

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser - Black Belt for over 39yrs

Volume 24 Issue 5

www.socatkd.com

February 2017



This Month's Dojang News



This month starts the 42nd Year since Master Steinhauser founded our school, The Southern California Tae Kwon Do Academy...I hope you all will join me in saying a BIG THANK YOU for his many, many years of dedication and commitment to teaching us the time-honored tradition of our Ancient Martial Art, Tae Kwon Do. I know Master Steinhauser would say to all of his students: *"The school would be empty without you."*

OUR TEST DAYS NEXT MONTH ARE: Wed., March 1st, Thurs., March 2nd & Fri., March 3rd. 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 Test participant is \$25. and due when you test. If you are a 4th Keup **Green Belt**, testing for 3rd Keup **Red Belt**, you are responsible for a paper assigned to you by Master Steinhauser also due on the day of your test. If you have not been assigned a paper, ask him very soon. To all; if you don't know whether you have enough attendance days or whether you should test, see Master Steinhauser as he will assist you in making that decision. **And for those of you not testing, we will have class as usual.*

BLACK BELT TEST PARTICIPANTS: Your test will be Sat., June 17th. Your training schedule in order for you to stay eligible test is: January to March a minimum of 3 days per week, April-June a minimum of 4 days per week. You will be assigned papers to write, that are due before you test in June. Remember to get the 1st draft of your Test Application and your TKD Notebook in to Master Steinhauser for him to check. Your TKD Notebook should contain all Newsletters printed since you started class, as well as your Poomse (forms), (Tae Guek 1-8, Poomse Koyro), daily class exercises (Sparring steps, 1 Step, etc.), any papers written by Master Steinhauser and by you and anything else you think will enhance your Tae Kwon Do training. If you are missing that information or any Newsletters make a list (include dates for Newsletters) and give it to me (Ms. Fallaha) soon! If have any questions ask a Senior it is our responsibility to assist you.

A FRIENDLY REMINDER- To those who have not done so...**GET YOUR GOALS IN!!!** Your push-ups are adding up as you read this article.

WELCOME TO OUR NEW STUDENT- Conner W. If you have any questions, ask a Senior, we are here to assist you with your Tae Kwon Do training.

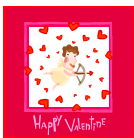
HAPPY BIRTHDAYS THIS MONTH: Trent Sobonim, Mr. Brady, Channary K., Elyas B. and Danny H. May your special day be filled with lots of laughter & much love.

STUDENT SECTION - Hey kids this part of the Newsletter is for you to share your interests with your classmates. Tell us about activities such as: school achievements, field trips, accomplishments and things that interest you. Even a recent vacation you took...Tell us about it! See Ms. Fallaha to share.

Kids also remember Master Steinhauser presents Academic Achievement Patches to wear on your Dobok (uniform) for exemplary report cards. For a 4.0 GPA **Black Patch** & for 3.0 GPA **Red Patch**. So study hard, keep your grades up & when your school year ends, bring in your report card for Master Steinhauser to see. If you don't get letter grades, don't worry, he will figure it out.



REMEMBER ...
You are responsible to make a Valentine's Card for your Mom AND always remember to appreciate your parents and family!



The Meaning of the Moo Duk Kwan Flag

Fist = Justice

14 Laurel Leaves around the Fist = 14 Provinces of Korea

Seeds on Leaves (all 6) = The known Continents of the world at the time the symbol was made.

3 Seeds on one side = 3,000 Li the distance between North & South Korea

Korean writing below the fist;
Left Side = Tae
Right Side = Kwon
Middle = Moo Duk Kwan

** Info. for your TKD Notebook >>>



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