

The Southern California TKD Academy Times

Founded February 1st., 1975 By Grandmaster Patrick Steinhauser ~ Black Belt for over 49yrs

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This Month's Dojang News

"The study of Taekwondo is not the task of one day, or of one year...It is rather the path of a life time." ~ Grandmaster Steinhauser

WE HAVE A PAPER DUE NO LATER THEN JANUARY 31ST, 2026...

The title of your paper is **"10 GOALS I PLAN TO ACHIEVE IN 2026"**. Every January, Grandmaster 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 Grandmaster Steinhauser has added an incentive...If you fail to turn in your "Goals", to Grandmaster Steinhauser by Jan. 31st, 2026, 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 Grandmaster 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 Grandmaster 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. Please tell Master Fallaha 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.socatkd.com to enhance your TKD training...

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...

OUR NEXT TEST WILL BE IN MARCH: Tues. 3/2, Wed., 3/3, or Thurs., 3/4

NEW STUDENT: ISABELLA C. Welcome to our Tae Kwon Do Family.

And to ALL...feel free to ask any questions you may have.

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



STUDENTS CORNER: To all students... remember to tell Master Fallaha what's happening with you, whether it's school trips or projects, Family vacation, or Tae Kwon Do goals...so we can share it with your Classmates HERE...

ANNOUNCEMENT

Please see attached letter for a heartfelt message from Grandmaster Steinhauser regarding the future of our School...

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...

SUN	MON	TUE	WED	THU	FRI	SAT
	January 2026			1 No Class	2	3
4	5 5:30 - 6:30	6 5:30 - 6:30	7 5:30 - 6:30	8 5:30 - 6:30	9	10
11	12 5:30 - 6:30	13 5:30 - 6:30	14 5:30 - 6:30	15 5:30 - 6:30	16	17
18	19 5:30-6:30	20 5:30-6:30	21 5:30-6:30	22 5:30-6:30	23	24
25	26 5:30-6:30	27 5:30-6:30	28 5:30-6:30	29 5:30-6:30	30	31