

The Southern California TKD Academy Times

Founded February 1st., 1975 By Grand Master Patrick Steinhauser ~ Black Belt for over 45yrs

Volume 29 Issue II

www.socatkda.com

AUGUST 2022



The Meaning of Tae Kwon Do

~ Tae = Feet
 ~ Kwon = Hands
 ~ Do = The
 "WAY" we use
 our feet and
 hands to better
 ourselves.

The Meaning of Moo Duk Kwan

~ Moo = Mental
 ~ Duk = Physical,
 ~ Kwan = The
 "WAY" we use
 our mental &
 physical to better
 ourselves.

The 5 Kwan Association Members

~ Moo Duk Kwan
 ~ Ge' Duk Kwan
 ~ Oh Duk Kwan
 ~ Chung Duk
 Kwan
 ~ Kang (kong)
 Duk Kwan

This Month's Dojang News

TEST DAYS NEXT MONTH: Tuesday, September 6th, Wednesday, September 7th and Thursday, September 8th. Each student will only need to test one of those days. Your requirements to test are; White, Yellow & Green Belts must attend 20 class meetings within each 3 month period between tests. Red Belts must attend 40 class meetings within each 6 month period between tests. The test fee for each Student is \$25. and due when you test. If you are a 4th Keup Green Belt, testing for 3rd Keup Red Belt, you are responsible to write a paper assigned to you by Grand Master Steinhauser. If you have not been assigned a paper, see a Black Belt. Please have any papers assigned to you, on the day of your test. If you don't know whether you have enough attendance days to test or whether you should test, see Grand Master Steinhauser, he will assist you in making that decision. ***If you are not testing we will still have class as usual.**

MARK YOUR CALENDAR: No CLASS Monday, September 5, for Labor Day

TO ALL STUDENTS: Now is a good time to update your TKD Notebook...Go to our School website www.socatkda.com click around and look for:

DOCUMENTS Section: For Class material we review daily while training. Your TKD Notebook will be used to enhance your TKD training and as a tool, for you to use, to teach others. If you don't have a way to get the material printed out for your TKD Notebook, make a list of what you want, ask Ms. Fallaha.

GALLERY Section: To check out photos we have posted from our TKD School activities. If you have TKD school photos you would like posted on our website, you can email them to: tkd@socatkda.com

LINKS Section: We have put together websites of interest for forms, TKD information and much more.

SMART KIDS RULE Section: We have many Smart kids in our TKD Family, see their awards and stories.

NEW STUDENTS: Alex S., Evan S., Tennessee C., Alejandra S. and Monika N. Welcome to our Tae Kwon Do Family! Please feel free to ask any questions you may have and remember to have fun!



Patrick Kyo-sa-nim, Ryan L. And Alex S. We hope your special Day is filled with fun, laughter and love...

SUN	MON	TUE	WED	THU	FRI	SAT
AUG. 2022	1 5:30 - 6:10 6:10 - 6:50	2 5:30 - 6:10 6:10 - 6:50	3 5:30 - 6:10 6:10 - 6:50	4 5:30 - 6:10 6:10 - 6:50	5 NO CLASS	6
7	8 5:30 - 6:10 6:10 - 6:50	9 5:30 - 6:10 6:10 - 6:50	10 5:30 - 6:10 6:10 - 6:50	11 5:30 - 6:10 6:10 - 6:50	12 NO CLASS	13
14	15 5:30 - 6:10 6:10 - 6:50	16 5:30 - 6:10 6:10 - 6:50	17 5:30 - 6:10 6:10 - 6:50	18 5:30 - 6:10 6:10 - 6:50	19 NO CLASS	20
21	22 5:30 - 6:10 6:10 - 6:50	23 5:30 - 6:10 6:10 - 6:50	24 5:30 - 6:10 6:10 - 6:50	25 5:30 - 6:10 6:10 - 6:50	26 NO CLASS	27
28	29 5:30 - 6:10 6:10 - 6:50	30 5:30 - 6:10 6:10 - 6:50	31 5:30 - 6:10 6:10 - 6:50			