

The Southern California TKD Academy Times

Founded Feb. 1st., 1975

By Patrick Steinhauser

Volume 15 Issue 11

www.socatkda.com

August 2008



This Month's Dojang News

This month we will be working on what you need to know for your test next month. Our test days in September will be; Tuesday, Sept. 2nd, Wednesday, Sept. 3, & Thursday, Sept. 4. You will only need to test one of those days. Your attendance requirements, in order to test, are as follows; White Belts, Yellow Belts & Green Belts need to attend 20 class meetings, within the three month period, between tests. Red Belts need to attend 40 class meetings and wait a six months between tests. For 4th Keub Green Belt, when testing for 3rd Keub Red Belt, you are responsible to write paper(s) assigned by Master Steinhauser and due at your 4th Keub test. All Test fees are \$ 20. per Test participant. If you don't know whether you have enough attendance days to test or whether you should test, please see Master Steinhauser, he will help you decide. If you have questions regarding what you need to know for your test, ask a Senior, it is part of our responsibility to assist you ****Also remember regular training will go on as usual.**

TEST RESULTS FOR JUNE 2008 - 134TH TEST

- | | | |
|--------------------------|-----------------------------|-----------------------------|
| 1. Costanza, Reno | 6 th Keub Green | 5 th Keub Green |
| 2. Pham, Benjamin | 6 th Keub Green | 5 th Keub Green |
| 3. Yamamoto, Kari | 7 th Keub Yellow | 6 th Keub Green |
| 4. Fascenelli, Nicolette | 7 th Keub Yellow | 6 th Keub Green |
| 5. Chester, Noelle | 9 th Keub Yellow | 7 th Keub Yellow |
| 6. Maya, Reina | 13 th Keub White | 11 th Keub White |
| 7. Martin, Geoff | 13 th Keub White | 11 th Keub White |
| 8. Tritle, Kyle | 13 th Keub White | 12 th Keub White |

Mark your Calendar: *NO Class on Labor Day, Monday, September 1st. Also on Saturday 9/27 will be the Jimmy Kim Tournament at the CSULB pyramid. Each year it turns out some great competition to watch and participate in. If you are interested see Master Steinhauser or go to www.thejki.com on the web.*

Happy Birthday... *In July to George J. on the 19th & Stephen H. on the 26... In August to Nicolette F. on the 5th, Aaron & Jacob M. on the 15th. We wish you lots of fun & happiness on your Birthday & many more great days to come!!*

From the Editor- I wanted to include this article because, I truly believe we are all here, to help make others better, as well as teach each other life's lessons...Well Mrs. Carner did that for me...when I heard she ran a 5k I asked her about it. Mrs. Carner wrote, "I didn't think it was a big deal. I just wanted to be a runner again and Master Steinhauser pushed me enough to try. I ran a 5k in Huntington Beach on July 4th. My goal was to run the entire distance without stopping. I haven't been able to do this since the original diagnosis. So, I finished the race without stopping, but I wasn't too happy with my time. I downloaded the results and found that **I placed 9th in my division out of 83 women and 510 out of 1731 overall.** The thing that I learned about myself is that I can do so much more than I let myself do. I needed that person to push me, which we know he (Master Steinhauser) does so well!"

Thanks Francis for sharing...I hope this article inspires you the way it did me. Believe you CAN do so much more then your mind tells you. You are training in Tae Kwon Do, aren't you...Keep up the good work, the payoff is incredible.

Please note:
Starting Mon., Aug. 11th we will no longer have a 5pm class...
See Newsletter regarding Test dates & Info., for next month. Also NO CLASS on Mon., Sept. 1st for Labor Day

Very exciting news Master Steinhauser will be conducting a **Women's Self Defense Class** on Sat., Sept. 20 at 10am - 12 pm. The Cost is \$30. & the class is limited to 30 participants - So tell any Women you care about right away as his class' fill up pretty quickly. Master Steinhauser puts on a very informative & practical class (you actually get to practice what you learn on real people).
See you there!

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
August 2008						1 5-6pm All 6-7pm All 7-8pm Adults	2 8-9am ALL
3	4 5-6pm All 6-7pm All 7-8pm Adults	5 5-6pm All 6-7pm All 7-8pm Adults	6 5-6pm All 6-7pm All 7-8pm Adults	7 5-6pm All 6-7pm All 7-8pm Adults	8 5-6pm All 6-7pm All 7-8pm Adults	9 8-9am ALL	
10	11 6-7pm All 7-8pm Adults	12 6-7pm All 7-8pm Adults	13 6-7pm All 7-8pm Adults	14 6-7pm All 7-8pm Adults	15 6-7pm All 7-8pm Adults	16 8-9am ALL	
17	18 6-7pm All 7-8pm Adults	19 6-7pm All 7-8pm Adults	20 6-7pm All 7-8pm Adults	21 6-7pm All 7-8pm Adults	22 6-7pm All 7-8pm Adults	23 8-9am ALL	
24	25 6-7pm All 7-8pm Adults	26 6-7pm All 7-8pm Adults	27 6-7pm All 7-8pm Adults	28 6-7pm All 7-8pm Adults	29 6-7pm All 7-8pm Adults	30 8-9am ALL	
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