

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 46yrs

Volume 30 Issue 5

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February 2023



FRIENDLY REMINDER...

On Valentine Day,
Feb. 14th,
make a Card for
your Mom.
Remember to
appreciate your
parents, friends &
Family, for all they
do for you!



The Meaning of the Moo Duk Kwan Flag

Fist = Justice

**14 Laurel Leaves around
the Fist** = 14 Provinces of
Korea

6 Red dots on Leaves
= The known Continents
of the world at the time
the symbol was made.

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

**The Korean writing
below the fist;**

Left Side = Tae

Right Side = Kwon

Middle = Moo Duk Kwan

**** Info. for your
TKD Notebook >>>**



This Month's Dojang News



THIS MONTH STARTS THE 48H YEAR SINCE GRAND MASTER STEINHAUSER FOUNDED THE SOUTHERN CALIFORNIA TAE KWON DO ACADEMY...

I hope you all will join me in saying a BIG "THANK YOU" to Grand Master Steinhauser, 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 Grand Master Steinhauser would say to all of his Students...

"The School would be empty without you."

A NOTE OF WISDOM FROM GRANDMASTER STEINHAUSER TO ALL BLACK BELTS AND SOON TO BE BLACK BELTS:

*"THE BLACK BELT AROUND MY WAIST DOES NOT REPRESENT WHO I AM,
IT DOES REPRESENT WHAT I CAN BE".*

YOUR PAPER WAS DUE BY JAN. 31ST: Each year Grand Master Steinhauser requires each of us to make a list of **"10 GOALS I (YOU) PLAN TO ACHIEVE IN 2023"** These goals have to be attainable and measurable. Each year some of us put off writing this paper, so Grand Master Steinhauser has added an incentive.. If you are late turning in your paper for each day you will be asked to do pushups. On 1st day late 10 pushups, 2nd day late +10 or 20 pushups and in just 3 days past the deadline, (yes it includes weekends), that's 30 pushups. So do not wait any longer...If you need help with your Goals ask a Senior, we're here to assist you. You can also email your goals to: MasterSteinhauser@socatkd.com.

OUR TEST DAYS NEXT MONTH: Monday 3/6/23, Tuesday 3/7/23 or Wednesday 3/8/23. 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 Grand Master Steinhauser also due on the day of your test. If you have not been assigned a paper, ask him very soon. If you don't know whether you have enough attendance days or whether you should test, see Grand Master Steinhauser he will assist you in making that decision. ***Remember if you are NOT testing we will have class as usual.**

HAPPY BIRTHDAY TO YOU!!! Mr. Brady Kwan-ja-nim, Kaly T., Ethan O. and Alison S. Kyo-Sa-Nim. May your special day be filled with lots of laughter & much love.



NEW STUDENTS: Adrianna H., Nathan K., Nicole K., and Niana K. Welcome to our Tae Kwon Do Family. Feel free to ask questions you or your Family may have.

STUDENT SECTION: Remember Grand Master Steinhauser presents **Academic Achievement Patches** to wear on your Dobok (uniform) for exemplary report cards. You will receive a **Black Patch** for a 4.0 GPA and a **Red Patch** for 3.0 GPA. So study hard, keep your grades up & when your School year ends, bring in your report card for Grand Master Steinhauser to see.



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