The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 41yrs

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JULY 2018







for Independence
Day. Remember to
give thanks to the
Men and Women
of our Armed
forces who fought
for our Freedom.
Stay safe and come
back to class the
way you left.



Thong Sobonim,
Tara N., Brandon T.,
Katheryn Kyosanim,
Jordan Kyosanim,
Belinda M. and
William U.
May you all have
loads of fun, lots of
laughter &
much love!





This Month's Dojang News



Congratulations to All Black Belt Test participants and to ALL students...With your commitment, dedication and hard work, you have completed another part of your Tae Kwon Do training many students never achieve. As Master Steinhauser says "The study of TaeKwonDo is not the task of one day, or of one year, it is rather the path of a lifetime." Our path continues...Besides our physical and mental training, Master Steinhauser requires us to study our Martial Art and in the process put together a Tae Kwon Do notebook to enhance our TKD training. You can find a lot of information needed to fill your TKD Notebook at (our school website) www.socatkda.com such as; Forms/Poomse like Tae Guek 1 or exercises like 1-Step Sparring, Sparring #1 and many other things you learn in class. We have printouts available in PDF & Word .doc format, to put into your TKD Notebooks. If you don't have access to the internet, ask a Senior and we will assist you in getting that information...To our parents, it's never to late to enroll in TKD for yourselves. If you join TKD class, you won't find a better return on the investment of your time...the rewards are endless. If you have any questions just ask...I can sense a question already. Why does Master Steinhauser require us to create a TKD Notebook? His hope is that someday you will use your notebook as reference for your training and a tool to teach others. We have a responsibility to pass on what we have learned regarding, our Ancient Martial Art of Tae Kwon Do, to others that come after us. Contents for your TKD Notebook: Any Papers Master Steinhauser and you write, all Sparring Steps, all One-step Sparring, etc., Forms/Hyungs ~ Tae Guek 1, etc., along with articles you find interesting with regards to Tae Kwon Do. Also include all Newsletters, "Southern California TKD Academy Times", that have been published while you are training. If you have any questions or need assistance in creating your <u>TKD Notebook</u> ask a Senior. In our Newsletter, look for this "notebook" symbol it will appear next to information recommended for your <u>TKD Notebook</u>. WELCOME NEW STUDENTS:. If you have any questions please feel free to ask...

STUDENT NEWS: Here's some news ~ Rod told me he graduated to level 3 swimming at

Silverado Park. He likes the back stroke & freestyle & is having fun! - For those of you asking if you can still turn in your report card YES! But turn them in as soon as you can. To one and all...Share your summer stories with us in our Newsletter. We want to hear from you... Answer question like: What are your plans for summer? Then report back about your Summer trips or things you will be doing here at home.:)

Sun	Mon	Tue	vvea	1 nu	Fri	Sat
JULY	2	3	NO CLASS	5	6	7
2018	5:30-6:30	5:30-6:30	4	5:30-6:30	5:30-6:30	
1	6:30-7:30	6:30-7:30	Independence Day	6:30-7:30	6:30-7:30	
8	9	10	11	12	13	14
	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	
	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30	
15	16	17	18	19	20	21
	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	
	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30	
22	23	24	25	26	27	28
	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	5:30-6:30	
	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30	6:30-7:30	
29	30	31				
	5:30-6:30	5:30-6:30				
	6:30-7:30	6:30-7:30				

TEST RESULTS ~ June 2018 ~ 174 $^{\rm th}$ TEST

1. Seng, Conor	3 rd Keub Red	2 nd Keub Red
2. Brabander, Arthur	4 th Keub Green	3 rd Keub Red
3. Keo, Jarret	4 th Keub Green	3 rd Keub Red
4. Put, Leheng	4 th Keub Green	3 rd Keub Red
5. Talavera, Gavin	4 th Keub Green	3 th Keub Red
6. Hoeun, Patrick	5 th Keub Green	4 th Keub Green
7. Keo, Jenavieve	5 th Keub Green	4 th Keub Green
8. Santiago, J. P.	5 th Keub Green	4 th Keub Green
9. Dara, Mulry	6 th Keub Green	5 th Keub Green
10. Ket, Allison	6 th Keub Green	5 th Keub Green
11. Chea, Andrew	6 th Keub Green	5 th Keub Green
12. Salas, Alison	7 th Keub Yellow	6 th Keub Green
13. Hin, Jonathan	8 th Keub Yellow	7 th Keub Yellow
14. Salas, Eric	9 th Keub Yellow	7 th Keub Yellow
15. Duong, Nathan	9 th Keub Yellow	7 th Keub Yellow
16. Yuk, Alice	9 th Keub Yellow	7 th Keub Yellow
17. Yuk, Atiya	9 th Keub Yellow	7 th Keub Yellow
18. Le, Allen	9 th Keub Yellow	7 th Keub Yellow
19. Le, Helen	9 th Keub Yellow	7 th Keub Yellow
20. Abille, Joervyn	9 th Keub Yellow	7 th Keub Yellow
21. Huerta, Adam	ll th Keub White	9 th Keub Yellow
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22. Yuk, Aaron	12 th Keub White	ll th Keub White
23. Luu, Ryan	13 th Keub White	ll th Keub White
24. Fajardo, Rod	13 th Keub White	ll th Keub White
25. Choeun-Khem, Caralyn	13 th Keub White	ll th Keub White
26. Risco, Marcelle	13 th Keub White	$\mathrm{ll}^{\mathrm{th}}$ Keub White
27. Brabander, Francis	13 th Keub White	12 th Keub White