



MAT BURN



PLANO, TEXAS



YOKOSO! "WELCOME TO THE EASTSIDE"

BY RP TAYLOR

Welcome to the Eastside? Yes! Welcome to the first edition of the Eastside Dojo Monthly Newsletter! Here, you will be kept up to date with the important happenings regarding judo at the dojo, as well as in the D/FW metroplex, Texas, and the USA.

The name remains the same, but as you most likely already know, the dojo has moved from the eastside to the westside of Central Expressway (HWY 75) in Plano. Although 2020 was an unprecedented year, the move to the new facility was a major accomplishment and highlight for Eastside Dojo. *continued on pg.4*

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Adaptation

"Judo teaches us to look for the best possible course of action, whatever the individual circumstances, and help us to understand that worry is a wasted energy."

KANO JIGORO
FOUNDER OF JUDO

Wait, What?

ADAPTING AND TRAINING DURING THE PANDEMIC

"Wait, what? We have to close down?" That was the sentiment when the City of Plano delivered the news to Eastside Dojo that they had to suspend all in person operations until further notice.

What a bummer for Eastsiders and their families considering that when the dojo moved to its new home in January of 2020, the excitement of new possibilities was in the air. Because the newly renovated building was larger and offered more seating and dedicated parking, regular tournaments were a goal. As a matter of fact, on February 29th,

Eastside hosted the first NTX Slam Tournament. Then, less than a month later the doors were closed.

Although everyone knew it was necessary with the looming pandemic on the very near horizon, it was a tough pill to swallow. But, it was handled with grace and they adapted as any true judoka would.

As the great *Kano Jigoro* emphasized in the quote highlighted above, the best possible course of action considering the circumstances at the time needed to be taken, and energy could not be wasted worrying about all of the uncontrollable variables. So, they both enhanced and added some new best practices to their protocol.

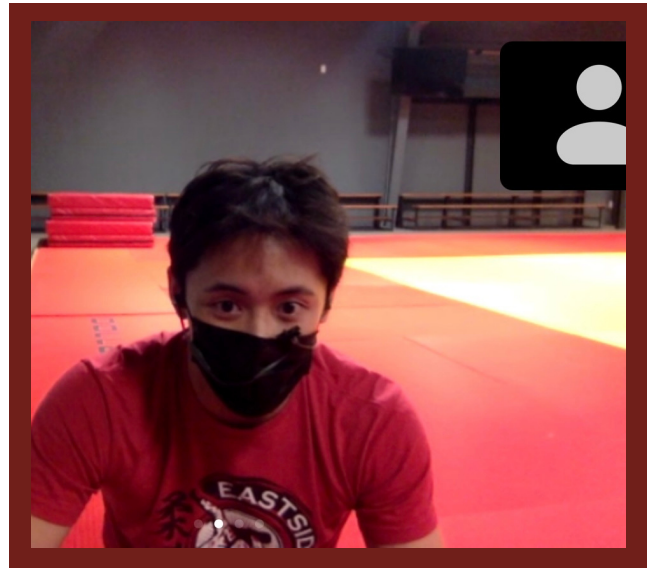
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Zooming with Hieuy

BY RP TAYLOR

“Ichi” (1), “Ni” (2), “San” (3), “Shi” (4), “Go” (5), “Roku” (6), “Shichi” (7), “Hachi” (8), “Ku” (9), “Ju” (10)

“These are Hieuy Nguyen’s words as he counts and takes his students through their stretches and warm up exercises. There’s one significant detail that differentiates his class from most other Judo classes. See, while the counting and stretches are the same, but his class is virtual. Instead of being held on premises at Eastside Dojo, it is hosted on Zoom at 7 pm every Monday and Wednesday for an hour. This class was created as a result of the Eastside Dojo’s adaptation regarding the initial quarantine of the pandemic as the novel coronavirus, COVID-19, held everyone hostage.



How many of you and/or your children have some sort of a computer, laptop, smart phone or tablet/s?

With new technology being released every year, and the commonality of computers and laptops in most homes, never has there been a time before in history that almost everyone, at least in a first world country, has had such a wealth of knowledge and opportunity within reach.

Initially when classes first began in April of last year, they were taught by Russ Hogan and Nyam-Ochir Sainjargal aka Nyamka. It was in June, when the dojo reopened, that Hieuy began teaching the classes along with Alexandra LeFort. Once Alexandra returned to school in the fall, the class became all Hieuy’s.

It only made sense to have this zoom class taught by a judoka like him. Hieuy was introduced to martial arts at a very young age and developed a love for it over the years. Also, he is a recent graduate of the University of Texas pursuing a career in IT (Information Technology). Lover of Judo plus an IT professional sounds like a perfect virtual teacher.

Yokoso "WELCOME TO THE EASTSIDE"

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BIGGER IS BETTER?

Yes! Not always, but in this case, it absolutely is. It has been especially beneficial as we create a new normal as a result of the pandemic. From the outside in, the facilities offer more dedicated space for Eastside, their students, and their families. Check out just a few features of the new space:

WELL LIT BUILDING WITH DEDICATED PARKING



LARGER DOJO MAT

AMPLE SURROUND SEATING



EXERCISE & WEIGHT ROOM

ADAPTING AND TRAINING DURING THE PANDEMIC

Continued from pg 2



WEARING MASKS

SOCIAL DISTANCING



SANITIZING

UPCOMING EVENTS



30TH ANNUAL
LONE STAR CLASSIC

APRIL 3, 2021

SANCTIONED BY USA JUDO AND HOSTED BY OKURI
JUDO CLUB

USA JUDO SENIOR NATIONAL
CHAMPIONSHIPS
RENO, NEVADA
MAY 15 - 16, 2021

<https://www.teamusa.org/USA-Judo/Events/2021/May/15/USA-Judo-Senior-National-Championships>



US Open
Orlando, Florida
JULY 23 - 25, 2021
<https://www.teamusa.org/USA-Judo/Events/2021/July/23/US-Open>

(Copy and paste web addresses in your browser for more information.)

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