

# GENBUKAN UNRYU DOJO USA

## TRADITIONAL JAPANESE MARTIAL ARTS

- UNARMED | SWORD | STAFF -

### 2022 HEALTH PROTOCOL

Dear Dojo Students and Guests,

Though we've resumed "normal" dojo activities we continue to live in a time when abnormal physical threats and dangers, like potentially fatal infectious diseases, continue to plague our society. Therefore, we must continue to maintain a reasonable health and safety protocol for the foreseeable future. What does this mean? We can train together in a confined space if we are willing to do things a little different and accept certain reasonable limitations and risks. We have learned from Tanemura Soke that, at the present time, health and safety protocols are part of a personal self-defense repertory.

Below is the protocol we will use during in-person dojo classes, seminars, or other activities (hereafter, DOJO EVENT):

1. Only attend a DOJO EVENT if you feel safe, healthy, and non-contagious with respect to any communicable diseases, from the common Cold to COVID-19 or Monkeypox.
2. Submit to the occasional infectious disease screening, temperature check, or similar non-invasive health test.
3. Maintain reasonable social distancing before, during, and after class.
4. When appropriate, wear a mask, especially when in very close proximity to other students or guests.
5. When possible, use your own training tools or, if using someone else's tool, disinfect before returning it.
6. Take more frequent breaks and when practical, go outside for fresh air.

This is an extraordinary time in our history, one that calls for extraordinary measures. However, this extraordinary time also presents some new opportunities. Let's embrace this new situation together, growing from the new challenges and seizing the new opportunities.

Mark J. Toth,  
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