

# The Southern California TKD Academy Times

Founded February 1st., 1975 By Grand-Master Patrick Steinhauser ~ Black Belt for over 45yrs

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[www.socatkda.com](http://www.socatkda.com)

January 2022



**HAPPY NEW  
YEAR &  
WELCOME  
BACK!**

To our Tae Kwon  
Do Family...  
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 fulfilling many  
personal and Tae  
Kwon Do goals  
this year.  
Train hard, work  
hard & play hard,  
the rewards  
are endless...

Remember to  
visit our school's  
website for  
training aids,  
classmate  
photos &  
much more...  
[socatkda.com](http://socatkda.com)

## This Month's Dojang News

**WE HAVE A PAPER DUE NO LATER THEN JANUARY 31ST, 2022...**

The title of your paper is "10 GOALS I PLAN TO ACHIEVE IN 2022". Every January, Master Steinhauser requires each of us to make a list of 10 goals we plan to achieve in the coming year. These goals have to be attainable and measurable. Each year some of us put off writing this paper until the last minute or forget all together. So Master Steinhauser has added an incentive...If you fail to turn in your "Goals", to Master Steinhauser by Jan. 31st, 2022, you get to do 10 push-ups for each day you are late. The incentive adds up like this; 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. If you intend to hand in your paper on Jan. 31st and Master Steinhauser isn't in class, you are late, however you can also email your goals to:

[MasterSteinhauser@socatkda.com](mailto:MasterSteinhauser@socatkda.com) by Jan. 31st. To make a long story short, **get your goals in very soon** and you won't have to experience Master Steinhauser's added incentive, THIS TIME!!! If you need help putting your list of 10 Goals together, ask a Senior, we're here to assist you.

**BLACK BELT CLASS OF 2022 YOUR TRAINING STARTS JAN. 3, 2022**

WHAT WOULD YOU LIKE TO READ ABOUT, IN OUR SCHOOL NEWSLETTER? Are there any techniques you would like to see in written form such as; Sparring Steps, Forms (Poomse), Goki's, etc.? Your training is enhanced by understanding Tae Kwon Do and asking for what you need. So please ASK and continue to use our newsletter to enhance your TKD training...

HAPPY BIRTHDAY TO: Andrew C., Danny L., Richard L., J.P. - Kyo Sa Nim, Matthew - Kyo Sa Nim, and Isaiah V. May your special day be filled with lots of fun & many surprises.



**PROPER BEHAVIOR IN THE DOJANG**

1. The Dojang is a place of learning both on a physical and spiritual level. Your behavior in the Dojang should be compared to your behavior in a church or a library.
2. Upon entering the Dojang, stand in the doorway and face the senior belt in the room and bow. Remove your shoes and proceed to the training area to warm up. Keep in mind that people in the Dojang are concentrating on improving themselves physically and mentally. There will be no loud talking, horseplay, or anything that will distract from the purpose of the Dojang. So show respect and consideration for those who are attempting to learn.
3. If you arrive late for class, stand at attention in the doorway until the instructor gives you permission to enter. Then follow the procedure under item #2. Promptly join the group in the back of the class.
4. When the instructor asks the students to line up, the students should respond with a loud "YES SIR/MA'AM", BOW, and RUN into position, and stand in attention. The lines should be straight with an equal amount of people in each line. Behavior during class should be governed by concentration and respect. Horseplay, joking, talking, and inattention are detrimental to learning and the individual.
5. No student should practice on his or her own in the Dojang while a class is being held. This tends to distract the attention and concentration of the class.
6. To address an instructor, the student should bow and call him/her by his/her title and last name i.e. Master Steinhauser - Kook Sa Nim. Address black belt as Mr./Ms. [Last name] (Sah Bah Nim) i.e. Miss Mitchell. After the question has been answered, the student should thank the instructor, bow, and resume training.
7. The lobby is also part of the Dojang. There should be no horseplay, loud talking, or noise in this area. Not only does it distract from the class, but it gives visitors and potential students a bad impression of our school.
8. Behavior should also be controlled in front of the school. The noise carries inside the school and is distracting for classes as well as the office. People driving by judge us by your behavior so be sure to give the right impression. Remember your actions reflect on your instructors!
9. Remember that our purpose is RESPECT. Everyone should respect themselves and all others.

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>JANUARY 2022</b>		<b>HAPPY NEW YEAR!!!</b>			1
2	3 5:30 - 6:10 6:10 - 6:50	4 5:30 - 6:10 6:10 - 6:50	5 5:30 - 6:10 6:10 - 6:50	6 5:30 - 6:10 6:10 - 6:50	7 <b>NO CLASS</b>	8
9	10 5:30 - 6:10 6:10 - 6:50	11 5:30 - 6:10 6:10 - 6:50	12 5:30 - 6:10 6:10 - 6:50	13 5:30 - 6:10 6:10 - 6:50	14 <b>NO CLASS</b>	15
16	17 5:30 - 6:10 6:10 - 6:50	18 5:30-6:30 6:30-7:30	19 5:30-6:30 6:30-7:30	20 5:30 - 6:10 6:10 - 6:50	21 <b>NO CLASS</b>	22
23 ----	24 / 31 5:30-6:30 6:30-7:30	25 5:30-6:30 6:30-7:30	26 5:30-6:30 6:30-7:30	27 5:30 - 6:10 6:10 - 6:50	28 <b>NO CLASS</b>	29
30	6:30-7:30	6:30-7:30	6:30-7:30	6:10 - 6:50	<b>CLASS</b>	