

# The Southern California TKD Academy Times

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

Volume 18 Issue 4

www.socatkd.com

January 2011



**HAPPY NEW  
YEAR!!!  
WELCOME  
BACK...**

May this coming year bring you good HEALTH, loads of LOVE and lots of LAUGHTER.

Now back to training...I hope you will join me in making this year the very best it can be, while you fulfill many personal and Tae Kwon Do goals.

*Train hard,  
work hard &  
play hard  
the end result  
will be  
immeasurable*

## This Month's Dojang News

### **WE HAVE A PAPER DUE 10 Goals I Plan to Achieve 2011 DUE BY MONDAY, JAN. 31ST...**

In January Master Steinhauser requires each of us to start the new year by making a list of 10 things we plan to achieve. And each year some of us put it off until the last minute or forget all together. So Master Steinhauser has an added incentive. If you have not turned in your Goals (that means handed or emailed and it is each students responsibility to make sure) to Master Steinhauser by Jan. 31st., 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, in just 3 days past the deadline (yes, it includes weekends) that's 30 pushups. If you intend to hand in your paper on Jan. 31st and Master Steinhauser isn't in class, 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 you need help with your Goals, just ask any Senior will be delighted to assist you in any aspect of your training.

**Black Belt Test participants for 2011:** If you are eligible to test for Black Belt in June 2011, see Master Steinhauser now with your intent to Test. For your test, you will need to compile dates of TKD activities (demo, referee clinic, etc.). 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 info. & TKD Notebook in order. Remember to breathe...oh & have a little fun!

**Welcome:** To Our New Classmate Ferruh Unlu. If you have any questions please ask.

**IMPORTANT NOTE:** Your assistance please!!! What would YOU like to see in our newsletter and on our website, in the coming year? Are there are 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. Your training is enhanced by better understanding Tae Kwon Do AND these tools will help do that.

**Happy Birthdays this month to:** Aaron N. on the 1st, Emily Q. on the 4th, Angel G. on the 14th, Mr. Jon Steinhauser on the 20th, Mr. John Vassberg on the 28th and Alexandra T. on the 31st. May your special day be filled with fun & surprises with many wonderful days to follow.

### **KIDS CORNERS**

\*In this area of the newsletter we would love to read about you; what you did for the Christmas Holiday, programs, awards from school & 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 2011	Happy New Year!!!					1 NO CLASS
2	3 6:00pm All Students	4 6:00pm All Students	5 6:00pm All Students	6 6:00pm All Students	7 6:00pm All Students	8 8am, 9am 10am - All
9	10 6:00pm All Students	11 6:00pm All Students	12 6:00pm All Students	13 6:00pm All Students	14 6:00pm All Students	15 8am, 9am 10am - All
16	Martin Luther King Day 17 6:00pm All Students	18 6:00pm All Students	19 6:00pm All Students	20 6:00pm All Students	21 6:00pm All Students	22 8am, 9am 10am - All
23 —	24 /31 6:00pm All Students	25 6:00pm All Students	26 6:00pm All Students	27 6:00pm All Students	29 6:00pm All Students	29 8am, 9am 10am - All
30						