

Monday, April 6, 2020

Dear Parents and Students,

As we start this third week of quarantine, it saddens me to note that the number of infected is increasing every day, with no solution in sight. Despite this discouraging news, we want to continue offering a positive, enjoyable activity for the students of Queens Taekwon-Do Center through the various electronic devices available in your home.

Although there are a number of limitations to virtual training, we feel it is an important way to maintain continuity in training and preserve the level of skill gained before this pandemic. Due to the nature of this situation, we offer this service **at no cost**. There is no need to be afraid to participate in class. All you have to do is download the “Zoom Cloud Meeting” application, or go to <https://zoom.us/join> to join the meeting.

1. Click “Join a Meeting”
2. Enter with video and audio
3. Enter the ID number #: 426-165-7668.
4. When prompted, enter the Password: 398658 *(This is a new step to resolve the problem we had on Friday with connectivity.)*

Remember, the application is **completely free**, as well as the time participating in the virtual classes. Classes are Monday, Wednesday and Friday at the times previously established. We want to thank you for your support and we firmly believe that when this situation has passed, we can sit down and make any necessary adjustments to your QTC membership.

For now, I want to make the following recommendations in order to make the best of the time spent in the virtual classroom:

- Enter training 5 minutes before class time.
- Verify the participant's image is visible, including as much of the person as possible. Do not include only the face. (You can experiment with different positions, moving the camera further away or at a higher location.)
- Execute the movements with realism. Don't focus on the screen while performing the movements, and **remember to breathe and “kiap” when performing the movements—the same as we would in the dojang.**
- When you are in class, please pay attention and avoid distractions.
- We ask parents to help the younger children in order that they can better execute the movements.
- Try to practice using the correct terminology.
- Remember: keeping busy is the best way to combat boredom.
- Do not forget to wash your hands often, using soap and warm water; avoid going outside; and follow the directions of the healthcare authorities.

I hope to see all of you online and look forward to the day we can meet again in the dojang.

Be safe, stay healthy.

Grand Master Suarez