

# The Southern California TKD Academy Times

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

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**Remember to "GIVE THANKS" to those around you.**

**NO CLASS on Nov. 27th & 28th. For Dates you need to know in the coming months, look for ~>>Mark your Calendar section.**



**You are Cordially invited to: Our Annual Christmas Holiday Party on Sat., Dec. 13th at 12noon. Our Christmas / Holiday Party is always great fun & full of surprises. You'll have an opportunity to meet & greet fellow classmates & their Families, while enjoying a tasty Pot-luck lunch. Master Steinhauser will be making Promotions & Presentations. I hope you & your family will plan to attend. More info. to follow...see Newsletter for more details.**



## This Month's Dojang News



Our Test Dates for next Month are; **Monday, 12/1, Tuesday 12/2, & Wednesday 12/3.** Remember each student will only test one of those days. 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. 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, please ask him very soon. Please have any papers assigned & your Test fees, of \$20. per test participant, on the day of your 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 of you not testing, we will have class as usual. Ask a senior if you have any questions, we are delighted to assist you.**

**To One and ALL! Between now and the week before our Christmas Holiday Party we will be circulating a list for you to sign up for a dish to bring to Our Holiday Party.**



**WITH THE HOLIDAYS RAPIDLY APPROACHING..** If you interested getting a special gift for the Tae Kwon Do-ist in your family? If so, see Master Steinhauser. He has books, TKD gear & other items available. make sure to plan ahead so you won't miss out on the great selection.

~>> **Mark your Calendar NO CLASS** ~ This month **on November 27th & 28th** for Thanksgiving Holiday but Master Steinhauser **will have class Sat., Nov, 29th.** And in **December on the 24th, 25th, 26th & 31st,** for Christmas & January 1st, New Years Day.

### Sparring Steps #1,2,3,4

#### Sparring #1

**Senior**  
**Right** Low Front Kick  
**Left** Low Front Kick Step back.  
**Left** Mouth High Punch  
**Right** Center Punch

**Junior**  
**Left** Low block (w/back of hand)  
**Right** Low block (w/back of hand)  
**Right** Upper defend block  
**Left** Outside/inside sweep away  
**Right** Punch

#### Sparring #2

**Senior**  
**Right** Chest high front kick  
**Left** Chest high front kick Step back.  
**Right** Chest high turn kick Step back.  
**Right** Mouth high punch  
**Left** Center punch

**Junior**  
**Left** Outside/inside (in back stance)  
**Right** Outside/inside (in back stance)  
**Left** Outside/inside (in back stance)  
**Left** High Block  
**Right** Outside/inside sweep away  
**Left** Punch

#### Sparring #3

**Senior**  
**Right** Chest High Side Kick  
**Left** Chest High Turn Kick Step back.  
**Right** Waist High Turn Back Kick  
**Right** Mouth High Punch  
**Left** Center Punch

**Junior**  
**Left** Middle Block (in back stance)  
**Right** Middle Block (in back stance)  
**Junior** With Both Hands push Block Across Body  
**Left** High Block  
**Right** Outside/inside sweep away  
**Left** Punch

#### Sparring #4 (Start with Right leg)

**Senior**  
 Turn Back Kick

**Junior**  
 Step back Attack.

#### Happy Birthday this MONTH to;



Mrs. Patterson on the 16th,  
 Geoff M. on the 17th & Mrs.  
 Godfrey on the 23rd. We wish you a very Happy Birthday & many more to come! May your day be filled loads of fun & lots of love!  
**\*\*As always if your Birth date has not been announced, please let me know and I will update it next month.**  
**renee@mpicomputers.com**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 8-9am ALL
<b>2</b>	<b>3</b> 6-7pm All 7-8pm Adults	<b>4</b> 6-7pm All 7-8pm Adults	<b>5</b> 6-7pm All 7-8pm Adults	<b>6</b> 6-7pm All 7-8pm Adults	<b>7</b> 6-7pm All 7-8pm Adults	<b>8</b> 8-9am ALL
<b>9</b>	<b>10</b> 6-7pm All 7-8pm Adults	<b>11</b> 6-7pm All 7-8pm Adults	<b>12</b> 6-7pm All 7-8pm Adults	<b>13</b> 6-7pm All 7-8pm Adults	<b>14</b> 6-7pm All 7-8pm Adults	<b>15</b> 8-9am ALL
<b>16</b>	<b>17</b> 6-7pm All 7-8pm Adults	<b>18</b> 6-7pm All 7-8pm Adults	<b>19</b> 6-7pm All 7-8pm Adults	<b>20</b> 6-7pm All 7-8pm Adults	<b>21</b> 6-7pm All 7-8pm Adults	<b>22</b> 8-9am ALL
<b>23</b>	<b>24</b> 6-7pm All 7-8pm Adults	<b>25</b> 6-7pm All 7-8pm Adults	<b>26</b> 6-7pm All 7-8pm Adults	<b>27 &amp; 28</b> NO CLASS HAPPY THANKSGIVING		<b>29</b> 8-9am ALL