

# The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 44yrs

Volume 28 Issue II

[www.socatkda.com](http://www.socatkda.com)

AUGUST 2021




## This Month's Dojang News

**SUMMER SALE!!!** See Grandmaster Steinhauser while supplies last...

- T-Shirts \$10.
- Sweatshirts \$20.
- Clearance Sale on Polo Shirts, sizes are limited.

**TEST DAYS NEXT MONTH:** Tuesday, September 7th, Wednesday, September 8th and Thursday, September 9th. Each student will only need 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. The test fee for each Student is \$25. and due when you test. If you are a 4th Keup Green Belt, testing for 3rd Keup Red Belt, you are responsible to write a paper assigned to you by Grand Master Steinhauser. If you have not been assigned a paper, see a Black Belt. Please have 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 Grand Master Steinhauser, he will assist you in making that decision.

\*If you are not testing we will still have class as usual.

**STUDENT SECTION:** Now is a good time to update your TKD Notebook  To start: Go to our School website [www.socatkda.com](http://www.socatkda.com) and click around the following Sections:

**DOCUMENTS Section:** There you will find Class material we review daily while training. Your TKD Notebook will be used to enhance your TKD training and as a tool, for you to use, to teach others. If you don't have a way to get the material printed out for your TKD Notebook, make a list of what you want, ask Ms. Fallaha.

**GALLERY Section:** Check out our School photos that we have posted. If you have TKD school photos you would like posted on our website, you can email them to: [tkd@socatkda.com](mailto:tkd@socatkda.com)


**LINKS Section:** We have put together websites of interest for forms, TKD information and much more.

**SMART KIDS RULE Section:** We have many Smart kids in our TKD Family, see their awards and stories.

**NEW STUDENT:** Welcome Danny Lam to our Tae Kwon Do Family! Please feel free to ask any questions you may have and remember to have fun!

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 5:30 - 6:10 6:10 - 6:50	3 5:30 - 6:10 6:10 - 6:50	4 5:30 - 6:10 6:10 - 6:50	5 5:30 - 6:10 6:10 - 6:50	6 NO CLASS	7
8	9 5:30 - 6:10 6:10 - 6:50	10 5:30 - 6:10 6:10 - 6:50	11 5:30 - 6:10 6:10 - 6:50	12 5:30 - 6:10 6:10 - 6:50	13 NO CLASS	14
15	16 5:30 - 6:10 6:10 - 6:50	17 5:30 - 6:10 6:10 - 6:50	18 5:30 - 6:10 6:10 - 6:50	19 5:30 - 6:10 6:10 - 6:50	20 NO CLASS	21
22	23 5:30 - 6:10 6:10 - 6:50	24 5:30 - 6:10 6:10 - 6:50	25 5:30 - 6:10 6:10 - 6:50	26 5:30 - 6:10 6:10 - 6:50	27 NO CLASS	28
29	30 5:30 - 6:10 6:10 - 6:50	31 5:30 - 6:10 6:10 - 6:50		AUG. 2021		

### The Meaning of Tae Kwon Do

- ~ Tae = Feet 
- ~ Kwon = Hands
- ~ Do = The "WAY" we use our feet and hands to better ourselves.

### The Meaning of Moo Duk Kwan

- ~ Moo = Mental
- ~ Duk = Physical,
- ~ Kwan = The "WAY" we use our mental & physical to better ourselves.

### The 5 Kwan Association Members

- ~ Moo Duk Kwan
- ~ Ge' Duk Kwan
- ~ Oh Duk Kwan
- ~ Chung Duk Kwan
- ~ Kang (kong) Duk Kwan