

# The Southern California TKD Academy Times

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

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

January 2024



**HAPPY NEW  
YEAR &  
WELCOME BACK!**

May this coming year  
bring you good  
HEALTH, lots of LOVE  
& 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, School info. & much more...

## ANNOUNCEMENT

In order for Our Tae Kwon Do Family to grow & for TKD to reach others, Grand Master Steinhauser is offering a New TKD Uniform if you bring in a new student...

## This Month's Dojang News

**WE HAVE A PAPER DUE NO LATER THEN JANUARY 31ST, 2024...**

The title of your paper is **"10 GOALS I PLAN TO ACHIEVE IN 2024"**. Every January, Grand 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 it all together. So Grand Master Steinhauser has added an incentive...If you fail to turn in your "Goals", to Grand Master Steinhauser by Jan. 31st, 2024, 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 Grand Master Steinhauser isn't in class, you are late, however you can also email your goals to: [MasterSteinhauser@socatkda.com](mailto:MasterSteinhauser@socatkda.com) by Jan. 31st. To make a long story short, **get your goals in very soon** and you won't have to experience Grand Master Steinhauser's added incentive, THIS TIME!!! If you need help putting your list of 10 Goals together, ask a Senior, we're here to assist you. Let Renee Quan-ja-nim what you would 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 and [www.socatkda.com](http://www.socatkda.com) to enhance your TKD training...

**MARK YOUR CALENDAR:** Grand Master Steinhauser and our Black Belts will be running another Women's Self-defense Clinic, Please pass on the information to your Mom, Grandma, Aunts, Sisters, friends. If they are interested contact Grand Master Steinhauser to let him know, as the Clinic spots fill up fast. If you already took the class and would like a refresher you're invited too.

**OUR NEXT TEST WILL BE:** Mon., 3/4, Tues. 3/5, or Wed., 3/6

**HAPPY BIRTHDAY TO:** Adrianna H., Nathan K. and Matthew - Sa-bah nim. May your special day be filled with lots of fun & many surprises.

**STUDENTS CORNER:** Nathan played with his Full Orchestra for Hughes

Middle School. He played Violin in the Advance Orchestra Hughes Middle school. The songs included; Tretak from Nutcracker, In the Halls from The Lion King and Mambo Incognito. Also Nathan sold \$120. worth of Chocolate at \$1.00 each in 1 day. It was for his school music program in general.



SUN	MON	TUE	WED	THU	FRI	SAT
	1 No Class	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	6
7	8 5:30-6:30 6:30-7:30	9 5:30-6:30 6:30-7:30	10 5:30 - 6:10 6:10 - 6:50	11 5:30 - 6:10 6:10 - 6:50	12	13
14	15 5:30-6:30 6:30-7:30	16 5:30-6:30 6:30-7:30	17 5:30 - 6:10 6:10 - 6:50	18 5:30-6:30 6:30-7:30	19	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	27 Women's Self Defense Clinic
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	January 2024		