

The Southern California TKD Academy Times

Founded February 1st., 1975 By Grand-Master Patrick Steinhauser ~ Black Belt for over 41yrs

Volume 25 Issue 4

www.socatkda.com

January 2018



**HAPPY NEW
YEAR &
WELCOME
BACK!**

To our Tae Kwon Do Family...
May this coming year bring you good HEALTH, lots of LOVE and loads of LAUGHTER.

Now back to training...I hope you will join me in fulfilling many personal and Tae Kwon Do goals this year.

Train hard, work hard & play hard, the rewards are endless...

Remember to visit our school's website for training aids, classmate photos & much more... socatkda.com

This Month's Dojang News

WE HAVE A PAPER DUE NO LATER THEN JANUARY 31ST, 2018.

The title of your paper is "10 Goals I Plan to Achieve in 2018". Every January, Master Steinhauser requires each of us to make a list of 10 goals we plan to achieve in the coming year. These goals have to be attainable and measurable. Each year some of us put off writing this paper until the last minute or forget all together. So Master Steinhauser has added an incentive...If you fail to turn in your "Goals", to Master Steinhauser by Jan. 31st, 2018, you get to do 10 push-ups for each day you are late. The incentive adds up like this; 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**. If you intend to hand in your paper on Jan. 31st and Master Steinhauser isn't in class, you are late, however you can also email your goals to MasterSteinhauser@socatkda.com by Jan. 31st. To make a long story short, **get your goals in now** and you won't have to experience Master Steinhauser's added incentive, THIS TIME!!! If you need help with your Goals ask a Senior, we're here to assist you.

2018 BLACK BELT GROUP

- | | | |
|----------------------|-----------------|------------------|
| 1. Trent Steinhauser | 2. Korey Loeng | 3. Millicent Hor |
| 4. Erin Enos | 5. Channary Kom | 6. Darin Kom |
| 7. Nathan Talavera | 8. Olivia Som | 9. Tara Nguyen |

Your training begins Monday, Jan. 8th, 2018. All candidates must attend 3 classes a week, Jan. thru March and 4 classes a week, April thru June to remain

eligible to test. Master Steinhauser will be giving you a test packets with details regarding your training and papers due. In the coming months you will need to compile dates of TKD activities such as: Self Defense Clinics you participated in, for your Black Belt Application due the day of your Test. You will need to turn in your TKD Notebook in which you have been compiling information such as: TKD Newsletters since you started training, along with (Poomse) forms, exercises (Goki's, sparring steps) you have learned, in written or printed form. You will be responsible to turn in to Master Steinhauser any paper(s) assigned during your 6 month training period. If you have questions or concerns, speak with a Senior, we are happy to assist you with completing these tasks. Needless to say time does fly, so get started! Compile your Test Application information, write your assigned paper(s) and get your TKD Notebook in order. If you do not have all Newsletters, from the first day you trained see Ms. Fallaha with a list of the months you need. Good luck to all candidates...

What would YOU like to read about, in our school newsletter? Are there any techniques you would like to see in written form such as; Sparring Steps, Forms (Poomse), Goki's, etc.? Your training is enhanced by understanding Tae Kwon Do and asking for what you need. So please ASK and continue to use our newsletter to enhance your TKD training...

HAPPY BIRTHDAY TO: Andrew C. , Nathan D., William M., J.P. S., Richard U., Matthew T. - Kyo Sa Nim, Aaron Y. and Vietduke T. - Kyo Sa Nim. May your special day be filled with lots of fun & many surprises.

STUDENT SECTION Hey Kids in this part of the newsletter we like to hear from you. Things such as; announcements you have, school projects, vacations, etc. Please see Ms. Fallaha to share your news with your TKD classmates. Thanks!

SUN	MON	TUE	WED	THU	FRI	SAT
JANUARY 2018	Happy New Year!!!					
	1 NO CLASS	2 NO CLASS	3 NO CLASS	4 NO CLASS	5 NO CLASS	6
7	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 5:30-6:30 6:30-7:30	13
14	15 Martin Luther King Jr's B-day 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 5:30-6:30 6:30-7:30	20
21	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 5:30-6:30 6:30-7:30	27
28	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			