

# The Southern California TKD Academy Times

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

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January 2012

## This Month's Dojang News

**TO ONE AND ALL; WE HAVE A PAPER TO WRITE "10 Goals I Plan to Achieve 2012".**  
**IT'S DUE BY MONDAY, JAN. 31ST, 2012.**

In January Master Steinhauser requires each of us to start the new year by making a list of 10 things we plan to achieve in the coming year. And each year some of us put it off until the last minute or forget all together. So Master Steinhauser has added an incentive. If you have not turned in your Goals, to Master Steinhauser by Jan. 31st., you get to do 10 push-ups for 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** & you won't have to experience Master Steinhauser's added incentive, **THIS TIME!!!** If you need help with your Goals ask a Senior, we are here to assist you.

**Black Belt Test participants for 2012;** If you are eligible to test for Black Belt in June 2012, 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. and TKD Notebook in order. Remember to breathe...oh and have a little fun!

**Welcome New Students:** Hanna Walker, Korey Loeung, Izabell Vo, and Cooper Whitman. We are delighted you have decided to join in our endeavor to learn the time honored martial art - Tae Kwon Do. If you have any questions please ask a Senior, we are here to assist you.

**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;** Emily Q. on the 4th, Virtduke T. on the 8th, Ny D. on the 13th, Angel G. on the 14th, Joe R. on the 15th, 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**

\*HEY KIDS...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 would like to share and enhance our Newsletter. You can contact; Ms. Fallaha in class or email me renee@mpicomputers.com



| SUN          | MON  | TUE                          | WED                          | THU                          | FRI                          | SAT                          |
|--------------|--|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| January 2012 | Happy New Year!!!                                      |                              |                              |                              |                              |                              |
| 1            | 2<br>NO CLASS  | 3<br>6:00pm<br>All Students  | 4<br>6:00pm<br>All Students  | 5<br>6:00pm<br>All Students  | 6<br>6:00pm<br>All Students  | 7<br>8am, 9am<br>10am - All  |
| 8            | 9<br>6:00pm<br>All Students                            | 10<br>6:00pm<br>All Students | 11<br>6:00pm<br>All Students | 12<br>6:00pm<br>All Students | 13<br>6:00pm<br>All Students | 14<br>8am, 9am<br>10am - All |
| 15           | Martin Luther King Day<br>16<br>6:00pm<br>All Students | 17<br>6:00pm<br>All Students | 18<br>6:00pm<br>All Students | 19<br>6:00pm<br>All Students | 20<br>6:00pm<br>All Students | 21<br>8am, 9am<br>10am - All |
| 22           | 23<br>6:00pm<br>All Students                           | 24<br>6:00pm<br>All Students | 25<br>6:00pm<br>All Students | 26<br>6:00pm<br>All Students | 27<br>6:00pm<br>All Students | 28<br>8am, 9am<br>10am - All |
| 29           | 30<br>6:00pm<br>All Students                           | 31<br>6:00pm<br>All Students |                              |                              |                              |                              |



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

May this coming year bring you good HEALTH, lots of LOVE and loads 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 rewards  
will be  
endless...*