

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 43yrs

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www.socatkda.com

JULY 2020



This Month's Dojang News



Please take notice of our New Class Schedule, instruction for a safe return to class and we will all get through this...See Ms. Fallaha to sign up, in advance, to attend classes. Our classes will be limited to 10 people per class, with 3 classes per night.

Master Steinhauser requires us 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](#). **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 do-

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JULY 2020			1 NO CLASS	2 NO CLASS	3 NO CLASS	4
5	6 5:30 6:10 6:50	7 5:30 6:10 6:50	8 5:30 6:10 6:50	9 5:30 6:10 6:50	10 NO CLASS	11
12	13 5:30 6:10 6:50	14 5:30 6:10 6:50	15 5:30 6:10 6:50	16 5:30 6:10 6:50	17 NO CLASS	18
19	20 5:30 6:10 6:50	21 5:30 6:10 6:50	22 5:30 6:10 6:50	23 5:30 6:10 6:50	24 NO CLASS	25
26	27 5:30 6:10 6:50	28 5:30 6:10 6:50	29 5:30 6:10 6:50	30 5:30 6:10 6:50	31 NO CLASS	

Welcome Back!



Things have changed a bit...Please see handouts and instructions we have posted online: www.socatkda.com and as always ask questions...

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!

