

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 30yrs

Volume 15 Issue 4

www.mpicomputers.com/socatkd/

January 2008



****REMEMBER YOUR "10 GOALS" ARE DUE BY THURSDAY, JANUARY 31ST, 2008. SEE NEWSLETTER FOR DETAILS...**

Happy New Year to one & all!!! May this year be filled with all YOU make it. My wish for you is to achieve many personal & Tae Kwon Do goals, train hard, work hard & most importantly, (to me anyway), play hard. May this year and many years to follow, bring you & your families good Health, Prosperity & lots of love.

This Month's Dojang News

****TO EACH AND EVERYONE OF US...**We all have a paper due to Master Steinhauser by the end of this month. Every January Master Steinhauser requires us to start the new year with writing a paper titled "10 Goals I Plan to Achieve (the Year) 2008. AND each year some of us put off making the list until the last minute or forget all together. That's where Master Steinhauser's has an added incentive...IF after the deadline you haven't turned in your Goals (that means handed or emailed to him, your email must be received by Jan.31st and is YOUR responsibility to make sure he has your goals) to Master Steinhauser, you get to do 10 push-ups per each day late. If he is not in class when you intended to hand your paper into him and the 31st passes you are late. The incentive adds up like this; 1st day late 10 push-ups, 2nd day late +10 or 20 pushups, 3rd day late +10, that's right 30 pushups in just 3 days past the deadline (yes, it includes weekends). To make a long story short get your goals in now and you won't need to experience Master Steinhauser's added incentive, THIS TIME. If you are having trouble compiling your Goals, please ask a Senior we are here to assist you in any aspect of your training. **Black Belt Test participants for 2008;** Your training has begun...and will include a plethora of activities Master Steinhauser has compiled that you need to complete. If you are eligible, see Master Steinhauser now with your intent to Test. The date will be Saturday, June 14, 2008. Now for the paperwork; You will need to compile dates of TKD activities (demo, referee clinic, etc.). For 1st GUP Red Belt students planning to Test for Black Belt, Master Steinhauser will assign paper(s) due, during your 6month training period. If you have any questions or concerns speak with a Senior, we are overjoyed to assist you with completing many of these tasks. Needless to say time does fly and so get started; ask questions, get your Test information & TKD Notebook in order. Remember to breathe...oh and have a little fun too! **IMPORTANT NOTE:** I am requesting your assistance!!! Let me know how you would like your training enhanced...What would you like to see in our newsletter and on our website, in the coming year? If are there techniques you would like in written form such as; Sparring Steps, Forms, Gokies, etc. I can include them in the newsletter or direct you to our website, where you can find that information. Keep in mind your training is enhanced by what you learn. Just ASK, start with a Senior near you.

Happy Birthdays this month to; Mr. Jon Steinhauser on the 20th, to Lily T. on the 23rd, Isabel D. on the 27th and to John V. on the 28th. May you all have a very special day and may all your wishes come true.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
JANUARY 2008						
		1 No Class	2 No Class	3 No Class	4 No Class	5
6	7 ALL 6-7pm G,R,B 7-7:45pm	8 ALL 6-7pm G,R,B 7-7:45pm	9 ALL 6-7pm G,R,B 7-7:45pm	10 ALL 6-7pm G,R,B 7-7:45pm	11 No Class	12
13	14 ALL 6-7pm G,R,B 7-7:45pm	15 ALL 6-7pm G,R,B 7-7:45pm	16 ALL 6-7pm G,R,B 7-7:45pm	17 ALL 6-7pm G,R,B 7-7:45pm	18 No Class	19
20	21 ALL 6-7pm G,R,B 7-7:45pm	22 ALL 6-7pm G,R,B 7-7:45pm	23 ALL 6-7pm G,R,B 7-7:45pm	24 ALL 6-7pm G,R,B 7-7:45pm	25 No Class	26
27	28 ALL 6-7pm G,R,B 7-7:45pm	29 ALL 6-7pm G,R,B 7-7:45pm	30 ALL 6-7pm G,R,B 7-7:45pm	31 ALL 6-7pm G,R,B 7-7:45pm	GET YOUR GOALS IN <<<<<<	