

The Southern California TKD Academy Times

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

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www.socatkda.com

MARCH 2011



EACH MONTH I WILL TRY TO INCLUDE INFORMATION YOU SHOULD COLLECT FOR YOUR **TKD NOTEBOOK**. ALONG WITH THIS NEWSLETTER & OTHER ITEMS YOU COLLECT, YOU WILL UTILIZE IT TO TEACH OTHERS SOMEDAY.



LOOK FOR
« THIS SYMBOL



this month to;

Sarah C. on the 2nd., Benjamin P. on the 9th., Richard D. on the 14th., Sarah H. on the 28th. May your special day be filled with more love & laughter then you can stand.




This Month's Dojang News

Test days this month are; Tues., March 1st, Wed., March 2nd & Thurs., March 3rd. Each student only needs to test one of those days. Your requirements to test are as follows; **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 Test participant are \$20. and due when you test. If you are a **4th Keup Green Belt**, testing for **3rd Keup Red Belt**, you will have a paper assigned to you by Master Steinhauser. If you have not been assigned a paper, ask him very soon. Please have any papers assigned to you, on the day of your test. To ALL 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. **Remember we will have class as usual, if you are not testing.* If you have any questions, ask a senior, we are delighted to assist you.

Welcome New Students: Arlin Woodard, Darjion Allensworth Jamon Allensworth, Sarah Huerta and Eric Huerta. *Congratulations to all NEW students! You have taken on the time honored Martial Art of Tae Kwon Do. Remember the effort you put into your training, is equal to the ability you will acquire.*

Please note: *The information below and much more info., to enhance your Tae Kwon Do Training, is on our website www.socatkda.com*

Terms to know for all Students:

Master	Quan-gi-nim	
Instructor (3rd Dan and above)	Sob-bi-nim	
How are you?	An-Nyong Ha-Shim Nik-ka?	
Fine. Thank you.	Joh-Sum-Ni-Da	
Thank you.	Go-Map Sum-Ni-Da	
You are welcome.	Chon-Man Eh-Yo	
Welcome.	Uraso Oship-Si-Yo	
Upper Block	Uo-gol Makki	
Low Block	Ari-Makki	
Outside-inside Block	Mom-ton Makki	
Inside-outside Block	Mom-ton Ahn Makki	
Front Kick	Ap Cha-gi	
Side Kick	Yup Cha-gi	
Turn/Slap Kick	Dol-yo Cha-gi	
*Salute the Flag at the beginning and end of Class;		
Chi-det	Gu-ki	Ka-di yoh
Attention	Flag	Turn towards
Salute	Pa-doh	Chi-det
Rest	Attention	Kuhn-yah
		Bow

KIDS CORNER

Gabriella was honored as Student-of-the-Month, for the 2nd Grade, at Minnie Gant Elementary School. Congratulations Gabriella, you make US proud! In other news her family has a new puppy, a Maltipoo.

Hey Kids, make sure to let me know about yourselves, like Gabriella did. We'd like to know more about you, your family or school.



	SUN	MON	TUE	WED	THURS	FRI	SAT
		MARCH 2011	1 6:00pm All Students	2 6:00pm All Students	3 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 8am, 9am 10am - All
20		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
27		28 6:00pm All Students	29 6:00pm All Students	30 6:00pm All Students	31 6:00pm All Students		