

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 42yrs

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JULY 2019



This Month's Dojang News




Congratulations to All Black Belt Test participants and to ALL students... With your commitment, dedication and hard work, you have completed another part of your Tae Kwon Do training that many students never achieve. As Master Steinhauser says *"The study of TaeKwonDo is not the task of one day, or of one year, it is rather the path of a lifetime."* Our path continues... Besides our physical and mental training, Master Steinhauser requires us to study our Martial Art and in the process put together a [Tae Kwon Do Notebook](#) to enhance our TKD training. You can find a lot of information needed to fill your TKD Notebook at our school website > www.socatkda.com There you will find information such as; Forms/Poomse like Tae Guek 1 or exercises like 1-Step Sparring, Sparring #1 and many other things you learn in class. We have printouts available in PDF & Word .doc format, to add to your [TKD Notebooks](#). If you don't have access to the internet, ask a Senior and we will assist you in getting that information... To our parents, it's never to late to enroll in TKD for yourselves. If you join TKD class, you won't find a better return on the investment of your time...the rewards are endless. If you have any questions just ask...I can sense a question already. *Why does Master Steinhauser require us to create a [TKD Notebook](#)?* His hope is that someday you will use your notebook as reference for your training and a tool to teach others. We have a responsibility to pass on what we have learned regarding, our Ancient Martial Art of Tae Kwon Do, to others that come after us. Contents for your TKD Notebook: Any Papers Master Steinhauser and you write, all Sparring Steps, all One-step Sparring, etc., Forms/Hyungs - Tae Guek 1, etc., along with articles you find interesting with regards to Tae Kwon Do. Also include all Newsletters, "Southern California TKD Academy Times", that have been published while you are training. If you have any questions or need assistance in creating your [TKD Notebook](#) ask a Senior. In our Newsletter, look for this "notebook"  symbol it will appear next to information recommended for your [TKD Notebook](#).

WELCOME NEW STUDENTS: Anthony R., Ethan T., Paul V., Joshua P. and Calvin L.

If you have any questions please feel free to ask...

STUDENT NEWS:

To one and all...Share your summer stories with us in our Newsletter. We want to hear from you... Answer question like: *What are your plans for summer?* Then report back about your Summer trips or things you will be doing here at home. :)

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------------|------------------------------|------------------------------|------------------------------|--|------------------------------|-----|
| JULY 2019 | 1 NO CLASS | 2 NO CLASS | 3 NO CLASS | 4 NO CLASS  Independence Day | 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 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 | | | |

No Class Mon.
7/1 thru Fri. 7/5



for
Independence
Day. Remember to
give thanks to the
Men and Women
of our Armed
forces who fought
for our Freedom.

*Stay safe and
come back to class
the way you left.*

Happy Birthday to...

Tara Kyo-Sa-
Nim, Brandon T.,
Jocelyn E., and
Allen L.

May you all have
loads of fun, lots
of laughter &
much love!



TEST RESULTS

June 2019

178th TEST

| | | |
|--------------------------|-----------------------------|-----------------------------|
| 1. Put, Leheng | 2 nd Keub Red | 1 st Keub Red |
| 2. Chea, Andrew | 3 rd Keub Red | 2 nd Keub Red |
| 3. Santiago, J.P. | 3 rd Keub Red | 2 nd Keub Red |
| 4. Dara, Mulry | 3 rd Keub Red | 2 nd Keub Red |
| 5. Elizarraras, Anthony | 3 rd Keub Red | 2 nd Keub Red |
| 6. Duong, Nathan | 4 th Keub Green | 3 rd Keub Red |
| 7. Salas, Eric | 4 th Keub Green | 3 rd Keub Red |
| 8. Le, Allen | 4 th Keub Green | 3 rd Keub Red |
| 9. Le, Helen | 4 th Keub Green | 3 rd Keub Red |
| 10. Yuk, Alice | 5 th Keub Green | 4 th Keub Green |
| 11. Yuk, Atiya | 5 th Keub Green | 4 th Keub Green |
| 12. Luu, Ryan | 6 th Keub Green | 5 th Keub Green |
| 13. Fajardo, Rod | 6 th Keub Green | 5 th Keub Green |
| 14. Choeun-Khem, Caralyn | 6 th Keub Green | 5 th Keub Green |
| 15. Hin, Jonathan | 6 th Keub Green | 5 th Keub Green |
| 16. Hicks, Matthew | 7 th Keub Yellow | 6 th Keub Green |
| 17. Kong, Kaiden | 8 th Keub Yellow | 7 th Keub Yellow |
| 18. Kong, Kara | 9 th Keub Yellow | 7 th Keub Yellow |
| 19. Ly, Richard | 9 th Keub Yellow | 7 th Keub Yellow |
| 20. Yuk, Aaron | 9 th Keub Yellow | 8 th Keub Yellow |
| 21. Bakhtiari, Armin | 11 th Keub White | 9 th Keub Yellow |
| 22. Bakhtiari, Arash | 11 th Keub White | 9 th Keub Yellow |
| 23. Contreras, Julian | 11 th Keub White | 9 th Keub Yellow |
| 24. Thompson, Zoey | 11 th Keub White | 9 th Keub Yellow |
| 25. Shackeroff, Tia | 11 th Keub White | 9 th Keub Yellow |
| 26. Elizarraras, Jocelyn | 11 th Keub White | 9 th Keub Yellow |