

The Southern California TKD Academy Times

Founded February 1st., 1975 By Grand Master Patrick Steinhauser ~ Black Belt for over 47yrs

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JULY 2024



**NO CLASS THURSDAY,
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.

SUMMER SALE!!!

Just in time to add Books to your Summer reading list. Paper Back Books \$5. Hard Cover Books \$10. and T-Shirts - \$10 Also Sweatshirts still available, while supplies last - Limited Sizes... Ask Grand Master Steinhauser for more details...

STUDENT NEWS

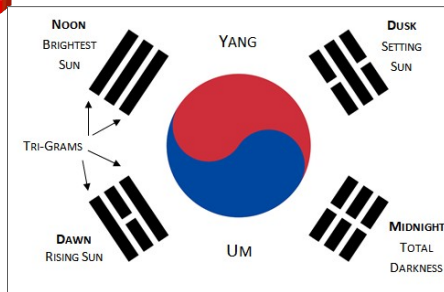
Nathan achieved the highest score in the SBAC test. It is a placement test for the State of California to help place a Student in High School. Well Done!!!



This Month's Dojang News



Congratulations to the Black Belt Test Group: Conor Seng 3rd Dan, Allison Salas - Diaz 3rd Dan, Jake Selig 2nd Dan, and Zoey Thompson 2nd Poom. Now is the time to continue to come to class and pass on the TKD lessons you have learned. And congratulations also to all of the Color Belts too...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 what you need 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](#). 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. *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" << symbol it will appear next to information recommended for your [TKD Notebook](#).



TEST RESULTS - JUNE 2024 - 198TH TEST

- | | | |
|-----------------------|-----------------------------|-----------------------------|
| 1. Seng, Conor | 2 nd Poom Black | 3 rd Dan Black |
| 2. Salas-Diaz, Alison | 2 nd Dan Black | 3 rd Dan Black |
| 3. Selig, Jake | 1 st Poom Black | 2 nd Dan Black |
| 4. Thompson, Zoey | 1 st Poom Black | 2 nd Poom Black |
| 5. Lee, Hannah | 2 nd Keub Red | 1 st Keub Red |
| 6. Saing, Romney | 2 nd Keub Red | 1 st Keub Red |
| 7. Saing, Somalika | 2 nd Keub Red | 1 st Keub Red |
| 8. Quintana, Santana | 3 rd Keub Red | 2 nd Keub Red |
| 9. Cabacuncan, Caleb | 3 rd Keub Red | 2 nd Keub Red |
| 10. Om, Tha | 4 th Keub Green | 3 rd Keub Red |
| 11. Om, Ethan | 4 th Keub Green | 3 rd Keub Red |
| 12. Om, Sheldon | 4 th Keub Green | 3 rd Keub Red |
| 13. Kim, Nalyn | 4 th Keub Green | 3 rd Keub Red |
| 14. Keo, Nathan | 5 th Keub Green | 4 th Keub Green |
| 15. Im, Eliana | 6 th Keub Green | 5 th Keub Green |
| 16. Keo, Niana | 6 th Keub Green | 5 th Keub Green |
| 17. Pheng, Elisa | 7 th Keub Yellow | 6 th Keub Green |
| 18. Keo, Nicole | 7 th Keub Yellow | 6 th Keub Green |
| 19. Risco, Marcelle | 11 th Keub White | 9 th Keub Yellow |
| 20. You, Marcus | 13 th Keub White | 11 th Keub White |
| 21. Oav-Ly, Nikola | 13 th Keub White | 11 th Keub White |
| 22. Nou, Jerry | 13 th Keub White | 11 th Keub White |
| 23. Mojica, Alcaleg | 13 th Keub White | 11 th Keub White |

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>

MON	TUE	WED	
1 5:30 - 6:10 6:10 - 6:50	2 5:30 - 6:10 6:10 - 6:50	3 5:30 - 6:10 6:10 - 6:50	 NO CLASS
8 5:30 - 6:10 6:10 - 6:50	9 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
15 5:30 - 6:10 6:10 - 6:50	16 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
22 5:30 - 6:10 6:10 - 6:50	23 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
29 5:30 - 6:10 6:10 - 6:50	30 5:30 - 6:10 6:10 - 6:50	31 5:30 - 6:10 6:10 - 6:50	JULY 2024