

The Southern California TKD Academy Times

Founded February 1st., 1975 By Grand Master Patrick Steinhauser - Black Belt for over 47yrs

Volume 31 Issue 5

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February 2024



FRIENDLY REMINDER...

On Valentine Day,
Feb. 14th,
make a Card for
your Mom.
Remember to
appreciate your
parents, friends &
Family, for all they
do for you!



The Meaning of the Moo Duk Kwan Flag

Fist = Justice

14 Laurel Leaves around the Fist = 14 Provinces of Korea

6 Red dots on Leaves = The known Continents of the world at the time the symbol was made.

3 Red dots on one side = 3,000 Li the distance between North & South Korea

The Chinese writing below the fist;

Left Side = Tae

Right Side = Kwon

Middle = Moo Duk Kwan



This Month's Dojang News



THIS MONTH STARTS THE 49TH YEAR SINCE GRAND MASTER STEINHAUSER FOUNDED THE SOUTHERN CALIFORNIA TAE KWON DO ACADEMY...

I hope you all will join me in saying a BIG "THANK YOU" to Grand Master Steinhauser, for his many, many years of dedication and commitment to teaching us the time-honored tradition of our Ancient Martial Art, Tae Kwon Do. I know Grand Master Steinhauser would say to all of his Students... "The School would be empty without you."

A NOTE OF WISDOM FROM GRANDMASTER STEINHAUSER TO ALL BLACK BELTS AND SOON TO BE BLACK BELTS:

"THE BLACK BELT AROUND MY WAIST DOES NOT REPRESENT WHO I AM, IT DOES REPRESENT WHAT I CAN BE".

YOUR PAPER WAS DUE BY JAN. 31ST: Each year Grand Master Steinhauser requires each of us to make a list of "10 GOALS I (YOU) PLAN TO ACHIEVE IN 2024" These goals have to be attainable and measurable. Each year some of us put off writing this paper, so Grand Master Steinhauser has added an incentive...If you are late turning in your paper for each day you will be asked to do pushups. On 1st day late 10 pushups, 2nd day late +10 or 20 pushups and in just 3 days past the deadline, (yes it includes weekends), that's 30 pushups. So do not wait any longer...If you need help with your Goals ask a Senior, we're here to assist you. You can also email your goals to: MasterSteinhauser@socatkda.com

NO CLASS: On February 19th, in observance of Presidents' Day.

OUR TEST DAYS NEXT MONTH: Monday 3/4, Tuesday 3/5 or Wednesday 3/6. 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 Grand Master Steinhauser, also due on the day of your test. If you have not been assigned a paper, ask him very soon. If you don't know whether you have enough attendance days or whether you should test, see Grand Master Steinhauser he will assist you in making that decision. *Remember if you are NOT testing we will have class as usual.

HAPPY BIRTHDAY TO YOU!!! Trent Quan-ja-nim, Brian Quan-ja-nim, Kaly T., Ethan O. and Alison S. Sob-a-nim. May your special day be filled with lots of laughter & much love.



STUDENT SECTION: Congratulations to Nathan K. He was awarded "Student of the Month". Ms. Collins (Nathan's teacher) stated, "Nathan is a great student in Physical Education. He sets high goals for himself and achieves these goals. He is a model student for himself and his classmates. She is very proud to be Nathan's teacher!" Well done Nathan you make US proud! Keep up the good work...

**If you would like to share your achievements with your TKD classmates, in our Newsletter, please see Master Fallaha. :)

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