The Southern California TKD Academy Times

Founded February 1st., 1975 By Grand Master Patrick Steinhauser - Black Belt for over 48yrs

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JULY 2025



HAPPY INDEPENDENCE DAY ON JULY 4TH



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. Ask Grand Master Steinhauser for more details...

STUDENT NEWS

Remember to bring in your report Card in for Grand Master Steinhauser to see. He presents Academic Achievement Uniform Patches for, exemplary report cards, at the end of your school year. For a 4.0 GPA ~ Black Patch and 3.0 GPA ~ Red Patch. If you don't get letter grades, no worries, he will figure it out.



This Month's Dojang News



Congratulations to the Black Belt Test Group: Alex Srey - Romney Saing - Somalika Saing - Hannah Le who achieved 1st Poom. Our next Black Belt Test will be August 14th, 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 <u>TKD Notebooks</u>. 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

TEST RESULTS ~ June 2025 ~ 202nd TEST

| Om, Ethan | 2 nd Keub Red | 1st Keub Red |
|--------------------|---|--|
| Kim, Nalyn | 2 nd Keub Red | 1 st Keub Red |
| Keo, Nianna | 3 rd Keub Red | 2 nd Keub Red |
| Im, Elianna | 3 rd Keub Red | 2 nd Keub Red |
| You, Marcus | 6 th Keub Green | 5 th Keub Green |
| Contreras, Evin | 6 th Keub Green | 5 th Keub Green |
| Tuinei, Yeshua | ll th Keub White | 9 th Keub Yellow |
| Seng, Thao | | 11 th Keub White |
| Unzueta, Valentina | | |
| Unzueta, Victoria | | |
| Seng, Simo | 13 th Keub White | ll th Keub White |
| Seng, Patrick | 13 th Keub White | 11 th Keub White |
| Mendoza, Victoria | 13 th Keub White | 11 th Keub White |
| | Kim, Nalyn Keo, Nianna Im, Elianna You, Marcus Contreras, Evin Tuinei, Yeshua Seng, Thao Unzueta, Valentina Unzueta, Victoria Seng, Simo Seng, Patrick | Kim, Nalyn Keo, Nianna Im, Elianna 2nd Keub Red 3rd Keub Red You, Marcus Contreras, Evin 6th Keub Green 6th Keub Green 6th Keub Green 11th Keub White Seng, Thao Unzueta, Valentina Unzueta, Victoria Seng, Simo Seng, Patrick 2nd Keub Red 13th Keub Green 11th Keub White 13th Keub White |

TKD Notebook.

HAPPY BIRTHDAY TO:

Evan O. and Simon S. May your special day filled with love, laughter and fun! And a few gifts wouldn't hurt...

Welcome New Students. Daniel V. and Taylor V. All Students are encouraged to ask questions of Seniors...

Counting in Korean

any questions or need assistance in creating your <u>TKD Notebook</u> ask a Senior. In our Newsletter, look for

information recommended for your

this "RED notebook"

it will appear next to

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

| Mon | TUE | WED | Thu | Fri |
|----------------------------------|--|----------------------------------|--|----------|
| JULY | 1 | 2 | 3 | |
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| 7 | 8 | 9 | 10 | 11 |
| 5:30 - 6:30 | 5:30 - 6:30 | 5:30 - 6:30 | 5:30 - 6:30 | |
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| | | | | |
| 14 | 15 | 16 | 17 | 18 |
| | 10 | 16 5:30 - 6:30 | | 18 |
| | 10 | | | 18 25 |
| 5:30 - 6:30 21 | 5:30 - 6:30 22 | 5:30 - 6:30 | 5:30 - 6:30 24 | |
| 5:30 - 6:30 21 | 5:30 - 6:30 22 | 5:30 - 6:30 23 | 5:30 - 6:30 24 | |
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