

	<p>Hello Everyone Welcome to the 1st quarterly T.P.M. newsletter “Traditional taekwondo is like a life boat on troubled seas” -G.M Cook. Please Visit: tpmmartialarts.com. Contact Master Arun at tpmmartialarts@gmail.com Please forward this newsletter to family, and friends. Thank you!</p>
<p><u>Inspirational quote</u> “The most difficult part of traditional taekwondo is not learning the first kick or punch. It is not struggling to remember the motions of a poomsae or becoming acquainted with Korean culture. Rather, it is taking the first step across the threshold of the dojang door. This is where roads diverge, where choices are made that will resonate throughout a lifetime.” -Grandmaster Doug Cook</p>	<p><u>T.P.M. Student testimonials</u> “Training at T.P.M. has given me the opportunity to do something I have always wanted to do, but I get to do it with my son. Taekwondo has given me the chance to learn not only a martial art, but also has allowed me to be more introspective of myself. Master Arun is a fabulous instructor who has the patience of a saint.” -Jason Collinsworth “Training in taekwondo lets me spend time with my father and learn self-defense. I really enjoy kicking and breaking too.” -Ethan Collinsworth</p>
<p><u>Taekwondo terminology</u> Moo Duk Kwan- The “School of Martial Virtue”, one of the original Korean martial arts schools founded by Hwang Kee in 1945. This is the style of taekwondo we practice at T.P.M. U.S.T.A.- The United States Taekwondo Association was founded by the late Grand Master Richard Chun and is currently under the direction of Grand Master Doug Cook. Dan: A grade of black belt ranging from one to ten. Gup: A grade given to the color belt taekwondo practitioner before the attainment of the black belt. Reference: Taekwondo- Ancient Wisdom for the Modern Warrior- Doug Cook</p>	<p><u>T.P.M. Event news</u> On November 15, 2020 T.P.M. had its quarterly belt testing. Belt testing students showed true taekwondo spirit, thus overcoming adversity of these trying times due to Covid-19. Belt testing- Awarded for outstanding achievement during belt testing Class attendance: Malachi Greenplate Belt testing performance: Matthew Spidella and Rosalina Spidella CONGRATULATIONS to all students who got a belt promotion.</p>
<p><u>Welcome to new students</u> Rosalina and Griffyn!</p>	<p><u>Life in Korea</u> One major holiday in Korea is Lunar New Year’s Day (Seollal), celebrated on January 1. Many stores and restaurants close during the holiday and people enjoy a family reunion. The most important food dish served during Lunar New Year is rice cake soup (tteokguk). There is a Korean saying that you haven’t aged a year until you’ve had New Year’s tteokguk. (Ref. This is Korea, by CHOI Jung-wha & LIM Hyang-ok)</p>
<p><u>T.P.M. Merchandise (in Season)</u> -Sweat shirt Hooded pullover \$30.00 -Sweat shirt crew neck \$20 -T-shirt \$15</p>	