



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!

Inspirational quotes

“Control yourself or someone else will control you.”
 -Anonymous
 “Silence is not always a sign of weakness; it’s also a sign of strong self-control.”
 -Anonymous
 “Self-control-what lies in our power to do, it lies in our power not to do.”
 -Aristotle
 “If you learn self-control, you can master anything.”
 -Anonymous
 (Reference: www.awakenthegreatnesswithin.com)

T.P.M. Belt testing news

On October 16, 2021-Andrea Ward and Collin Mulzet of TPM were promoted to 1st Dan in Taekwondo. Thank you Grandmaster Doug Cook, Patty Cook, Master Danielle Roche and Master Terrie Testa for officiating the Dan testing, all T.P.M./Chosun instructors, students, family and friends for making the event a huge success. Congratulations! to all Dan promoted students.
 On November 11 & 13, 2021 TPM held its quarterly belt testing. Joseph E. Teeple Jr. and Joseph E. Teeple Sr. received the belt testing award for outstanding achievement for performance.
 CONGRATULATIONS! to all students who got a belt promotion!

Welcome to new students

Welcome Steve, Ashley, Brad, Siwon, Jameson, Michael, William, Nehemiah and Thalia!

T.P.M. Merchandise (in Season)

- 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

T.P.M. Attends taekwondo event

On Sunday, November 21, 2021 the Chosun Taekwondo Academy and the USTA (United States Taekwondo Association) hosted a day of tribute to Grandmaster Richard Chun: Taekwondo as taught by a true pioneer of the art. T.P.M. students attended the event. During the event Master Arun of TPM Martial Arts said a few words about what it was like to have received training and be Dan promoted by Grandmaster Chun. The event consisted of a video tribute to GM Chun, basic skills/hand and kicking techniques, sword practice, self-defense, and poomsae/hyung practice. Thank you GM Doug Cook, Patty Cook, all session conducting Grandmasters and Masters and all TPM/Chosun students who attended.

T.P.M. Event news

On December 15, 2021 T.P.M. held a Student and Parents Appreciation Day. The purpose of the event was for T.P.M. to show appreciation towards its members for their commitment towards the art of taekwondo during the year. A year of the unknown due to Covid and prayerfully a year of a new hope for mankind. During the event T.P.M. students and their parents were given a Certificate of Appreciation for the Year 2021.
 Wishing everyone a Safe, Healthy and HAPPY NEW YEAR!

Life in Korea

Koreans celebrate New Year’s Day at the start of the year on the lunar calendar (Solnal). Many Koreans also celebrate the New Year at the beginning of the solar calendar (January 1) as Westerners do. Thus, many people in Korea and abroad celebrate New Year’s Day twice. (Reference: Google search-July 23, 2021).