

The Southern California TKD Academy Times

Founded February 1st., 1975 By Grand-Master Patrick Steinhauser ~ Black Belt for over 48yrs

Volume 31 Issue 4

www.socatkda.com

January 2025



**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, 2025...

The title of your paper is "10 GOALS I PLAN TO ACHIEVE IN 2025". 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, 2025, 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 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 know 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 to enhance your TKD training...

REMEMBER: Starting January 1st., our class time will be 5:30pm to 6:30pm, with No second class.

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

HAPPY BIRTHDAY TO: Nathan K. and Marcus Y. May your special day be filled with lots of fun & many surprises.



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...

STUDENTS CORNER:

- Nathan played Violin for his Winter Orchestra, for Millikan High School.

- Mengwin and Nicole played Violin in their Orchestra & they sang too!

TO ALL STUDENTS:

Remember to share what's happening with you, HERE, so you can share it with your Classmates.

SUN	MON	TUE	WED	THU	FRI	SAT
	January 2025		1 No Class	2 5:30 - 6:30	3	4
5	6 5:30 - 6:30	7 5:30 - 6:30	8 5:30 - 6:30	9 5:30 - 6:30	10	11
12	13 5:30 - 6:30	14 5:30 - 6:30	15 5:30 - 6:30	16 5:30 - 6:30	17	18
19	20 5:30-6:30	21 5:30-6:30	22 5:30-6:30	23 5:30-6:30	24	25
26	27 5:30-6:30	28 5:30-6:30	29 5:30-6:30	29 5:30-6:30		