

# The Southern California TKD Academy Times

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

Volume 16 Issue 4

www.socatkd.com

January 2009



## This Month's Dojang News

**This MONTH:**  
**\*\*Women's Self  
 Defense Clinic  
 conducted by  
 Master  
 Steinhauser**

**on Sat., Jan. 24th  
 from 10am -12pm**

The cost is \$30.  
 & the class size is  
 limited to 30  
 participants. So  
 tell any Women  
 you care about to  
 see Master  
 Steinhauser &  
 sign-up soon, as  
 classes will fill up.

Master  
 Steinhauser puts  
 on a very  
 informative &  
 practical class  
 (you actually get  
 to practice what  
 you learn on real  
 people).

**See you there!**

\*NOTE TO ALL... We have a paper due to Master Steinhauser by January 31st. Every January Master Steinhauser requires us to, start the new year by, writing a paper titled **"10 Goals I Plan to Achieve (the Year) 2009"**. Each year some students put it off until the last minute or forget all together. So Master Steinhauser's has an added incentive...If after Jan. 31st. you have not turned in your Goals (that means handed to or emailed to him...your email must be received by Jan.31st and it is YOUR responsibility to make sure it is) to Master Steinhauser, you get to do 10 push-ups per each day late. The incentive adds up like this; 1st day late, 10 pushups, 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). If intend to hand in your paper on Jan. 31st and Master Steinhauser isn't there, you are late. To make a long story short **get your goals in now** and you won't have to experience Master Steinhauser's added incentive, THIS TIME. If need help with your Goals, ask a Senior, we are here to assist you in any aspect of your training.

**Black Belt Test participants for 2009;** 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 20, 2009. 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 6 month 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 & have a little fun!

**Mark you Calendars:** Our next Test is the first week in March.

**IMPORTANT NOTE:** I am requesting your assistance!!! Let me know how you would like your training enhanced by letting me know what you'd 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, (Poomse) Forms, Goki's, 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 ASKING for what you need learn, so start with asking Senior near you.

**Happy Birthdays this month to;** Solares C. on the 3rd, Mr. Jon Steinhauser on the 20th, Reno C. on the 23rd, Miss Isabel Debinion on the 27th & Mr. John Vassberg on the 28th. We wish all the best on your special day & hope your dreams come true.

**KIDS CORNERS** \*We would love hear what you would like to share with the class such as; what you did for the Christmas Holiday, programs, awards from school and anything else you feel would enhance the Newsletter. You can contact Ms. Fallaha in class or email me ~ renee@mpicomputers.com

SUN	MON	TUE	WED	THU	FRI	SAT
January 2009				1 NO CLASS	2 ALL 6 - 7:45pm	3 ALL 8-9am
4	5 ALL 6 - 7:45pm	6 ALL 6 - 7:45pm	7 ALL 6 - 7:45pm	8 ALL 6 - 7:45pm	9 ALL 6 - 7:45pm	10 ALL 8-9am
11	12 ALL 6 - 7:45pm	13 ALL 6 - 7:45pm	14 ALL 6 - 7:45pm	15 ALL 6 - 7:45pm	16 ALL 6 - 7:45pm	17 ALL 8-9am
18	19 ALL 6 - 7:45pm	20 ALL 6 - 7:45pm	21 ALL 6 - 7:45pm	22 ALL 6 - 7:45pm	23 ALL 6 - 7:45pm	24 ALL 8-9am **10am Clinic
25	26 ALL 6 - 7:45pm	27 ALL 6 - 7:45pm	28 ALL 6 - 7:45pm	29 ALL 6 - 7:45pm	30 ALL 6 - 7:45pm	31 ALL 8-9am