Welcome to the new world of Zoom Karate!

There is no one perfect way for teaching karate online. What is your teaching personality? Your personal teaching style, the type of club you have, and the learning preferences of your students will all play a part in how you might choose to teach via Zoom.

Recommendations for all online dojos

- Be okay with making mistakes while you learn how to teach karate online. It's a learning experience for all of us! For the most part, students will just be thankful that you're putting in the effort to continue teaching them and won't mind learning how to zoom along with you!

- Mark out your floor space so that you always remain within the view of the camera.

- Be prepared to teach students who are training in confined spaces (e.g., hallways, small living room space) or in the backyard (slippery grass). This requires adjustments to how you teach kata in particular, among many aspects of our curriculum.

- Use a headset (with mic) for better sound quality for students. The headset will fall off from time to time, but that's part of the fun!

- The bigger the screen, the better, for students and Senseis alike. If possible, connect your ipad/mobile/computer to your TV so that you can view your students easier.

- Use "Gallery View" (Brady Bunch view!) so that you can see more of your students perform techniques.

- Have students use "Speaker View" and have them pin your video so that they always have your video highlighted (They need to use the "Pin Video" function to do this).

Additional tips for larger dojos/lots of background noise at students' homes

- Have all students mute their sound. (You can also mute your students' audio from your computer as well. This is usually the easiest way to deal with students who don't know how to use technology.)

- If there are video issues, have students turn off their videos. Large numbers of student videos can interfere with internet speeds, and affect video quality. By having

all students turn off their video, then the video will improve and they'll hear and see your demonstrations/instructions better.

Specific recommendations for smaller dojos/ personal coaching models/sensei who prefer verbal feedback from students

- Leave the sound unmuted.
    - This can be mutually motivating. You and other students can hear other students' kiai which can help students to push harder.
    - This also makes it easier for students to ask questions.
    - (It may be necessary to ask some students to mute their cameras if there is too much background noise coming from their homes)
- Ask the club's sempai or another senior student to demonstrate techniques while you give instruction and give feedback to individual students. Have students pin the video of the sempai (use the "Pin Video" function) so that they can see demonstrations while you focus on giving feedback.
- To enable more individualised feedback, use the "Pin Video" function to highlight a particular student's video on your screen (this makes their video bigger on your screen when you're in "Speaker View"). You can rotate through students doing this. For example, you could have the class do a kata several times, and focus on one or a couple of different students each time the class does the kata.

Security tips

- To maintain the security of your dojo, only provide the Zoom URL to dojo members, invited guests and others who you trust to share your URL with. Doing this via email or in a restricted access Facebook page are good options for distributing the Zoom URL. This works well for dojo-level zoom classes where everyone knows each other (or at least the Sensei knows everyone).
- However, for larger events or more "open" style training sessions, the following precautions could be considered:

- o Enable a "Waiting Room" for either all participants or just for non-invited guests. You can find comprehensive details here: https://support.zoom.us/hc/en-us/articles/115000332726-Waiting-Room. This enables you to verify the identity of each participant before being admitted entry.

- o Alternatively or in addition to, click on the "Security" shield button at the bottom of the screen. From here, you can disable the "Share screen" features as well as the "Chat" feature. You can also "Lock Meeting" so that people can't join the class once the teaching has begun and you're busy teaching/participating and potentially not notice an unwanted guest joining in on the action.

- o There are some other ideas here: https://www.zdnet.com/article/make-sure-your-zoom-meetings-are-safe-by-doing-these-10-things/