



# Queens Taekwon-Do Center

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

May 18, 2020

Dear Parents and Students:

Again, as we begin this week, we want to thank you for your continued support of our school. The participation of your children in virtual classes is part of our commitment to continue fighting this evil that is affecting us all in one way or another. There is no doubt that this pandemic—whether we call it a pandemic, a coronavirus, or whatever—has been given to us to affect all of humanity.

The fact is this disease attacks the immune system. Therefore, firstly, one of the most important ways to counteract this is to stay active and positive and increase our confidence and self-esteem. Regular exercise is a good way to do this. Therefore, I invite you to continue training in TKD or any other activity. Second, try to maintain a natural diet that helps raise alkalinity in our body (e.g., spinach, lemon, avocado, garlic, mango, tangerine, pineapple). Third, take the necessary precautionary measures, but not extreme ones. Lastly, let's wait patiently for this situation to pass soon so we can return to a healthy, normal reality.

We want to thank those students and parents who have continued to fulfill their financial obligations to the school. We appreciate your effort. Especially since, in this way, we are able to partially cover the school expenses to keep running when we are ready to reopen. It is an effort that applies to everyone, and we will keep this in mind. While some people are still working, many others are out of work. We believe that we have been very clear, as previously stated, that during this time anyone who cannot make their payment for TKD classes only need to inform us and we will gladly collaborate with them. But communication is essential. Money is a material item. It may help improve certain aspects of our lives, but it is not essential. Our health, however, is. Without health and well-being, we cannot accomplish anything.

Unfortunately, the decision to open the school again does not lie with us; it depends on government regulations. We will reopen when we are permitted to do so by our governor and mayor. The important thing in the meantime is to maintain continuity and consistency in training, socialize and keep contact with friends, and remain mentally and physically active.

Getting back to classes, I suggest to students and parents that we remain committed despite the uncertainty and difficulty of this situation. This commitment applies as much to the continuity of class as it does to punctuality and responsibility. Even though we are not meeting in the school, many of the school rules still apply. Part of protocol—not only in Taekwon-Do, but in our daily life, is to maintain the courtesy of communication. If someone is unable to attend class, it is simple courtesy to inform the instructors. It teaches us commitment and responsibility, which in the long run is what we are teaching our children.

Since the classes have begun, we have been present, with the exception of one class which had technical problems and for which we tried to notify everyone in a timely manner. We are always here. What would you think if it were the other way around? How would you feel if we did not notify you in advance of the cancellation of a class? What would you think of us as instructors? As a school? As people? We believe that the work being done is very important, we have seen the progress of many students, and we need to all be committed in order to continue this great effort.



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Please, parents, if you enter the program and it does not open directly, it is because we have not finished the prior class and you are in a "waiting room". Please be patient. Simply stand by and wait, and when the class is ready to begin, it will load automatically.

The requirements for each belt are being met by 90%. This is a very high percentage given our limitations of space and restrictions of social distance. Also, we are continuing to review theory for each level so that our students maintain their knowledge.

In Taekwon-Do we teach the practice of patience as part of moral culture.

There is an Oriental saying: *"Patience leads to virtue or merit... One can make a peaceful home by being patient 100 times."*

Confucius said, *"Whoever is impatient in trivial matters will fail in his achievements in matters of great importance."*

To finish, I want to wish you all the best in the coming week. I wish you all good health, confidence, and above all a lot of positivity and the desire to move forward.

Sincerely,

Grand Master Ruben Suarez

Director, Queens Taekwon-Do Center