

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 44yrs

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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...AND TO ROD F., PONCHO Q. KYO-SA-NIM, AHRON L., EVELYN L. & NATHAN T. KYO-SA-NIM.

MAY YOUR SPECIAL DAY BE FILLED WITH MUCH LOVE, LOTS OF LAUGHTER & LOADS OF FUN!



This Month's Dojang News

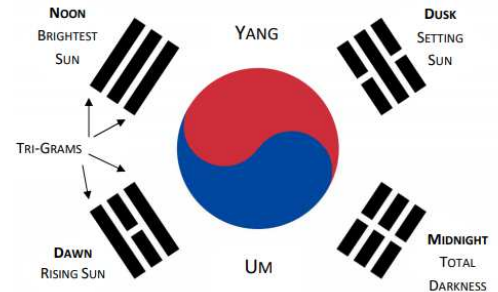


OUR TEST DAYS THIS MONTH ARE: Mon. 3/1, Tues. 3/2, Wed. 3/3 & Thurs. 3/4. Each student will need to test 3 of 4 days. Please check with Master Steinhauser for your requirements to test. **White, Yellow and Green** Belts can test every 3 months, **Red** Belts can test every 6 months. The test fee for each student is \$25. and due when you test. If you don't know whether 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.*

WE HAVE A PAPER DUE AS SOON AS POSSIBLE: Master Steinhauser requires each student to make a list of **"10 GOALS I PLAN TO ACHIEVE IN 2021"**. Your goals have to be attainable and measurable. Each year some of us put off writing this paper or forget all together. So Master Steinhauser has added an incentive...If you do not turn in your "Goals" to Master Steinhauser, you will be assigned 10 push-ups. The incentive adds up like this; 1st day late 10 pushups, 2nd day late +10 or 20 pushups and in just 3 days, (yes it includes weekends), that's 30 pushups. So turn in your list of **"10 GOALS I PLAN TO ACHIEVE IN 2021" AS SOON AS POSSIBLE** OR can also email your goals to: MasterSteinhauser@socatkda.com. Ask a Senior if you need help, we're here to assist you.

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, you can email them to: renee@mpicompulers.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.



SUN	MON	TUE	WED	THU	FRI	SAT
	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	4 5:30 - 6:10 6:10 - 6:50	5 NO CLASS	6
7	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	12 NO CLASS	13
14	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	19 NO CLASS	20
21	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	26 NO CLASS	27
28	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	MARCH		

