DOJO & AT HOME



*ALL TRAINING OPTIONS WILL PROVIDE THE SAME HIGH LEVEL OF TRAINING WITH INSTRUCTOR AID & SUPPORT.

DOWNLOAD THE APP

STEP 1:

DOWNLOAD THE DOJO APP

The DOJO App

STEP 2:

SELECT YOUR STATE

STEP 3:

SELECT ORGANIZATION

IRON FIST MARTIAL ARTS

OR

LIGHT FORCE ACADEMY

STEP 4:

ALLOW NOTIFICATIONS

YES!

STEP 5:

ALLOW ACCESS TO CONTACTS

YES!

IRON FIST MARTIAL ARTS ACADEMY

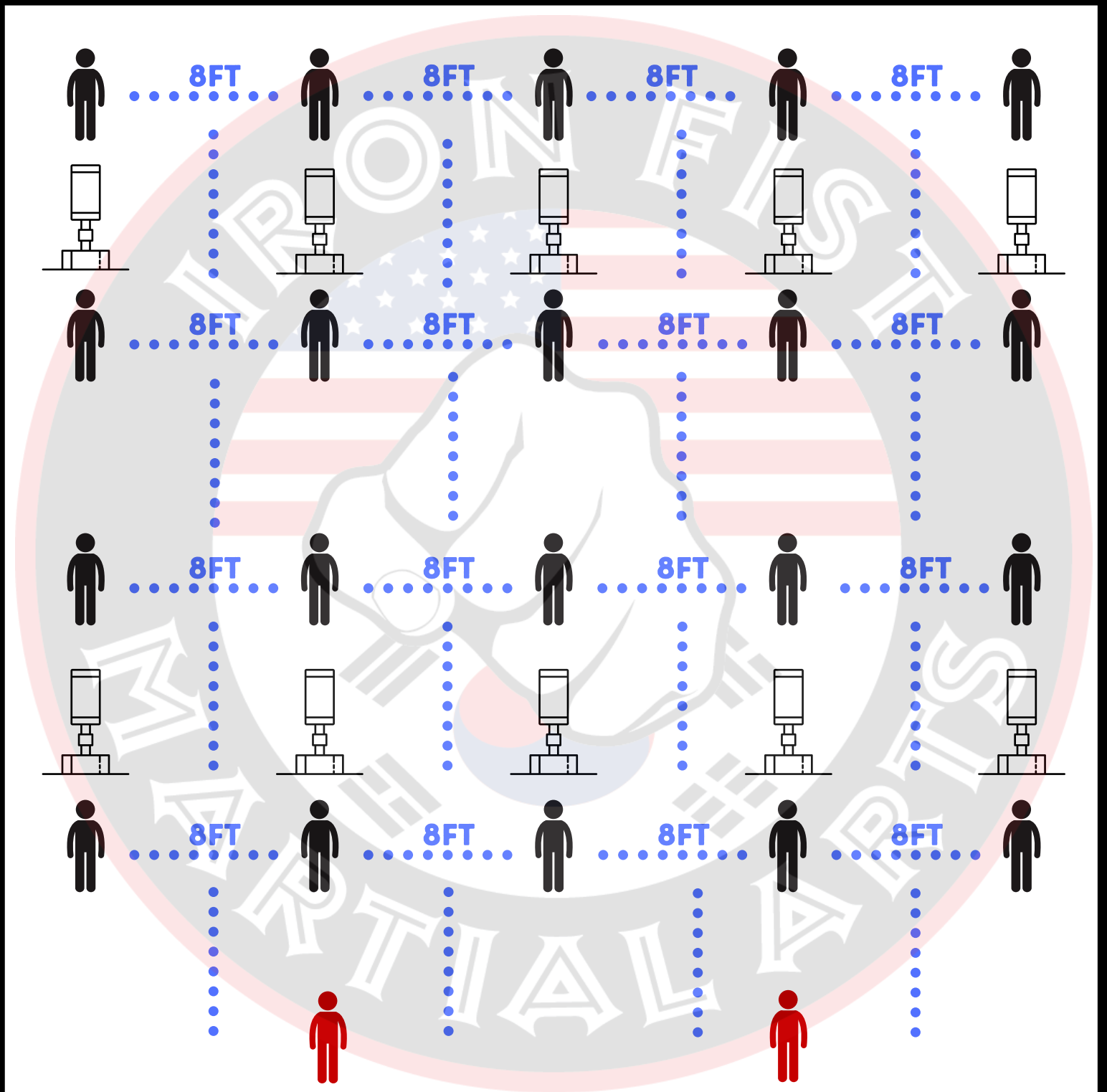
NO CONTACT MAT LAYOUT

ZOOM CLASSES BROADCASTED SIMULATANEOUSLY

= INSTRUCTOR

= STUDENT

= HEAVY BAG



IRON BODY KICKBOXING

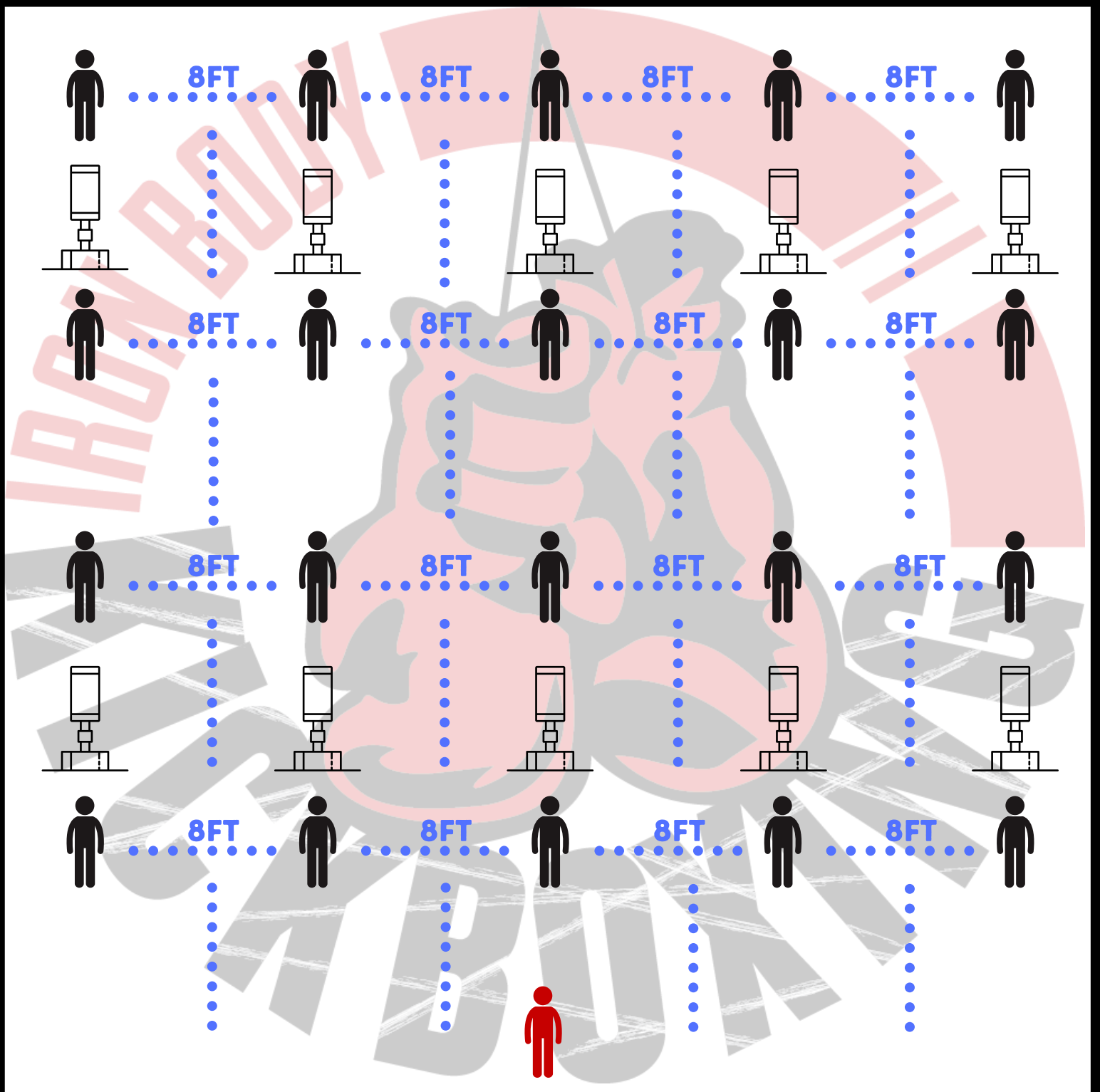
NO CONTACT MAT LAYOUT

ZOOM CLASSES BROADCASTED SIMULATANEOUSLY

= INSTRUCTOR

= STUDENT

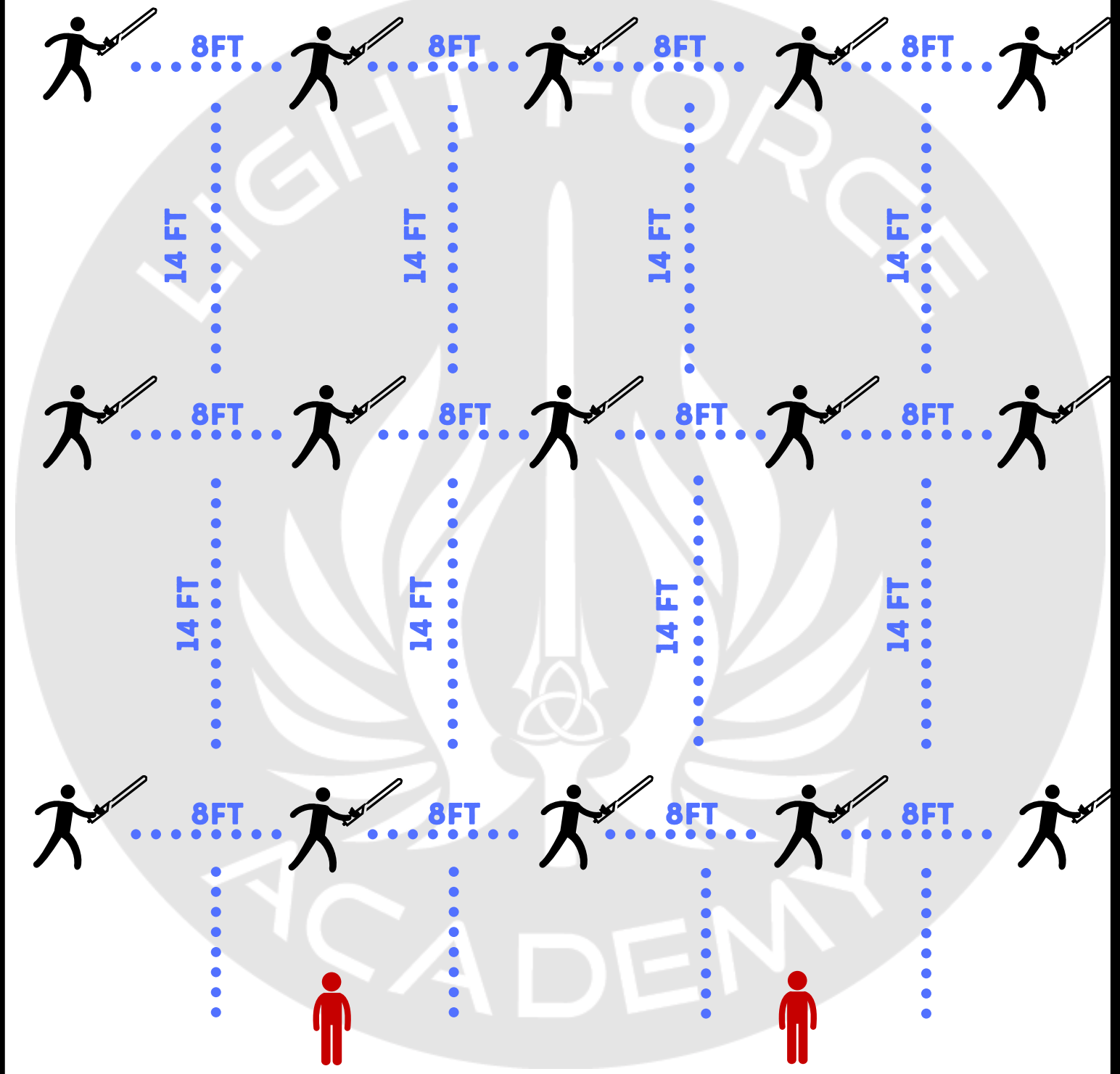
= HEAVY BAG



LIGHT FORCE ACADEMY

NO CONTACT MAT LAYOUT

ZOOM CLASSES BROADCASTED SIMULATANEOUSLY

= INSTRUCTOR

= STUDENT