



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!

Wisdom quotes

“If you know the art of deep breathing, you have the strength, wisdom and courage of ten tigers.”

- Chinese adage

“A calm mind brings inner strength and self-confidence, so that’s very important for good health.”

- Dalai Lama

“Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.”

- Oprah Winfrey

(Ref. All three quotes- Internet: wisesayings.com)

T.P.M. Arun Salgunan reflection

“Taekwondo at Borio Blanco”

A Martial Arts Retreat in the South of France

August 3-10, 2013

More than 11 years ago several Chosun Taekwondo Academy students including myself, embarked on a journey to the South of France. During this journey, we gained knowledge about Taekwondo philosophy, enhanced our skills and bonds were formed between comrades. I thank Grandmaster Doug Cook, Patty Cook and all other fellow participants for creating a truly memorable experience. Participating in the Chosun Taekwondo Academy 2012 Korea Training & Cultural Tour, was a highlight of my Taekwondo training and life.

I am looking forward to Canada 2025.

T.P.M. News

On Saturday, September 28, 2024 TPM Martial Arts hosted a Book Sale & Open House. The proceeds from the book sale will be donated to the Milford Public Library located in Milford, PA

Thank you to all those who participated in the event.

Sincerely,

Master Arun

T.P.M. Event news

TPM Now offering morning classes:

Mondays and Wednesdays: 11:15 AM – 12:15 PM

Adults only

Registration required!

To register contact: tpmmartialarts@gmail.com

T.P.M. Upcoming events

Chosun Halloween Harvest Celebration

Date: Sunday, October 27, 2024

Time: 3:00 PM

Free Admission!

A Day of Tribute to Grand Master Richard Chun

Date: Sunday, November 10, 2024

Time: 12:00 PM – 4:00 PM

Training fee \$15

Please join us! Sign-up for both events at TPM

Location:

Chosun Taekwondo Academy (Chosun dojang)

60 Galloway Road Unit 2

Warwick, NY 10990

Introducing TPM YouTube Channel

<https://www.youtube.com/@TPMMartialArts>

T.P,M Merchandise offers

Ask about our separate Beginner and Holiday package. Reg. price \$120 Pack. Price \$90 (SAVE! 25%-OFF \$120)

Belt testing news

On August 24, 2024 TPM ages 6 – adult belt tested.

On August 25, 2024 Arun Salgunan belt tested.

On July 28, 2024 Arun Salgunan, 5th Dan Kukkiwon.

Congratulations to all belt promoted students!

Summer 2024

Thank you! to all TPM students, family and friends who participated in the TPM/Chosun Summer events.

Master Arun, new book: Traditional Taekwondo: The Link Between The Past, Present and Future Published and available on Amazon

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

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