

The Southern California TKD Academy Times

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

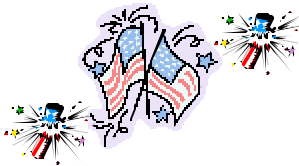
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www.socatkd.com

July 2009



No Class Sat., July 4th
for Independence Day



Please STAY SAFE and have fun!!!

Check out the GALLERY at www.socatkd.com for photos from our Blackbelt test

SOUTHERN CALIFORNIA TAE KWON DO ACADEMY
3274 E. Willow St.
Signal Hill, CA. 90755
(562) 424-5087

CLASS HOURS:
Monday - Friday
6:00 PM
ALL STUDENTS OPEN WORKOUT
Saturday ~ 3hrs!
8am, 9am & 10AM
ALL STUDENTS

This Month's Dojang News

To begin, I would like to extend an enthusiastic WELCOME to all new students who have taken on the challenge to study this Ancient Martial Art ~ Tae Kwon Do. 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." We have additional information regarding on; Forms (Poomse) Tae Guek 1 or exercises like One-step Sparring, or Sparring #1, ask any Senior it is their responsibility to share what they know. We also have the printouts available on our website to put into your ****TKD Notebooks**. I hope you will allow yourselves this opportunity for growth, mental & physical, that few people ever do. And to the parents, it's never to late to join class yourselves. If you allow yourselves, you will not find a better return on the investment of your time and the rewards are endless. If you have any questions at all, ask a Senior...I can sense a question already...What is a ****TKD Notebook** -It is a tool you create with information you collect during your training. Which you can utilize to teach other students someday. Your TKD Notebook should consist of items such as; Forms (Tae Guek #1, #2, etc.) that you have learned, your exercises (Sparring #1, one-step Sparring, etc.), any articles you find interesting regarding Tae Kwon Do, along with all Newsletters (So. CAL TKD Times) published, while you are training. If you have any questions or need assistance in creating your TKD Notebook ask a Senior we are here to assist you.

TEST RESULTS ~ JUNE 2009 ~ 138TH TEST

1. Pham, Benjamin	3 rd Gup Red	2 nd Gup Red
2. Tritle, Kyle	6 th Gup Green	5 th Gup Green
3. Carner, Sarah	9 th Gup Yellow	7 th Gup Yellow
4. Chandler, Jeff	9 th Gup Yellow	7 th Gup Yellow
5. Hampton, Todd	9 th Gup Yellow	7 th Gup Yellow
6. Hilterbrant, Catherine	11 th Gup White	9 th Gup Yellow
7. Talavera, Isabella	11 th Gup White	9 th Gup Yellow
8. Saunders, Gary	11 th Gup White	9 th Gup Yellow



Happy Birthday this Month to; Mr. Carner on the 5th, Monica B. on the 18th, Stephen H. on the 26th and Todd H. on the 28th. May all your wishes come true and your DAY be filled with love, laughter and happiness.

**** KIDS CORNER**

Hey Kids...we love to hear from you. Let us know; What's happening with school ending, what are your plans for the summer, etc. I will print it HERE to share with your classmates. You can contact me in class or email me at renee@mpicomputers.com or you can give your information to Ms. Mitchell and she'll pass it on to me... ;) THANKS!

Sun Mon Tue Wed Thu Fri Sat

			1 6:00pm All Students	2 6:00pm All Students	3 6:00pm All Students	No Class 4th of July
5	6 6:00pm All Students	7 6:00pm All Students	8 6:00pm All Students	9 6-7pm All 6:00pm All Students	10 6:00pm All Students	11 8am 9am 10am All
12	13 6:00pm All Students	14 6:00pm All Students	15 6:00pm All Students	16 6:00pm All Students	17 6:00pm All Students	18 8am 9am 10am All
19	20 6:00pm All Students	21 6:00pm All Students	22 6:00pm All Students	23 6:00pm All Students	24 6:00pm All Students	25 8am 9am 10am All
26	27 6:00pm All Students	28 6:00pm All Students	29 6:00pm All Students	30 6:00pm All Students	31 6:00pm All Students	