

# IN THE DOJO

AIKIDO OF SOUTH BROOKLYN NEWSLETTER APRIL 2020

## Testimonials

As the dojo is closed, this is the perfect time for you to write and submit your 3-5 sentence testimonial about your practice and dojo. Send it to me at [josh@mindbodyartsinc.com](mailto:josh@mindbodyartsinc.com).

## Promotions

Gift certificates for any of our programs are available through our website, and don't forget about our T-shirts! Contact us to get yours.

## Social Media

If you're not following us on Instagram, you're missing out. We have archival footage dating back to at least 2004, and behind-the-scenes footage of life without aikido.

## Newsletter Submissions

Let's face it, you have time on your hands. Write something about missing aikido or using aikido principals to maintain a peaceful household. Email your ideas to [josh@mindbodyartsinc.com](mailto:josh@mindbodyartsinc.com).



*"The Art of Peace is medicine for a sick world."  
—Moribei Ueshiba, O'sensei, aikido founder*

## Status Update

Here's the short version of Aikido of South Brooklyn's current status: we still exist!

The fuller story is that thanks to the dedication, commitment, and generosity of our members and their families, we still exist. Although the dojo has been closed since March 15, many members have continued to pay dues, and some inactive members have even offered to make contributions. The net result is that while we are existing at a small deficit, it is a deficit that does not yet threaten our existence. Therefore, we are hard at work cleaning and sanitizing in preparation for the resumption of classes.





## Aikido and the Pandemic

While the dojo's immediate future appears stable, there are members of our community who have been severely struck by the pandemic. In multiple dojo families, one or both parents have suddenly and indefinitely found themselves unemployed. It has always been the dojo's mission to make aikido available to as many people as possible. The cost of dojo tuition is based on the amount of revenue needed to ensure the dojo can maintain and reproduce itself without senior members routinely giving the dojo money (this is actually quite common in other dojo). The dojo is a passion project, not a profit project. Courtney and I did not start the dojo to generate wealth. A traditional dojo is not a business. It is a community and location where people can gather and work collectively to become their best selves. Nevertheless, there are expenses: rent, insurance, utilities, etc. It is deeply appreciated if members can continue to pay dues during this crisis. It will help ensure our survival. However, if you are unable to pay dues, we understand. Please talk to us. Every situation is unique, and unique solutions for every situation are possible. This is the advantage of belonging to a community-oriented, family-owned dojo. A dojo is its members. Without you, there is no dojo, no community, and no aikido.

-Josh Paul, chief instructor

The New York State on PAUSE initiative—the stay-at-home and physical distancing protocols we are (or should be) currently practicing—are now in effect until April 29, 2020. News reports and statistics from this past week indicate that these protocols may be slowing the spread of COVID-19 in New York State. It has been suggested that “non-essential” businesses may begin reopening in May 2020.

Of course, it remains unclear to everybody in the U.S. (and maybe the world) how we will safely resume some semblance of normalcy. Will the National Institutes of Health or the Centers for Disease Control and Prevention devise a systematic, evidence-based strategy for returning to public life? Will someone simply declare that America is once again open for business regardless of the potential risks and consequences? Will we be left to sort through the data, advice, and recommendations and form our own conclusions and strategies?



We will continue to monitor the news and keep you informed about the dojo's status while we also plan special events and classes for when the doors reopen. In the meantime, remember to breathe, wash your hands, go outside, and to get your information from reliable sources that believe in and use science.

### **(Hopefully) Upcoming Aikido World Alliance Seminars**

May 29-31: Andrew Sato shihan at Aikido of Cincinnati, OH

June 26-28: Kyushinkan Dojo, Alpharetta, GA

July 15-19: Summer Camp, Kiku Matsu, Chicago, IL