

# The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 38yrs

Volume 24 Issue 2

[www.socatkda.com](http://www.socatkda.com)

November 2016



Give thanks...



for all you have been given.

**NO CLASS:**

Nov. 24th

Nov. 25th

Nov. 26th

HAPPY

THANKSGIVING !!!

**Please make a note:** Starting January 2017, Sat. TKD Class will no longer be offered. M-F Class will remain the same.

With winter Season upon us...Buy your TKD School Sweatshirts while supplies last

**Happy Birthday to:**  
Trevor C., Gavin T., Phearich T. and Daniel M.  
*May your day be filled with lots of laughter & much love!*



## This Month's Dojang News



**Editor's note:** Wow another year is almost over... We have been fortunate again this year with many NEW Students and their families joining our TKD Family. One of the main reasons we have our newsletter is to keep you informed of such important things as the following...

1. Our School website [www.socatkda.com](http://www.socatkda.com). Information is posted in the Class Material Section regarding class exercises we learn such as, Sparring Steps, Forms, etc., also Master Steinhauser's written articles, Newsletter(s) you may have missed, announcements, photos of activities (inside and out of class) and much more. I encourage you to visit our website, click around and see all the information that will enhance your TKD training. While you're there go to the **Gallery** Section to checkout old and new photos that have been posted. If you'd like more information, just ask.
2. **TKD Notebooks** - Everyone in class is responsible to put together a TKD notebook. You should compile written exercises you learn in class (ex. One-Step Sparring, etc.), articles you would like to keep with TKD in mind, papers you have or will be writing, all Newsletters since you started class, Poomse (forms) that you know in written form. Mostly information with regards to what you have learned during TKD training. When you test for Black Belt, Master Steinhauser will ask for your notebook and he will advise you of additional information you may need in order to utilize your notebook, as a training tool, when you teach.
3. **Goals** you plan to achieve for the year. Everyone is expected to turn in to Master Steinhauser, a list of **"10 Goals You Plan to Achieve in 2017"**. The list is due no later than Jan. 31, 2017. On Feb. 1st 2017, you are late and 10 push-up per day you haven't turned your paper in, will begin. To all of us who have already turned in our goals for the past year, we should be completing your list now.

**Our Test Dates for next Month:** Monday 12/5, Tuesday 12/6 & Wednesday 12/7. Remember each student will only need to test one of those days. 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. Test fees are \$25. per test participant. If you don't know whether you have enough attendance days or whether you should test, see Master Steinhauser. If you are a 4th Keup Green Belt, testing for 3rd Keup Red Belt, you have a paper due assigned to you by Master Steinhauser. Please have any papers due & your Test fees, on the day of your test. *\*If you are not testing we'll have class as usual.*

**Mark your Calendar:** Our **Annual Christmas Holiday Party** is Sat., Dec., 10th, at Los Altos Brethren Church. Our Party is always great fun & full of surprises. You'll have an opportunity to meet & greet fellow classmates & their Families, while enjoying a tasty Pot-luck lunch. Master Steinhauser will be awarding Promotions & Presentations. In a couple of weeks please sign-up to bring a main dish or side dish or dessert for our Potluck Lunch. **Please note: Each Family will be responsible to bring their own drinks.** We will supply paper goods, ice & ice chest if you need them. Next month look for: Pot-luck sign-up sheets at the front desk, more details in the newsletter and a map will be available too. *See you then!*

**JKI Tournament Results:** Olivia S. won a Silver Medal in Sparring at the 23rd Jimmy Kim International TKD Tournament. You worked hard and each day you show commitment to your training Olivia, YOU MAKE US PROUD!!!

**Welcome New Students:** Zain Obeid and Leheng Put. If you have any questions, please ask a Senior, we are here to assist you with your training.

**STUDENT SECTION:** On Saturday, October 8th Keira went to a show/competition for the Millikan Marching Band. They were awarded 4th place and also recieved Best Visual. And they also play at school football games, and are going to play for the homecoming game at the Millikan Dehaven Stadium!!! Very cool Keira! It takes a lot of practice and commitment to be in a marching band. Kinda like TKD : ) Well done!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
November 2016		1 5:30-6:30 6:30-7:30	2 5:30-6:30 6:30-7:30	3 5:30-6:30 6:30-7:30	4 5:30-6:30 6:30-7:30	5 8am, 9am All
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20	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	HAPPY HOLIDAYS	25 NO CLASS	26 NO CLASS
27	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			