

# The Southern California TKD Academy Times

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

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## This Month's Dojang News



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 can have additional information regarding; Forms (Poomse) Tae Guek 1 or exercises like One-step Sparring, Sparring #1 or anything you learn in class, just ask any Senior it is their responsibility to share what they know. Also on our Website we have printouts available (in PDF & Word .doc form) 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, the rewards are endless. If you have any questions at all just ask...I can sense a question already. What is your TKD Notebook - It is a tool that Master Steinhauser requires each of us to create, with information you collect during your years of training. Someday you will utilize it to teach other students. Your TKD Notebook should consist of items such as; the Forms/Poomse (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.

**No Class**  
**Sat., 7/3 & Mon. 7/5**  
**for Independence Day**



**Please STAY SAFE**  
**& have fun!**

Our Website Photo  
GALLERY  
Will be updated  
soon. With NEW  
photos from; Our  
Tests and Promotions  
& The Disney  
Tournament



To; Jack  
Kanemoto  
on June 13th,  
& this MONTH  
to; Kathryn  
Handan-Liopis on  
the 10th, Miss  
Brady on the 18th  
and Todd H. on  
the 28th. Our  
Birthday wishes  
for you all, loads  
of fun, lots of  
laughter & much  
love.

### TEST RESULTS ~ JUNE 2010 ~ 142<sup>ND</sup> TEST

1. Tritle, Kyle	3 <sup>rd</sup> Gup Red	2 <sup>nd</sup> Gup Red
2. Carner, Sarah	4 <sup>th</sup> Gup Green	3 <sup>rd</sup> Gup Red
3. Hilterbrant, Catherine	5 <sup>th</sup> Gup Green	4 <sup>th</sup> Gup Green
4. Talavera, Isabella	5 <sup>th</sup> Gup Green	4 <sup>th</sup> Gup Green
5. Orozco, Paris	7 <sup>th</sup> Gup Yellow	6 <sup>th</sup> Gup Green
6. Teng, Khedrin	7 <sup>th</sup> Gup Yellow	6 <sup>th</sup> Gup Green
7. Chhong, Dylan	9 <sup>th</sup> Gup Yellow	7 <sup>th</sup> Gup Yellow
8. Handen-Llopis, Kathryn	9 <sup>th</sup> Gup Yellow	7 <sup>th</sup> Gup Yellow
9. Patel, Syan	9 <sup>th</sup> Gup Yellow	8 <sup>th</sup> Gup Yellow
10. Stockalper, Luke	10 <sup>th</sup> Gup White	9 <sup>th</sup> Gup Yellow
11. Teng, Richy	11 <sup>th</sup> Gup White	9 <sup>th</sup> Gup Yellow
12. Teng, Lannie	11 <sup>th</sup> Gup White	9 <sup>th</sup> Gup Yellow
13. Tan, Derrick	11 <sup>th</sup> Gup White	9 <sup>th</sup> Gup Yellow
14. Garza, Angel	11 <sup>th</sup> Gup White	9 <sup>th</sup> Gup Yellow

### Proud moments to share

- Sarah Carner was promoted to the 9th grade and also earned the BB Howell Award from Stanford Middle School, which is an award for earning all A's for three straight years.  
- Mr. Patrick Carner has been promoted to Corporal in the USMC.  
- Luke's and Isabelle's little brother LiamCharles Stockalper, arrived on June 14th at 10:05 p.m., weighting 6 lbs. 1 oz & is 18" tall. He's doing well & we look forward to seeing Liam in class.

Welcome NEW STUDENTS: Jack Kanemoto, Brooke Kanemoto and Amberlyn Marasigan.

Welcome back Stephen and Robert Heckert. We've missed you!

### The Disney Tournament Results

- Mr. Bachelor **GOLD** Medal in Forms  
- Mr. Brady **SILVER** Medal in Forms  
- Kathryn Handen-Llopis **GOLD** Medal in Forms & Sparring  
- Paris Orozco **GOLD** Medal in Forms & Sparring  
- Ms. Fallaha **GOLD** Medal in Forms  
- Mr. Trent Steinhauser **GOLD** Medal in Forms  
- Mr. Duke **GOLD** Medal in Forms



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>JULY 2010</b>			1 6:00pm All Students	2 6:00pm All Students	3 <b>NO CLASS</b>
4 	5 <b>NO CLASS</b>	6 6:00pm All Students	7 6:00pm All Students	8 6:00pm All Students	9 6:00pm All Students	10 8am, 9am 10am - All
11	12 6:00pm All Students	13 6:00pm All Students	14 6:00pm All Students	15 6:00pm All Students	16 6:00pm All Students	17 8am, 9am 10am - All
18	19 6:00pm All Students	20 6:00pm All Students	21 6:00pm All Students	22 6:00pm All Students	23 6:00pm All Students	24 8am, 9am 10am - All
25	26 6:00pm All Students	27 6:00pm All Students	28 6:00pm All Students	29 6:00pm All Students	30 6:00pm All Students	31 8am, 9am 10am - All