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To Hanshi Sonny Pillay. President KSA

Mr President

I addressing this letter to you in order to highlight some aspects about the current situation pertaining the training at the dojos

As a medical practitioner I has being assisting patients with Covid 19 infection almost on a daily basis.

As a karate teacher and practitioner I had decided to keep the dojo closed until September 2020 and continue the instruction on line

There are some medical situations that I has encountered and will like to share

Case 1: 60 years old diabetic patient presented himself in emergency room at the private hospital with moderate shortness of breath, moments later developed severe hypoxemia, very high inflammation markers with Covid 19 pneumonia on the X Rays. Needed urgent transfer to ICU

Case 2: 68 years old Gynecologist working sessions at Greys Hospital in Pietermaritzburg. The doctor that delivered 2 of my daughters and a personal friend. Mild flu symptoms and no known contact with Covid 19 cases, tested positive for Covid 19 and is now struggling with his breathing and with Oxygen at home. His younger wife (an Anaesthetist) and 2 sons were tested negative

Case 3: 63 years old diabetic strong farmer with mild flu symptoms is having Covid 19 pneumonia. His wife and son are ok and tested negative

Case 4: Elderly woman of 89 years old with Hypertension and Cardiac Arrhythmia is doing quite well but still tested positive for Covid 19 PCR (active viral replication in the upper respiratory tract) after 20 days of initial test and treatment

Case 5: 74 years old woman went for an orthopedic intervention being in good health. She contracted Covid 19 infection at the hospital that she went, and few days later I had to admit her in our private hospital with Covid 19 pneumonia, she develop septic shock, multi organ failure and demised 4 days later under my care in our ICU

I had summarized few of the cases that have a common aspect of being older than 60 years with or without co morbidities, trying to bring to your attention that our instructors and or students that are aged have a considerable major risk of morbidity and mortality from Covid 19 infection even despite of taking all the precautions that KSA had implemented and its compliance

Guidelines for hospitalized patients changes very frequently meaning there is no consensus on an optimal treatment and once you are in the hospital your outcome is not guaranteed mostly if you are

older. Therefore the expert agreed that your best chances are not needing or delaying your hospital admission for obvious reasons

That implies and it is the only national and international measures that they agreed help prevent, minimize or delay the Covid 19 infection are the use of face mask (but not during exhaustive exercise), washing hands frequently and **SOCIAL DISTANCING** that involves not social gathering and stay at home.

It is for that obvious reasons that I strongly recommend Mr. President that ALL persons of 60 years and older restrain of group training until the major crisis has been solved. IT is a survival time and discipline (as martial artists have) and good health education can and will play a major role in controlling this pandemic.

Yours in Karatedo spirit



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