



Queens Taekwon-Do Center

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

April 20, 2020

Dear Parents and Students:

We must give thanks for one more week!!!

One month ago, on March 16, 2020, we held our last live class at QTC! We just finished our fifth week of quarantine and I hope with all my heart that everything is well for you, your family and friends.

As you may already know, the quarantine has been extended until May 15. After this, we will gradually return to a normal routine. The government has assigned the re-opening of the economy to happen in stages, by group. We are listed as the second group, along with schools and group meetings of less than 50 people. I look forward to the day we can meet again and share our lives as we adapt to this new way of living. We must remain conscientious of social distancing and follow the protocols necessary in order to avoid a renewed epidemic. I believe many things will change in our typical way of living. But I also know that maintaining an active lifestyle and practicing sports strengthens our immune system. Keeping active alleviates the stress that lowers our bodies' defenses. Therefore, I hope you all continue exercising and maintaining a positive attitude while adhering to proper hygiene requirements. Keeping busy is the best weapon we have for defending ourselves against this invisible enemy.

For now, I want to thank parents and students for their participation in the virtual classes. As I said earlier, while there are a number of limitations to virtual training, we believe it is an important way to maintain continuity in training and preserve the skill level acquired before this pandemic. Due to the unique nature of this situation, we offer this service at no cost. You should not be afraid to participate in class. All you have to do is download the "Zoom Cloud Meeting" app or go to <https://zoom.us/join> and "Join A Meeting."

I believe that, despite our limitations, we have managed to maintain significant continuity in our training. This is very important so that, when we return to normal, we will not have to start from scratch. I am very happy to see many of the junior students participating, paying close attention and trying their best to do the exercises as directed. Of course, not everything is perfect—some are watching the television or the other people in the home. But overall, I am very happy with the effort shown by all. Congratulations! I hope that the student average for each class remains high.

We are publishing information weekly on our website and we have also shared the requirements for each level so you can take advantage of them and practice at home at your leisure if you wish. Also, each student has the requirement book for each exam so they can read, study and be updated with the information the same way as from the previous levels.

I continue to insist on the following recommendations in order to make the most of our time in the virtual classroom:

- Enter training 5 minutes before class time.
- Verify that the participant's full image is visible. Don't just include the face. (You can experiment with different positions of the camera, moving it further away or to the highest position.)
- Execute the movements with realism. Do not focus on the screen while performing the movements and remember to breathe and "kiap" just as we would in the dojang.
- When you are in class, pay attention to the class and avoid distractions in the home.
- We ask parents to help the younger children to better execute movements.
- Try to practice using the correct terminology.

Remember: keeping busy is the best way to fight boredom! Don't forget to wash your hands frequently, using soap and warm water; avoid going outside; and follow the instructions from health authorities.

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

Sincerely

Grand Master Ruben Suarez
Director, Queens Taekwon-Do Center