

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 34yrs

Volume 19 Issue 1

www.socatkd.com

October 2011



No Class this month.
 Sat., 10/01
 Sat., 10/22
 Sat., 10/31
See Calendar for details



With the Holiday Season approaching, Master Steinhauser has many gifts available for the TaeKwonDo-ist in your Family. From Books to enhance TKD Training to Sparring Gear & much more.



This Month's Dojang News



Students, have you noticed a difference in how the Seniors have addressed Master Steinhauser? Kuk Sa Nim which means Grand Master. That is because he has been promoted to Grand-Master Steinhauser. I hope you all will join me in congratulating him, it is quite an honor.

This month's newsletter marks the 19th year since it was first published. Our Newsletter was started with the intention of sharing information between Master Steinhauser, class members and their families. With articles like: Announcements, TKD exercises in written format and material, you will need for your TKD notebook. For our newsletter to fulfill its purpose, I need to hear from **YOU!** Whether it's about TKD or your School - work, extra-circular activities, so we can share it and get to know each other better. Also remember to let me know what **you** would like to read about. Please see me (Ms. Fallaha) in class or email me; renee@mpicomputers.com .

Hey KIDS!! Halloween lots of fun, with dressing up, sharing "Trick or Treating" with friends, OH YEAH and the candy too, UMMMM! Please stay **SAFE** with a few reminders...**Carry a Flashlight, stay away from houses that are not well lit, don't go into any stranger's house, always assume cars do not see you, stay in a group, cross the street at the corner and as hard as it might be, don't eat any candy until your parents check it first.** Oh and remember to have fun!!

****Please note; your Dobok (TKD Uniform) is not a Halloween costume & must not be worn while Trick or Treating. It is disrespectful to do so.** If trick or treating door-to-door is not for you, the City of Long Beach & surrounding cities sponsor Carnivals that are safe & well organized. Whichever activity you choose; stay SAFE and as Master Steinhauser says "We want you to come back to class the same way you left"...

There are 2 TKD Tournaments this Month; On 10/01 is the Jimmy Kim TKD Tournament at The Pyramid in Long Beach. And on 10/22 CA Open International TKD Tournament at the Home Depot Center. The CA Open TKD deadline approaching, see Master Steinhauser for details. ****Please note: we will not have class either of these days.**

Happy Birthday this MONTH to; Joshua Ribeiro on the 9th, Gabriella Quijas on the 14th, Amberlyn Marasigan on the 16th, Kelly Gawlik on the 19th, Thomas Malaga on the 21st, Syan Patel on the 23rd, Luke Stockalper on the 23rd and Ferruh Unlu on the 28th. Happy Birthday to you! May your day be filled loads of fun, lots of laughter and much love!

****Welcome to our New Students;** Vietduke Thai, Amy Walker, Kyra Walker, Anthony Duong, and Ny Dana. Welcome to you all! Remember your training will be enhanced by the effort you put into it. Work hard and you will have many rewards. **AND** Parents, it's never to late for you to start training, the physical and mental rewards are endless. I have been told that training with your children is a gift itself.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 NO CLASS TKD Tourney
2	3 6:00pm All Students	4 6:00pm All Students	5 6:00pm All Students	6 6:00pm All Students	7 6:00pm All Students	8 8am, 9am 10am All
9	10 6:00pm All Students	11 6:00pm All Students	12 6:00pm All Students	13 6:00pm All Students	14 6:00pm All Students	15 8am, 9am 10am All
16	17 6:00pm All Students	18 6:00pm All Students	19 6:00pm All Students	20 6:00pm All Students	21 6:00pm All Students	22 NO CLASS 22 TKD Tourney
23	24 6:00pm All Students	25 6:00pm All Students	26 6:00pm All Students	27 6:00pm All Students	28 6:00pm All Students	29 8am, 9am 10am All
30	31 No Class Halloween 					