



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**

“In the long run, the sharpest weapon of all is a kind and gentle spirit.”

-Anne Frank

“Loyalty and devotion lead to bravery. Bravery leads to the spirit of self-sacrifice. The spirit of self-sacrifice creates trust in the power of love.”

-Morihei Ueshiba

“Strength does not come from physical capacity. It comes from an indomitable will.”

-Mahatma Gandhi

(Reference: brainyquote.com)

**T.P.M. Belt testing news**

On February 10<sup>th</sup> & 12<sup>th</sup>, 2022 TPM held its quarterly belt testing. TPM students showed their indomitable spirit. Jameson Morgan, Steve Choi, Siwon Choi, and Brad Choi received the belt testing award for outstanding achievement for quarterly class attendance. Joseph E. Teeple Jr. and Michael Zamborsky received the belt testing award for outstanding achievement for performance. Thank you to all TPM students, friends and family’s for making the event a success.

CONGRATULATIONS! to all students who got a belt promotion!

**Welcome to new students**

Welcome Jordan!

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

- T.P.M. U.S. Flag bag \$40.00
- T.P.M. Draw string pack \$15.00
- T.P.M. Uniform \$45.00
- T.P.M. T-shirt \$15.00

**T.P.M. Taekwondo events**

- 1) TPM held a special event from March 7-12, 2022. The week was dedicated to teaching TPM students and parents how to tie a Taekwondo belt, hold punching and kicking targets and how to hold a wood breaking board (Pee-wee board only). March 10<sup>th</sup> is National Popcorn Lovers Day. For this reason each TPM student received one bag of popcorn during the week.
- 2) From April 4-9, 2022 TPM held Bring-a-friend week. Students were invited to bring a friend who might be interested in trying a free Taekwondo class. Thank you to all TPM students who participated in the events.

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

On April 11, 2022 TPM held a special event class to celebrate Taekwondo’s birthday (April 11, 1955). During the class TPM students performed techniques that were passed along from teacher to student (Taekwondo Moo Duk Kwan=Grandmaster Chong Soo Hong to GM Rhin Moon Richard Chun to GM Doug Cook to Master Arun Salgunan). The class consisted of traditional taekwondo basics, hand techniques, stepping basics, kicking techniques, one and three step sparring, grabbing defense, pre-arranged sparring and las but not least form (which GM Chun would always say “without form there is no taekwondo.”  
 HAPPY BIRTHDAY! TAEKWONDO!

**Life in Korea** (Ref. This is Korea, by CHOI Jung-wha & LIM Hyang-ok). Korea’s ancestors placed great importance on harmony, in colors as well. Five colors basic to Korean life. **Blue**-East, wood, blue dragon-**White**-West, metal, white tiger-**Red**-South, fire, red phoenix-**Black**-North, water, black turtle. **Yellow**-Middle, earth, yellow dragon. These colors are used in the Korean Flag, clothing, food and Korean homes.

**April 15, 2022**

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