

The Southern California TKD Academy Times

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

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www.socatkda.com

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This Month's Dojang News



Test days next month are; Mon., March 1st, Tues. March 2nd & Wed., March 3rd. Each student only needs to test one of those days. Your 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. Your fees per test participant are \$20. and due when you test. If you are a 4th Keup **Green Belt**, testing for 3rd Keup **Red Belt**, you are responsible for a paper assigned to you by Master Steinhauser. If you have not been assigned a paper, ask him very soon. Please have papers assigned to you 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. **If you are not testing we will will have class as usual.* If you have questions ask a senior, we are delighted to assist you.

>>> **About your TKD Notebook:** Master Steinhauser requires us to collect information that will enhance our TKD training. Such as; Monthly Newsletters, any Poomse (Forms) you have learned, our exercises like Sparring 1-4, Sparring Steps and Goki's, etc. You can get this info. from; Books Master Steinhauser has available, asking a Senior, writing it out, also the info. is available from our Website. Also include any articles Master Steinhauser or you have written and anything else you feel has enhanced your TKD training. This will make up your TKD Notebook. Keep in mind when you test for your Black Belt, Master Steinhauser will require your Notebook, so he can look it over & advise you if anything else needed. Then someday you will use it to assist you in teaching others.

Information to know about SCTKDA - Tae Kwon Do

1. Our style of martial art? **Tae Kwon Do**
2. Where is Tae Kwon Do from? **South Korea**
3. Meaning of Tae Kwon Do? **Tae - Feet / Kwon - Hands / Do - The "Way" you better yourself.**
4. Korean name for Master Instructor? **Kwan Jang Nim**
5. For Instructor? **Sah Bah Nim**
6. Korean name for room we train in? **Do Jang**
7. Korean name for uniform? **Do Bok**
8. Name the 5 Original Kwan Family members? **Moo Duk Kwan / Ge' Duk Kwan / Oh Duk Kwan / Chung Duk Kwan / Kang Duk Kwan**
9. Which Original Kwan Family member do we train under? **Moo Duk Kwan**
10. What is Meaning of Moo Duk Kwan? **Moo - Mental / Duk - Physical / Kwan - The "Way" we use our Mental & Physical to better your lives.**

WELCOME NEW STUDENTS: Alfonso Ortiz and Elizabeth Ortiz.

KIDS Corner - Congratulations!!!

Paris Orozco who on 2/6/10 entered Yushen Lai's TKD Championships and achieved **GOLD Medal** in Poomse (Forms) & **SILVER Medal** in Kyroogi (Sparring). Also to **Kyle T.** was presented with The Principle Award at Cubberly Elementary School. Nicely done young ones, your hard work & determination really paid off keep up the great work, you make us proud!

| SUN | MON | TUE | WED | THURS | FRI | SAT |
|-----|----------------------------------|----------------------------------|----------------------------------|------------------------------|------------------------------|------------------------------|
| | 1 TEST 6:00pm All Students | 2 TEST 6:00pm All Students | 3 TEST 6:00pm All Students | 4 6:00pm All Students | 5 6:00pm All Students | 6 8am, 9am 10am - All |
| 7 | 8 6:00pm All Students | 9 6:00pm All Students | 10 6:00pm All Students | 11 6:00pm All Students | 12 6:00pm All Students | 13 8am, 9am 10am - All |
| 14 | 15 6:00pm All Students | 16 6:00pm All Students | 17 6:00pm All Students | 18 6:00pm All Students | 19 6:00pm All Students | 20 8am, 9am 10am - All |
| 21 | 22 6:00pm All Students | 23 6:00pm All Students | 24 6:00pm All Students | 25 6:00pm All Students | 26 6:00pm All Students | 27 8am, 9am 10am - All |
| 28 | 29 6:00pm All Students | 30 6:00pm All Students | 31 6:00pm All Students | | | |

Check out www.socatkda.com for updated Class information, prior Newsletters, printed material to enhance your TKD notebook >>> & much more. If there is something you would like to see on Our website, let me know...

Happy Birthday this month to;

Sarah C. on the 2nd,
Luke L. on the 9th,
Benjamin P. on the 9th,
Richy T. on the 12th,
Mr. Duke on the 14th,
Paris O. on the 18th,
Master Steinhauser on the 21st & Alison B. on the 31st.

Happy Birthday to you, Happy Birthday to you. May your day be filled with lots of love, much joy & all the laughter you can stand.

