

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 42yrs

VOLUME 26 ISSUE II

www.socatkda.com

AUGUST 2019



NO CLASS:

~ Friday 8/30

~ Monday 9/2

LABOR DAY



****Checkout the back of this Newsletter for important info. to know...**

Happy Birthday to...

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



This Month's Dojang News

Our test days next month are: Tuesday, 9/3, Wednesday, 9/4 and Thursday, 9/5. Each student will only need to test one of those dates. Your requirements to test are; White, Yellow & Green Belts must attend 20 class meetings within each 3 month period between tests or since your last test. Red Belts must attend 40 class meetings within each 6 month period between tests or since your last test. The test fee for each Test participant is \$25. 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. Please bring any papers assigned to you on the day of your test. 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 in making that decision. ** For those not testing, class will go on as usual.*

WELCOME NEW STUDENTS: Logan S., Brendan B. and Gio C. 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.


THIS JUST IN...Mr. Brady has been name a fellow of the American Chemical Society 2019 ACS Fellows. From the ACS.org website: Congratulations to the 2019 ACS Fellows for their outstanding achievements in and contributions to science, the profession, and the Society. The 2019 ACS Fellows were announced in the July 15, 2019 issue of C&EN and will be honored at the fall ACS National Meeting in San Diego and the Presentation will be at the August meeting.



MASTER STEINHAUSER APPROVED TKD TOURNAMENTS COMING UP: The 30th Jimmy Kim Invitational Taekwondo Championship in September or October, at the beautiful Long Beach Pyramid and the 27th California Open International Tae Kwon Do Tournament,

at the Cal-State Dominguez Hills Toro Gym in Carson. Look for more info. in this newsletter or see Master Steinhauser for details.

STUDENT SECTION: Go to our website socatkda.com and take look at our school Photo Gallery, Documents Section and at our **SMART KIDS RULE** section. There is a lot to see...

Sun	Mon	Tue	Wed	Thu	Fri	Sat
AUGUST 2019				1 5:30-6:30 6:30-7:30	2 5:30-6:30 6:30-7:30	3
4	5 5:30-6:30 6:30-7:30	6 5:30-6:30 6:30-7:30	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
11	12 5:30-6:30 6:30-7:30	13 5:30-6:30 6:30-7:30	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
18	19 5:30-6:30 6:30-7:30	20 5:30-6:30 6:30-7:30	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
25	26 5:30-6:30 6:30-7:30	27 5:30-6:30 6:30-7:30	28 5:30-6:30 6:30-7:30	29 5:30-6:30 6:30-7:30	30 NO CLASS	31
LABOR DAY 	9/2 NO CLASS	9/3 TEST 5:30-6:30 6:30-7:30	9/4 TEST 5:30-6:30 6:30-7:30	9/5 TEST 5:30-6:30 6:30-7:30	9/6 5:30-6:30 6:30-7:30	

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
-
-