

The Southern California TKD Academy Times

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

Volume 17 Issue 2


www.socatkd.com

November 2009



Remember to GIVE THANKS to those around you.

Please note: Women's Self-defense Clinic on 11/14. Don't miss it! Also NO CLASS on Nov. 26th, 27th & 28th ~Thanksgiving

 You are Cordially invited to: **Our Annual Christmas Holiday Party** on Sat., Dec. 12. at NOON Our 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. Also Master Steinhauser will be awarding Promotions & Presentations. I hope you & your family will attend. **We'll be circulating a list to sign-up to bring a dish for our Potluck Lunch. Please check with a Senior's to add your special touch to the Party. See you there!**



This Month's Dojang News



Our Test Dates for next Month are; **Tuesday, 12/1, Wednesday 12/2, & Thursday 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.

***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.*

Welcome New Students; Carter Harris and Kathryn Handen-Llopis, keep up the hard work you are doing great, oh and have some fun too!

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.



Here is one of the exercises we practice often **Sparring Steps #1,2,3,4 (Repeat all steps each side)**

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 Middle 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 Middle 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 Middle Punch

Sparring #4 (Start with Right leg back)

Senior Turn Back Kick

Junior Step back, Attack.

Happy Birthday this MONTH to;

Khedrin T. on the 12th, Mrs. Patterson on the 16th, Mrs. Godfrey on the 23rd, Isabella S. on the 25th, Alexis G. on the 27th and Benjamin G. on the 27th. 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 isn't in the Newsletter, please let me know and I will update it next month. Contact or email me... renee@mpicomputers.com**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6:00pm All Students	3 6:00pm All Students	4 6:00pm All Students	5 6:00pm All Students	6 6:00pm All Students	7 8am,9am 10am - All
8	9 6:00pm All Students	10 6:00pm All Students	11 6:00pm All Students	12 6:00pm All Students	13 6:00pm All Students	14 8am, 9am 10am - All Women's Self-Defense 11-1pm
15	16 6:00pm All Students	17 6:00pm All Students	18 6:00pm All Students	19 6:00pm All Students	20 6:00pm All Students	21 8am, 9am 10am - All
22	23 6:00pm All Students	24 6:00pm All Students	25 6:00pm All Students	26th, 27th & 28th NO CLASS HAPPY THANKSGIVING!		
29	30 6:00pm All Students					