

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 39yrs

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www.socatkda.com

March 2017



If you are concerned about extreme weather or other emergencies, please check our school website to see if our school is closed...



this month to:
Gook-sa-nim
(Grand-Master)
Steinhauser
make sure to
shake his hand
and wish him
Happy Birthday,
also Keira P.,
Nathan and
Sarah.

*May all your
dreams & wishes
come true &
enjoy your
special day too!*



This Month's Dojang News



Our Test days this month are: Wed., March 1st, Thurs., 2nd and Fri., March 3rd. Each student only needs to test one of those days. Your requirements to test are; **White, Yellow & Green Belts** must attend 20 class meetings within each 3 month period between tests. **Red Belts** must attend 40 class meetings within each 6 month period between tests. The test fee for each student is \$25. and due when you test. If you are a 4th Keup **Green Belt**, testing for 3rd Keup **Red Belt**, you are responsible for a paper assigned to you by Master Steinhauser. If you have not been assigned a paper, ask him very soon. Please have any papers assigned to you, on the day of your test. To all, if you don't know whether you have enough attendance days or whether you should test, see Master Steinhauser as he will assist you in making that decision. **And for those of you not testing, we will have class as usual.*

Black Belt Test Group: Your test will be Saturday, June 17th at 11am. Master Steinhauser's training schedule: Jan. to March train min. 3 days a week, April-June train min. 4 days per week. Your first paper should have been turned in already. ALSO remember to start collecting info. for your Test Application AND finishing up your TKD Notebook. If you need assistance just ask. ;)

Terms to know for all Students:

Master
Instructor (3rd Dan and above)
How are you?
Fine. Thank you.
Thank you.
You are welcome.
Welcome.
Upper Block
Low Block
Outside-inside Block
Inside-outside Block
Front Kick
Side Kick
Turn/Slap Kick

Quan-gi-nim
Sob-bi-nim
An-Nyong Ha-Shim Nik-ka?
Joh-Sum-Ni-Da
Go-Map Sum-Ni-Da
Chon-Man Eh-Yo
Uraso Oship-Si-Yo
Uo-gol Makki
Ari-Makki
Mom-ton Makki
Mom-ton Ahn Makki
Ap Cha-gi
Yup Cha-gi
Dol-yo Cha-gi

*Salute the Flag at the beginning and end of Class;

Chi-det Gu-ki Ka-di yoh Salute Pa-doh Chi-det Kuhn-yah
Attention Flag Turn towards Salute Rest Attention Bow



<< **For your TKD Notebook**



To add information to your TKD Notebook: Go to www.socatkda.com at the topbar of the webpage click on DOCUMENTS. There you'll find loads of information that you can easily print out for your TKD Notebook, which will in turn enhance your TKD training. If you do not have a way to get the TKD information printed out for your TKD notebook, just ask and I'll get it to you. AND for fun go to our Gallery Section. I've posted many new photos for you to see. And if you have photos you would like posted on our website, email them to me (renee@mpicomputers.com) or bring them in on a thumb drive.

WELCOME TO OUR NEW STUDENT

Noah M. To every student and your parents, please feel free to ask questions.

SUN	MON	TUE	WED	THU	FRI	SAT
	MARCH		1 TEST 5:30-6:30 6:30-7:30	2 TEST 5:30-6:30 6:30-7:30	3 TEST 5:30-6:30 6:30-7:30	4
5	6 5:30-6:30 6:30-7:30	7 5:30-6:30 6:30-7:30	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
12	14 5:30-6:30 6:30-7:30	14 5:30-6:30 6:30-7:30	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
19	21 5:30-6:30 6:30-7:30	21 5:30-6:30 6:30-7:30	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
26	28 5:30-6:30 6:30-7:30	28 5:30-6:30 6:30-7:30	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	