

July 15, 2021



Hello Everyone,  
Welcome to the quarterly T.P.M. newsletter!  
Please Visit: [tpmmartialarts.com](http://tpmmartialarts.com). Contact Master Arun at  
[tpmmartialarts@gmail.com](mailto:tpmmartialarts@gmail.com) Please forward this newsletter to family, and friends.  
Thank you!

**Inspirational quotes**

“Real integrity is doing the right thing, knowing that nobody’s going to know whether you did it or not”

-Oprah Winfrey

“The strength of a nation derives from the integrity of the home”

-Confucius

(Reference: brainyquote.com)

“We must adjust to changing times and still hold to unchanging principles”

-Jimmy Carter

(Reference: wow4u.com)

**Taekwondo terminology**

Tanjun- The body’s Ki or energy center located two inches below the navel (bellybutton), where the Ki hap (spirit yell) originates.

Yudanja- Referring to dan grade or black belt as in the Case of the nine WTF (World Taekwondo Federation- now WT- World Taekwondo) black belt poomsae.

(Ref. Taekwondo a path to excellence by Doug Cook)

Good bye- An Nyung He Gae Sae Yo

America- Mi Gook

Korea- Han Gook

American Flag- Mi Gook Gee

Korean Flag- Tae Guk Gi

Mudo- Martial Spirit

Reference: taekwondonation.com

**Welcome to new students**

WELCOME KAIDEN!

**T.P.M. Merchandise (in Season)**

-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)

**T.P.M. Student testimonials**

On Saturday, July 10, 2021 T.P.M. Martial Arts hosted Bring-a-friend/parent day. The event encourages current students to bring a friend, parent or relative who might be interested in traditional (self-defense) taekwondo training, to try a FREE class. The event is open to the public as well. Thank you to all T.P.M. students, parents, family members and others who participated in making the event a success. If you are interested in a FREE trial class please contact: Cell# 845-344-7912 (Please leave message)

Sincerely,  
Arun Salgunan

**T.P.M. Event news**

On May 15, 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: Kaiden Mulzet

CONGRATULATIONS to all students who got a belt promotion.

**Life in Korea**

Greetings are an important part of overall good manners and reflect good upbringing. The greatest praise one can receive from an adult is, “That boy/girl really knows how to greet properly!” Examples of good manners:

-Bow to someone you are being introduced to.

-Do not cut in line. (Ref. This is Korea, by CHOI Jung-wha & LIM Hyang-ok)

**T.P.M. (Taekwondo Professional Mission) Martial Arts**  
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