


April 15, 2021

	<p>Hello Everyone Welcome to the quarterly T.P.M. newsletter "Patience is the cornerstone of progress"-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 quotes</u> "When restraint and courtesy are added to strength, the latter becomes irresistible." -Mahatma Gandhi "Courtesy is as much a mark of a gentleman as courage." -Theodore Roosevelt "We must be as courteous to a man as we are to a picture, which we are willing to give the advantage of a good light" -Ralph Waldo Emerson</p>	<p><u>T.P.M. Student testimonials</u> "I like taekwondo because it trains you to control yourself and to stay calm. It teaches you to defend yourself if you're ever in trouble and what to do in that situation" -Julian Hall-Belluscio 1st Dan Taekwondo "I am thinking about being an instructor. I enjoy the classes." -Andrea Ward Bodan Taekwondo</p>
<p><u>Taekwondo terminology</u> Kwan Jang Nim- Grandmaster (7th Dan – 9th Dan) Sa Bum Nim- Master (4th Dan – 6th Dan) Sun Ba Nim- Senior (1st Dan – 3rd Dan) Ordinals in Korean- Eight Taegeuk Poomsae il- first e- second sam- third sa- fourth oh- fifth yuk- sixth chil- seventh pal- eight (ex. Taegeuk Il Jang- First Chapter (Jang) Reference: Traditional Taekwondo Core Techniques, History, and Philosophy- Doug Cook</p>	<p><u>T.P.M. Event news</u> On February 21, 2021 T.P.M. had its quarterly belt testing. Belt testing students showed true taekwondo spirit through their perseverance. This allowed them to see light at the end of the dark tunnel during these trying times due to Covid-19. Belt testing- Awarded for outstanding achievement during belt testing Class attendance: Andrea Ward Belt testing performance: Griffyn Navitsky CONGRATULATIONS to all students who got a belt promotion.</p>
<p><u>Welcome to new students</u> WELCOME COURTNEY!</p>	<p><u>Life in Korea</u> Almost every relationship in Korea is based on a higherarchy. The person of a lower status is duty- bound to respect and obey, while the person of a higher status is supposed to look after and protect the other. For ex. teacher – student (taekwondo). (Ref. This is Korea, by CHOI Jung-wha & LIM Hyang- ok)</p>
<p><u>T.P.M. Merchandise (in Season)</u> -T.P.M. Draw string pack \$15.00 -T.P.M. uniform \$45.00 -T-shirt \$15.00 -NEW! T.P.M. logo patches \$5.00 (COMING SOON)</p>	

T.P.M. (Taekwondo Professional Mission) Martial Arts
111 Route 6, Milford, PA 18337
Master Arun Cell# (845) 344-7912