

	<p>Hello Everyone, Welcome to the quarterly T.P.M. newsletter! 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> “I do not think that there is any other quality so essential to success of any kind as the quality of perseverance. It overcomes almost everything, even nature” <p style="text-align: right;">-John D. Rockefeller</p> “The difference between perseverance and obstinacy is that one comes from a strong will, and the other from a strong won’t” <p style="text-align: right;">-Henry Ward Beecher</p> “Perseverance, secret of all triumphs” <p style="text-align: right;">-Victor Hugo</p> (Reference: www.brainyquote.com)</p>	<p><u>T.P.M. Special holiday offer</u> If you were interested in starting traditional taekwondo (self-defense taekwondo) now is the perfect opportunity. Learn self-defense and character development (Courtesy, Integrity, Perseverance, Self-control and Indomitable spirit). Our offer comes with one free introduction month and uniform, a \$74.00 total value. We offer one FREE trial class. As the saying goes “I can describe an apple to you, but how will you know what it taste like unless you try it for yourself.” If you are interested in a FREE trial class or to take advantage of this offer please contact: Cell# 845-344-7912 (Please leave message) Offer valid (12/1/21-Exp. 2/1/2022)</p>
<p><u>Taekwondo tidbits</u> The late Grandmaster Richard Chun would always say that “The two techniques that can be used to measure a taekwondo black belts technical proficiency are the side kick and the double knife hand block.” This saying is often echoed by his disciple Grandmaster Doug Cook, my current teacher.</p> <p>The front kick (“ap chagi”) is sometimes called the “snap kick”, due to the incredible speed projected in this technique. It is one of the first kicks taught in taekwondo, however is often considered as one of the most powerful even at higher levels. (Reference: www.wuyi-taekwondo.com). At T.P.M./Chosun Taekwondo Academy the front kick is the first kick taught at white belt.</p>	<p><u>T.P.M. Event news</u> On August 21, 2021 T.P.M. had its quarterly belt testing. Belt testing students showed that when it comes to perseverance and other elements in life, it is not necessarily the physical attributes of the individual that makes the difference in self-defense or life, rather it is the fight in the individual that matters the most. The Belluscio family received the belt testing award for outstanding achievement-Perseverance CONGRATULATIONS to all students who got a belt promotion.</p>
<p><u>Welcome to new students</u> Welcome Joe and Joseph!</p>	<p><u>Life in Korea</u> Hangeul or Hangul-means “Great Script.” The creation and use of Hangul are described in a document published October 9, 1446 called the “Hunminjeong-eum”, The Correct Sounds for the Education of the People. Thus, October 9th is known as “Hangul Day” in Korea. (Reference: Totally Taekwondo Mag. 1/1/2021, Editor-Stuart Anslow)</p>
<p><u>T.P.M. Merchandise (in Season)</u> -T.P.M. Sweat shirt hooded pullover \$35.00 -T.P.M. Sweat shirt crew neck \$25.00 -T.P.M. Uniform \$45.00 -T.P.M. T-shirt \$15.00</p>	