



# Queens Taekwon-Do Center

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

May 4, 2020

Dear Parents and Students:

Congratulations!!! We have survived another week!

But I try to remember, at least we can see each other virtually; this advantage we would not have had in any other age means a lot. I thank you for being part a of that process.

This is our 5<sup>th</sup> update with you since March 18, the day we closed our school due to the Coronavirus pandemic. COVID-19 has brought many deaths around the world and has hit this country especially hard. With New York State the epicenter of the pandemic—where almost 25% of the deceased are from our own city—it is obvious that we have a great impact on the situation.

With this in mind, I suggest to parents and students that we make an effort to stay home a while longer. Avoid exacerbating the contagion. I think the situation is being taken very lightly by some, and I hurts me to see people not taking it more seriously. In the long run, the quarantine will not help any of us who have been confined if there are irresponsible people who have been treating this situation carelessly. I do not like to be pessimistic. I only hope we don't get to the same point as countries in Europe where the severity of the virus and quarantine restrictions were far more severe. I understand the need we all have to pay rent and debts, and buy food, etc. While this is true for everyone it obviously affects some more than others.

With this in mind, we want to contribute, as a school, our part by continuing to offer our classes which have been given regularly and have been tremendously successful. We also want to extend the invitation to parents and students to participate in the boot camp classes with Claudia (Saturdays and Sundays at 11:30am). It is pure physical conditioning from home and an excellent course. Believe me. I have done it myself, and I like it.

In closing, I wanted to bring attention to something from the *Encyclopedia of Taekwon-Do*, written by General Choi. It is something that resonates greatly at a time where material items have lost value and we begin to remake our lives in a different way where I believe certain values will definitely change. I am referring to the values of Moral Culture, which we try to put it into practice when practicing the art of Taekwon-Do. Moral culture is based on eastern ancestral traditions and by the reasoning of a person who lives morally within society.

The **five fundamental essences of moral culture** are as follows:

1. Humanity
2. Righteousness
3. Courtesy
4. Wisdom
5. Trust

In addition to these five important points, moral culture also teaches us about:

1. Greed is insatiable
  2. Be humble
  3. Self-criticism
  4. Be soft
  5. Respect the elders
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TAEKWON-DO: MORE THAN A SPORT, MORE THAN A MARTIAL ART... A WAY OF SOCIAL DEVELOPMENT.

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6. Respect the Rights of others
7. Be Just
8. Be frugal,
9. Be discreet
10. Know true happiness
11. Let your actions speak for you
12. Develop peace of mind
13. Be of firm mind
14. Be devoted
15. A Man can occupy two positions in his life: One that consists of the five heavenly virtues listed above; and the other man-given, as a position at work or in life.

I leave for your reflection this last part. How can *you* make a contribution through these points to raise awareness of our materialized society?

Thank you for your continued support.

Be strong, stay safe, remember to follow safety procedures.

Sincerely,

Grand Master Ruben Suarez  
Director, Queens Taekwon-Do Center