

# The Southern California TKD Academy Times

Founded February 1st., 1975 By Grand Master Patrick Steinhauser ~ Black Belt for over 46yrs

Volume 30 Issue 10

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

JULY 2023



**NO CLASS MONDAY,  
JULY 4TH.**



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.

**This just in...**

We have a Women's Self Defense Class coming up in August. Invite your Sisters, Moms, Wives, Aunts, Friends, etc. See the reverse side of this Newsletter for more information.



Victoria G. & Allen Sobonim. May you enjoy loads of fun, lots of laughter & much love!



## This Month's Dojang News



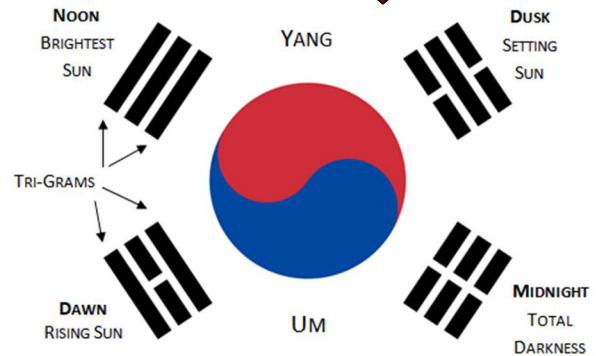
*Congratulations to All Test participants, Black Belts and Color Belts...* With your commitment, dedication and hard work, you have completed another part of your Tae Kwon Do training that many students never achieve. As Grand Master Steinhauser says *"The study of TaeKwonDo is not the task of one day, or of one year, it is rather the path of a lifetime."* Our path continues... Besides our physical and mental training, Grand 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](http://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 too 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 Grand 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 Grand 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" to information recommended for your TKD Notebook.



« symbol it will appear next

Counting in Korean

1	<u>Hana</u>	1st	<u>Il</u>
2	<u>Dool</u>	2nd	<u>Ye</u>
3	<u>Set</u>	3rd	<u>Sam</u>
4	<u>Net</u>	4th	<u>Sa</u>
5	<u>Dasut</u>	5th	<u>Oh</u>
6	<u>Yasut</u>	6th	<u>Yook</u>
7	<u>Eel gop</u>	7th	<u>Chil</u>
8	<u>Yuh dul</u>	8th	<u>Pal</u>
9	<u>Ah hap</u>	9th	<u>Koo</u>
10	<u>Yul</u>	10th	<u>Ship</u>



### TEST RESULTS June 2023 194<sup>th</sup> TEST

1. Santa-Olalla, Logan	2 <sup>nd</sup> Keub Red	1 <sup>st</sup> Keub Red
2. Saing, Romney	4 <sup>th</sup> Keub Green	3 <sup>rd</sup> Keub Red
3. Saing, Somalika	4 <sup>th</sup> Keub Green	3 <sup>rd</sup> Keub Red
4. Galsim, Christopher	4 <sup>th</sup> Keub Green	3 <sup>rd</sup> Keub Red
5. Cabacungan, Caleb	5 <sup>th</sup> Keub Green	4 <sup>th</sup> Keub Green
6. Sok, Evan	7 <sup>th</sup> Keub Yellow	6 <sup>th</sup> Keub Green
7. Sok, Alex	7 <sup>th</sup> Keub Yellow	6 <sup>th</sup> Keub Green
8. Noun, Monika	7 <sup>th</sup> Keub Yellow	6 <sup>th</sup> Keub Green
9. Santizo, Alejandra	7 <sup>th</sup> Keub Yellow	6 <sup>th</sup> Keub Green
10. Kim, Meng Win	7 <sup>th</sup> Keub Yellow	6 <sup>th</sup> Keub Green
11. Cabacungan, Rylee	7 <sup>th</sup> Keub Yellow	6 <sup>th</sup> Keub Green
12. Kim, Nalyn	9 <sup>th</sup> Keub Yellow	7 <sup>th</sup> Keub Yellow
13. Thai, Kevin	9 <sup>th</sup> Keub Yellow	7 <sup>th</sup> Keub Yellow
14. Thai, Kaly	9 <sup>th</sup> Keub Yellow	7 <sup>th</sup> Keub Yellow
15. Om, Tha	9 <sup>th</sup> Keub Yellow	7 <sup>th</sup> Keub Yellow
16. Om, Ethan	9 <sup>th</sup> Keub Yellow	7 <sup>th</sup> Keub Yellow
17. Om, Sheldon	9 <sup>th</sup> Keub Yellow	7 <sup>th</sup> Keub Yellow
18. Keo, Nathan	11 <sup>th</sup> Keub White	9 <sup>th</sup> Keub Yellow
19. Keo, Nicole	11 <sup>th</sup> Keub White	9 <sup>th</sup> Keub Yellow
20. Keo, Niana	11 <sup>th</sup> Keub White	9 <sup>th</sup> Keub Yellow
21. Im, Ellie	13 <sup>th</sup> Keub White	11 <sup>th</sup> Keub White

MON	TUE	WED	THU
3 NO CLASS	4 CLASS	5 5:30 - 6:10 6:10 - 6:50	6 5:30 - 6:10 6:10 - 6:50
10 5:30 - 6:10 6:10 - 6:50	11 5:30 - 6:10 6:10 - 6:50	12 5:30 - 6:10 6:10 - 6:50	13 5:30 - 6:10 6:10 - 6:50
17 5:30 - 6:10 6:10 - 6:50	18 5:30 - 6:10 6:10 - 6:50	19 5:30 - 6:10 6:10 - 6:50	20 5:30 - 6:10 6:10 - 6:50
24 5:30 - 6:10 6:10 - 6:50	25 5:30 - 6:10 6:10 - 6:50	26 5:30 - 6:10 6:10 - 6:50	27 5:30 - 6:10 6:10 - 6:50
31 5:30 - 6:10 6:10 - 6:50			JULY 2023