



Queens Taekwon-Do Center

Affiliated to the International Taekwon-Do Federation (ITF) and the National Taekwon-Do Association -ITF (NTA-ITF)

April 12, 2020

Dear Parents and Students:

Our third week of virtual training was a great week. I am very happy to see that you have not lost your enthusiasm and are maintaining a positive and calm attitude. This is the best to do. Being positive will boost your immune system.

I recommend that you visit www.qtc-itf.com regularly for weekly updates.

I made a comparison. Now that we are all home and everything has become routine, we start to complain about the things we have to do every day. We begin to understand why we have to repeat certain things every day. You don't like brushing your teeth, but when you brush your teeth frequently you have healthy teeth, you don't have to go to the doctor often, and it saves time and money.

The same is true of repeating Taekwon-Do movements. When you repeat a single movement many times, you will master them over time; you increase your ability until the movements become a reflex that can be applied in a real life situation in case anybody wants to intimidate you or harm you. For this reason, I encourage you to practice these techniques at home in your spare time in order to increase your confidence and reaction time.

To make it easier to practice at home, I will post on the QTC website what we are doing by class. Follow your rank and do your best to complete the exercises. Classes will be classified by day (Monday, Wednesday and Friday) and by rank. Follow your rank for a better understanding

- On Monday we practice individual techniques for each level.
- On Wednesdays we practice a set of movements for each level.
- On Fridays we will practice section of the patterns, or kick combinations for each level.

You can refer to the **QTC Requirement Books** to complete the task or review additional techniques, and better understand the purpose of each individual technique.

I look forward to seeing you in class again this week!

Grand Master Suarez