

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 35yrs

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www.socatkda.com

September 2013



Happy Birthday this

Month to: Korey
Loeung on the 17th and
Mr. David
Riddel on the
30th. May all
your dreams
and wishes come true.
Enjoy your special day!



Master
Steinhauser
Approved

TKD Tournaments

coming up... The 24th Jimmy Kim Invitational TKD Championship is Saturday, Sept. 28th, at the beautiful Long Beach Pyramid. Go to www.thejki.com to register and for more info. For Senior **Red** and **Black Belt**, if you are planning to Referee at The 24th Jimmy Kim Invitational TKD Championship, there is a Referee Clinic at OMS, see Master Steinhauser for details. The 21st California Open International Tae Kwon Do Tournament is Sat., Oct. 12th, at the Home Depot Center in Carson. Go to www.caopentkd.com Look for more info. in this newsletter and from Master Steinhauser.

This month we will be working on what you need to know for your test. The dates for our next test are; Tuesday, Sept. 3rd, Wednesday, Sept. 4th and Thursday, Sept. 5th. Please note: you will 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 six months between tests. For 4th Keub **Green Belt**, when testing for 3rd Keub **Red Belt**, you are responsible to write a paper(s) assigned by Master Steinhauser and is due at your 4th Keub test. Test fees are \$ 25. per test participant. If you don't know whether you have enough attendance days to test or whether you should test, see Master Steinhauser, he will assist you. If you have questions regarding what you need to know to test, ask a Senior, we're here to help.
****Remember regular training will go on as usual.**

A NOTE FROM ALIDA STEINHAUSER: (This info. is in regards to a Fundraiser, in memory of, Mrs. Frances Carner, 3rd Dan Black Belt) I am hoping to pull together a group of walkers to join me on October 5, 2013 to celebrate Frances' life and her courageous fight against breast cancer. Please look for the team name "Friends of Frances" and register. If you can not attend, then please support us as we walk; both monetarily and/or spiritually. I have put on my travelling shoes and am preparing to join over a thousand people in the 2013 Team Spirit Breast & Ovarian Cancer 5K and 10K! The walk will be on **Saturday, October 5th** in Long Beach. The Team Spirit Event is a great event - proceeds will go to Long Beach Memorial Medical Center. This means the money raised will stay here in our community to help patients fighting breast and gynecologic cancers. I have set a goal, and I need your help to achieve it, and hopefully surpass it! I am asking you to sponsor me. Your donations and support will encourage me as I train. To make a gift to support me, go to <http://supportlongbeach.memorialcare.org/team-spirit/2013-walk/2013-team-spirit-walk---participant-?tab=0&erid=98255&frsid=4095> or go to www.socatkda.com and click on the link provided. If you would like to walk or run with me and set your own fundraising goal, **just visit the website!** Remember the more donations we raise, the more support we can offer to women with these diseases. Please visit the "**Where the Money Goes**" section on www.teamspiritonline.org to see how your donations help provide support and education for breast and gynecologic cancer patients. Although the Women Guiding Women program for Women with Cancer is housed at Long Beach Memorial, most of the cancer support services are available at no charge; they're free to any patient from any hospital. Your donations help women and their loved ones throughout their experience with cancer - from the time of diagnosis, through treatments and onto recovery. Thank you for your support! Mrs. Alida Steinhauser is Frances' sister and Master & Mrs. Steinhauser's sister-in-law.

Welcome New Students!!! Richard Chamroeun and Millicent Hor. If you have any questions regarding your training, ASK a Senior. It is our responsibility to assist you...

KIDS CORNER HEY KIDS!!!! Let

us know what you're plans are for the coming year. What school activities, projects, field trips, sport activities you may have. We would love for you to share your goings on, in our school newsletter, with your classmates...To do so contact me; (Ms. Fallaha) in class or email me; renee@mpicomputers.com

If you have any ??? just ASK.

Thanks!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SEPT 1	2 NO CLASS LABOR DAY	TEST 3 6:00pm All Students	TEST 4 6:00pm All Students	TEST 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
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	26 6:00pm All Students	27 6:00pm All Students	28 8am, 9am 10am, All
29	30 6:00pm All Students					