

The Southern California TKD Academy Times

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

Volume 17 Issue 9

www.socatkda.com

JUNE 2010



SAVES DATES:

* Tues., 6/1, Wed., 6/2 & Thurs., 6/3
 * Our School's Black Belt Test on Sat. 6/26 at 12noon
 * FATHER'S DAY on June 20th.

Remember to make a card for your Dad.



NO CLASS

* Sat. 6/19

Happy Birthday this month to:

6/3 Nick Batchelor
 6/4 Christian Arteaga
 6/4 Kyle Tritle
 6/9 Lannie Teng
 6/12 Elizabeth Ortiz
 May all of your wishes

come true,
 with continued happiness all the year through...



This Month's Dojang News

Our Test dates for next month are ; **Tuesday, June 1st, Wednesday, June 2nd and Thursday, June 3rd.** Your requirements to test are; White, Yellow & Green Belts must attend 20 class meetings within each 3 month period, between tests. Red Belts must attend 40 class meetings within each 6 month period, between tests. The Test Fees for all Students are \$20.per test participant and due on the day you test. If you are a 4th Keup Green Belt, testing for 3rd Keup Red Belt, you are responsible for a paper assigned by Master Steinhauser. If you haven't been assigned a paper, ask him very soon. Please have any paper(s) assigned to you completed and turned in to Master Steinhauser, along with your Test Fee, when you test. If you don't know whether you have enough attendance days or whether you should test, see Master Steinhauser, he will assist you in making that decision. *AND for those not testing, we will have class as usual. If you have any questions, please ask a senior, we are delighted to assist you.

Our Black Belt Test is on Saturday June 26th, at 12noon, everyone is Welcome to come and support our Test Participants.

Black Belt Test participants...On the day of your test bring;

1. Your test fee (ask Master Steinhauser)
2. Your TKD application & 2 Passport Size photos
3. Water, extra uniform, sparring gear, (men athletic cup)

Remember everyone is welcome to come, watch & support your classmates in this challenging endeavor and you can get a glimpse of what you will face when you test for Black Belt.

TKD INFO. TO KNOW

* **Before each Goki, "Kiyap" to acknowledge that you are ready. * Repeat each Goki, Junior starts.**

Goki #1

Senior

Back stance right leg back.
 Right front kick.
 Right high punch.

Junior

Back stance right leg back.
 Low block with back of left hand.
 Right upper block
 Open fist. Grab wrist with blocking hand, and pull down.

Grab Junior's hand with both hands.
 Step back with right leg. Pull down, turn hips, bring opponent toward right foot.
 Finish with punch or kick.

Goki # 2

Senior

Back stance right leg back.
 Right front kick.
 Right high punch.


Junior

Back stance right leg back.
 Lean back to avoid kick.
 Left upper block.
 Step forward (front leg behind senior's right leg). Use right forearm to lock senior's arm with elbow pointing straight up.
 With elbow locked, turn your hips, take Senior down.
 Finish with punch or kick.

Hey Kids...

Remember to bring in your report card to receive Academic Achievement for 4.0 GPA (Black Patch) & 3.0 GPA (Red Patch).



Sun	Mon	Tue	Wed	Thu	Fri	Sat
JUNE 2010		1 TEST 6:00pm All Students	2 TEST 6:00pm All Students	3 TEST 6:00pm All Students	4 6:00pm All Students	5 8am, 9am 10am - All
6	7 6:00pm All Students	8 6:00pm All Students	9 6:00pm All Students	10 6:00pm All Students	11 6:00pm All Students	12 8am, 9am 10am - All
13	14 6:00pm All Students	15 6:00pm All Students	16 6:00pm All Students	17 6:00pm All Students	18 6:00pm All Students	19 NO CLASS
 FATHER'S DAY	21 6:00pm All Students	22 6:00pm All Students	23 6:00pm All Students	24 6:00pm All Students	25 6:00pm All Students	26 8am, 9am, 10am -All BLACK BELT TEST
27	28 6:00pm All Students	29 6:00pm All Students	30 6:00pm All Students			