

# The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 43yrs

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**\*\*PLEASE CHECK OUR SCHOOL WEBSITE IF YOU ARE CONCERNED ABOUT EXTREME WEATHER OR OTHER EMERGENCY CIRCUMSTANCES IN WHICH OUR SCHOOL MAY BE CLOSED...**



**TO GOOK-SA-NIM (GRAND-MASTER) STEINHAUSER ON MARCH 21ST. REMEMBER TO SHAKE HIS HAND AND WISH HIM A VERY HAPPY BIRTHDAY. ALSO ROD F., PONCHO KYO-SA-NIM, AHRON L., ARVIN M. & NATHAN KYO-SA-NIM.**

**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, 3/2, Tuesday, 3/3, and Wednesday 3/4. 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. Please have any papers assigned to you, on the day of your test. If you don't know if you should test, see Master Steinhauser and he will assist you in making that decision.

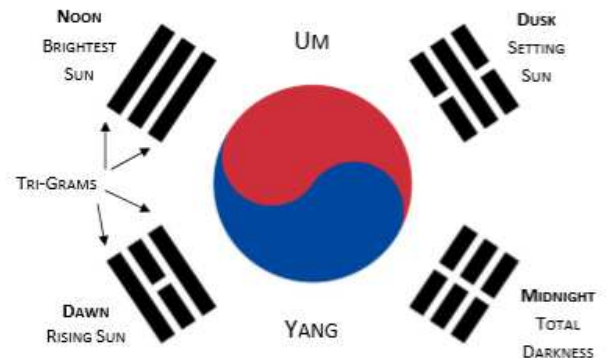
*\*And for those of you not testing, we will have class as usual.*

**BLACK BELT TEST GROUP:** To stay eligible to 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: 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 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, it is our responsibility to assist you.

**FOR INFORMATION TO ADD TO YOUR TKD NOTEBOOK:** Go to [www.socatkda.com](http://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, you can email them to: [renee@mpicomputers.com](mailto:renee@mpicomputers.com).

### KOREAN FLAG - TAEGUKKI

The Korean Flag symbolizes much of the thought, philosophy and mysticism of the Orient. The symbol and sometimes the flag itself, is called the Taeguk. It is said that the Taeguk flag was first flown in August of 1882, the 19th year of the reign of King Kojong of the Choson Kingdom. A treaty was made at this time between Korea and Japan at Chemulpio to end the hostilities resulting from Hideyoshi's invasion of Korean 1592. To affect this treaty, Kim Ok-kyun and Pak Yong-hyo went to Japan as special envoys and feeling the necessity of a national flag originated the Taeguk while on the ship to Japan. In 1883 it was formally adopted as the national flag of Korea. The three aspects of a nation are the land, the people and the government. These are symbolized on the Taeguk; the white ground represents the land, the circle represents the people, and the four sets of bars represent the government. Depicted on the flag is a circle divided equally and in perfect balance. The upper (red) section represents the yang and the lower (blue) section the um, an ancient symbol of the universe. These two opposites express the dualism of the cosmos fire and water, day and night, dark and light, construction and destruction, masculine and feminine, active and passive, heat and cold, plus and minus and so on. The central thought in the Taeguk indicates that while there is a constant movement within the sphere of infinity, there are also balance and harmony. Three bars at each corner also carry the ideas of opposition and balance. The three unbroken lines represent the earth. At the lower left-hand corner of the flag are two lines with a broken line between. This symbolizes fire. The opposite is the symbol of water.



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8	9 5:30-6:30 6:30-7:30	10 5:30-6:30 6:30-7:30	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
15	16 5:30-6:30 6:30-7:30	17 5:30-6:30 6:30-7:30	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
22	23 5:30-6:30 6:30-7:30	24 5:30-6:30 6:30-7:30	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
29	30 5:30-6:30 6:30-7:30	31 5:30-6:30 6:30-7:30		MARCH		