

Dear QTC Students & Parents:

Yesterday was the first day of our virtual Taekwon-Do training and I am happy to say it was quite a success—even with my limited knowledge of technology! It makes me very happy to be able to contribute my small grain of sand during the trying time we are faced with today.

Despite the dire circumstances surrounding all of us, Claudia and I have decided to continue with our commitment to teaching. Our intentions are to help everyone accommodate a new quarantine lifestyle and prevent the spread of this devastating virus, while providing a healthy leisure activity from the safety of your living room through the screens of your cell phones, tablets and computers.

I am aware that most of us do not have an open space to move as freely as we would at our do-jang. Tight spaces limit some of the work we are used to as TKD practitioners. But as our founder, General Choi, used to say: *“any place under the sky is a do-Jang.”* While in a larger space we would perform patterns moving forward, backward, and turning in all directions, space limitations force us to perform the movements in our spot. In reality, this actually creates a number of situations that will help *develop* our technique further. The most important thing here is the dedication and sacrifice each student is willing to make. We believe where there is a will there is a way and there are no excuses not to practice our art.

This is all very new to us, and we know it is for you, as well. The process of organizing and preparing this new way of teaching has been more involved than I expected: from contacting everyone to helping the students and parents download and use the application, to logging all students’ phone numbers by class and rank, and trying to establish a modified curriculum. Our first attempt yesterday was not easy for me. My lack of familiarity with the system lead to various mistakes that we are all adjusting as we go along. Nonetheless, we went forward with our pilot class, regardless of all the inconveniences and setbacks.

The following participation was noted in our five virtual classes:

8:30 A.M. 8 students
4:30 P.M. 17 students
5:30 P.M. 13 students
6:30 P.M. 4 students
7:30 P.M. 9 students

TOTAL: 51 students

Not bad for the first day!

We are hoping for a larger turnout as the days go on, and we strongly feel this is a great way to stay united, be productive and healthy, and safeguard the health of our families, friends and community.

Classes will be meeting three times a week (**MONDAY / WEDNESDAY / FRIDAY**) with the following schedule:

CLASS TIME	PARTICIPANTS
8:30 A.M.	ADULTS ONLY – ALL BELTS
4:30 P.M.	Blue Belt – Red Stripe – Red Belt – Black Stripe
5:30 P.M.	Green Stripe – Green Belt – Blue Stripe
6:30 P.M.	White Belt – Yellow Stripe – Yellow Belt
7:30 P.M.	BLACK BELTS ONLY – ALL AGES

We are trying to reach as many QTC families and maintain constant communication to keep you up to date with this new development and style of teaching. Let’s work together to keep our minds and bodies busy and get through this unprecedented difficult time.

Offering my prayers and wishes to all students, families and friends. Stay safe. Stay healthy.

Grand Master Ruben D. Suarez

Director, Queens Taekwon-Do Center