

The Southern California TKD Academy Times

Founded February 1st., 1975 By Grand-Master Patrick Steinhauser ~ Black Belt for over 46yrs

Volume 30 Issue 4

www.socatkda.com

January 2023



**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, School
info. &
much more...

This Month's Dojang News

WE HAVE A PAPER DUE NO LATER THEN JANUARY 31ST, 2023...

The title of your paper is **"10 GOALS I PLAN TO ACHIEVE IN 2023"**. Every January, Grand 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 Grand Master Steinhauser has added an incentive...If you fail to turn in your "Goals", to Grand Master Steinhauser by Jan. 31st, 2023, 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 Grand Master Steinhauser isn't in class, you are late, however you can also email your goals to: 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 Grand 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.

OUR NEXT TEST WILL BE: Mon. 3/6/23, Tues. 3/7/23 and Wed. 3/8/23

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: Danny L. and Matthew - Kyo Sa Nim. 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, remove your shoes, stand in the doorway and face the senior belt in the room and bow. Then 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. Grand Master Steinhauser "Guek Sa Nim". To address Master Black Belt "Quan Ja Nim" & Black belt instructor as "Sab Ba Nim". 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
1	2 No Class	3 No Class	4 5:30 - 6:10 6:10 - 6:50	5 5:30 - 6:10 6:10 - 6:50	6	7
8	9 5:30-6:30 6:30-7:30	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	14
15	16 5:30-6:30 6:30-7:30	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	21
22	23 5:30-6:30 6:30-7:30	24 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	28
29	30 5:30-6:30 6:30-7:30	31 5:30-6:30 6:30-7:30		January 2023		