

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser - Black Belt for over 32yrs

Volume 16 Issue 12

www.socatkda.com

September 2009



MARK YOUR
CALENDARS...

**NO CLASS on
Sat., Sept. 5th,
Mon., Sept. 7th &
Fri., Sept. 11th**

**The Annual
Jimmy Kim
Invitational TKD
Tournament is on
Saturday,
Sept. 26th**



Make sure to
checkout our
website for more
information
regarding your
TaeKwonDo
Training
www.socatkda.com

This Month's Dojang News

Our test days this month are; Tuesday, September 1st, Wednesday, September 2nd & Thursday, September 3rd. Remember you only need to test one of those days. Your attendance requirements in order to test, are as follows; White Belts, Yellow Belts & Green Belts need to attend 20 class meetings, within the three month period, between tests. Red Belts need to attend 40 class meetings and wait a six months between tests. For 4th Keub Green Belt, when testing for 3rd Keub Red Belt, you are responsible to write paper(s) assigned by Master Steinhauser and due at your 4th Keub test. All Test fees are \$ 20. per Test participant. If you don't know whether you have enough attendance days to test or whether you should test, please see Master Steinhauser, he will help you decide. If you have questions regarding what you need to know for your test, ask a Senior, it is part of our responsibility to assist you ****Also remember regular training will go on as usual.**

Mark your Calendar: NO Class for Labor Day on Saturday, September 5th & Monday, September 7th. Also NO CLASS on Friday September 11th. On Saturday, September 26th, is the date for The 2009 Jimmy Kim Invitational TKD Tournament at the CSULB pyramid. Each year it turns out some great competition to watch and participate in. If you are interested see Master Steinhauser or go to www.thejki.com on the web.

One of our TKD Exercises

Goki #1

* Before each Goki, "Kiyap" to acknowledge that you are ready.

* Repeat each Goki, Junior starts

Senior

Back stance right leg back.

Right front kick.

Right high punch.

Open fist. Grab wrist with blocking hand.

Grab Junior's hand with both hands, thumbs together on back of Junior's hand, take hand straight down.

Step back with right leg. Turn hips and step to a front stance, bring opponent toward your right foot.

Finish with punch or kick.

Junior

Back stance right leg back.

Low block with back of left hand.

Right upper block

Happy Birthday this MONTH;

To Mr. Barile on the 3rd, Story D. on the 14th, Christian M. on the 30th. We wish you all the best on your day!!!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
September 2009		1 6:00pm All Students	2 6:00pm All Students	3 6:00pm All Students	4 6:00pm All Students	5 NO CLASS
6	7 NO CLASS	8 6:00pm All Students	9 6:00pm All Students	10 6:00pm All Students	11 NO CLASS	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			