

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 40yrs

VOLUME 24 ISSUE II

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AUGUST 2017



This Month's Dojang News


This month we will be working on what you need to know for your test next month. The dates you can test next month are; Tuesday, Sept. 5th, Wednesday, Sept. 6th and Thursday, Sept. 7th. Remember you only need to test one of those days. Your attendance requirements in order to test are; 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 a paper(s) assigned by Master Steinhauser and is due at your 4th Keub test. Test fees are \$ 25. per test participant. If you have questions regarding what you need to know in order to test or if you are not sure whether you have enough attendance days to test or whether you should test, see your Black Belt Instructors. **** Remember if you are NOT testing, we will still have training as usual.**

WELCOME NEW STUDENTS: Nicolle Kusterer, Joeryn Abille and Mansur Kumaixhan. Welcome to our TKD Family! Feel free to ask questions such as; How should I tie my belt? or Am I performing an exercise correctly? If you any have questions or concerns ask a Senior, and Parents are invited to do the same. It is our responsibility to teach you Tae Kwon Do as it has been taught to us.

MASTER STEINHAUSER APPROVED TKD TOURNAMENTS COMING UP... The 28th Jimmy Kim Invitational Taekwondo Championship is on Saturday, Sept. 23rd, 2017, at the beautiful Long Beach Pyramid and the 25th California Open International Tae Kwon Do Tournament is on Oct. 21st, 2017, at the Home Depot Center in Carson. Look for more information in this

newsletter or see Master Steinhauser for details.

STUDENT SECTION
****To one and all...Check the reverse side of this Newsletter for "TKD words and their meanings, we need to know.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
AUGUST 2017		1 5:30-6:30 6:30-7:30	2 5:30-6:30 6:30-7:30	3 5:30-6:30 6:30-7:30	4 5:30-6:30 6:30-7:30	5
6	7 5:30-6:30 6:30-7:30	8 5:30-6:30 6:30-7:30	9 5:30-6:30 6:30-7:30	10 5:30-6:30 6:30-7:30	11 5:30-6:30 6:30-7:30	12
13	14 5:30-6:30 6:30-7:30	15 5:30-6:30 6:30-7:30	16 5:30-6:30 6:30-7:30	17 5:30-6:30 6:30-7:30	18 5:30-6:30 6:30-7:30	19
20	21 5:30-6:30 6:30-7:30	22 5:30-6:30 6:30-7:30	23 5:30-6:30 6:30-7:30	24 5:30-6:30 6:30-7:30	25 5:30-6:30 6:30-7:30	26
27	28 5:30-6:30 6:30-7:30	29 5:30-6:30 6:30-7:30	30 5:30-6:30 6:30-7:30	31 5:30-6:30 6:30-7:30	NO CLASS 9/1	2
LABOR DAY 	NO CLASS 9/4					

NO CLASS:

~ Friday 9/1,
 ~Monday 9/4

LABOR DAY



Happy Birthday to...

Ananya Sabo-nim,
 Adhithi Kyo sa-nim,
 Austin P.,
 Auston E. and Willie H.

We hope your special day is filled with love, laughter and happiness and a few presents too!



Tae Kwon Do Meanings To Know

1. Korean name for Grand Master Instructor? Kook Sa Nim
 2. Korean name for instructor? Sah Bah Nim
 3. Our style of martial art? Tae Kwon Do
 4. What country does Tae Kwon Do come from? Korea (South)
 5. Korean name for room we train in? Dojang
 6. Korean name for uniform? Do-bak
 7. Tae Kwon Do dress uniform? All White with white shirt under Jeo-go-ri (do-bak top)
 8. School name? Southern California Tae Kwon Do Academy
 9. Founded? February 1st, 1975
 10. By whom? Grand-Master Patrick Steinhauser
 11. Name Kwan Association members? Moo Duk Kwan
Ge' Duk Kwan
Oh Duk Kwan
Chung Duk Kwan
Kang Duk Kwan
 12. Which Kwan Association member came to the North American Continent? Moo Duk Kwan
 13. Meaning of Tae Kwon Do? Tae - Feet / Kwon - Hands /
Do - The "Way" we use your feet & hands to better yourself.
 14. Meaning of Moo Duk Kwan? Moo - Physical / Duk - Mental
/ Kwan - The "Way" we use your physical & mental to better life.
 15. Master Steinhauser's Black Belt Rank? 7th DAN
 16. How many degrees of Black Belt in Tae Kwon Do? 10
 17. Meaning of GUB? Grade under Black belt
 18. Black belt headquarters in Korea? KUKKIWON
 19. Ancient name for Tae Kwon Do? Tae Kyon, Soo-bak
 20. How do you say "Thank you"? Go-map sum-ni-da
 21. Greeting (How are you?) An-Nyong Ha-Shim Nik-ka?
 22. Name the 3 Ancient Kingdoms? Koguryo, Packje & Silla
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