

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 42yrs

Volume 26 Issue 6

www.socatkda.com

March 2019



****Please check our school website if you are concerned about extreme weather or other emergency circumstances in which our school may be closed...**



on March 21st to Gook-sa-nim (Grand-Master) Steinhauser, make sure to shake his hand and wish him a Happy Birthday, also to Rod F., Poncho Q., John B. & Kyo-sa-nim Nathan T.

May your Special Day be filled with much love, lots of laughter & loads of fun!



This Month's Dojang News



OUR TEST DAYS THIS MONTH ARE: Monday, 3/11, Tuesday, 3/12, and Wednesday 3/13. 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 date is Saturday, June 15. Your training schedule in order for you to stay eligible test...All candidates are expected to attend a minimum of three classes per week for the first three months, and then four classes per week until the test. In addition, the following is required:

March-April

- Push-ups 3-sets of 40 each day
- Sit-ups 3-sets of 40 ten each day
- Leg-lifts 3-sets of 25 ten each day

May-June

- Push-ups 3-sets of 50 each day
- Sit-ups 3-sets of 50 ten each day
- Leg-lifts 3-sets of 25 ten each day

You have been assigned papers to write, due no later than one week prior to your test. Remember to fill out your Black Belt Application (ask if you have questions) and get your TKD Notebook ready to be turned into Master Steinhauser, also no later than one week prior to your test. Your TKD Notebook should contain all Newsletters printed since you started class, as well as your Poomse (forms), (Tae Guek 1-8, Poomse Koyro), daily class exercises (Sparring steps, 1 Step, etc.), any papers written by Master Steinhauser and by you and anything else you think will enhance your Tae Kwon Do training. If you are missing that information or any Newsletters make a list (include dates for Newsletters), give it to me (Ms. Fallaha) soon! If you have any questions ask a Senior as it is our responsibility to assist you.

WELCOME NEW STUDENTS: Arash B., Armin B. and John B. Welcome to our TKD Family. If you have any questions or concerns please ask a Senior, we are here to help you.

FOR INFORMATION TO ADD TO YOUR TKD NOTEBOOK: Go to www.socatkda.com At the menu bar click on DOCUMENTS. There you'll find a lot of material you can access and easily print out for your TKD Notebook. Your TKD Notebook will be used to enhance your TKD training and as a tool for you to use to teach others. If you don't have a way to get the material printed out for your TKD Notebook, just ask and I'll get it to you. Also check out our Gallery Section. I have posted many TKD Student photos for you to see. If you have photos you would like posted on our website: bring them in on a thumb drive or email renee@mpicomputers.com.

STUDENT SECTION: Gavin T. earned the "Coach John Wooden Success Trait Award", for team spirit from his school, Florence Bixby Elementary school. Keep up the great work! You make us proud!

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-------------------------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|-----|
| | MARCH | | | | 1 5:30-6:30 6:30-7:30 | 2 |
| 3 | 4 5:30-6:30 6:30-7:30 | 5 5:30-6:30 6:30-7:30 | 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 |
| 10 | 11 5:30-6:30 6:30-7:30 | 12 5:30-6:30 6:30-7:30 | 13 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 |
| 17 St. Patrick's Day | 18 5:30-6:30 6:30-7:30 | 19 5:30-6:30 6:30-7:30 | 20 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 |
| 24 ----- | 25 5:30-6:30 6:30-7:30 | 26 5:30-6:30 6:30-7:30 | 27 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 |
| 31 | | | | | | |