

# The Southern California TKD Academy Times

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

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

November 2019



## This Month's Dojang News



**OUR TEST DATES FOR NEXT MONTH:** Monday 12/2, Tuesday 12/3 & Wednesday 12/4. Each student only needs to test one of those days. Requirements to test are: White Belts, Yellow Belts & 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 will have class as usual.*

**EDITOR'S NOTE:** 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...

- Our School website - [www.socatkda.com](http://www.socatkda.com)** On our Home Page you will find announcements, Master Steinhauser's written articles, our latest Newsletter and much more. On our Documents Page you will find class materials regarding training we learn in class like Sparring Steps, Forms, etc. On our Gallery Page you'll find photos of promotions, 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.
- TKD Notebooks** - Master Steinhauser requires each of us to put together a TKD Notebook. In your TKD Notebook we should compile written exercises you learn in class (ex. One-Step Sparring, Sparring Steps, etc.), also 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 have learned, in written form. Your TKD Notebook should hold information with regards to what you have learned during your TKD training and so you can refer back to it as a training tool when you teach. When you test for Black Belt, Master Steinhauser will ask to see your notebook and he will advise you information you may need, to enhance your TaeKwonDo training and to assist you in teaching others.
- 10 Goals you plan to achieve for the coming year.** Each year Master Steinhauser requires us to write a list of "[10 Goals You Plan to Achieve in 2020](#)". Our List of Goal's are due, to Master Steinhauser, no later than 1/31/20. On 2/1/20 if you have not turned in your goals, you will be assigned 10 push-ups per each day you are late. To those of us who have turned in our goals for the past year, we should be completing that list very soon.

**OUR ANNUAL CHRISTMAS/HOLIDAY DESSERT PARTY:** Saturday, Dec., 14th, at 12noon, with Setup at 11am, at Los Altos Brethren Church. Our Pot-luck Party is always great fun & full of surprises. You'll have an opportunity to meet & greet fellow classmates & their Families. Master Steinhauser will be presenting Promotions & Awards. Please sign-up to bring Main dish or Side dish and/or Dessert, at the front desk. More details to follow in the newsletter and a map will be provided too. We will supply paper goods, ice & ice chest if you need them. **\*\*Please note: Each Family will be responsible to bring their own drinks.**

*We look forward to see you!!!*

**NEW STUDENTS:** Evin Contreras. Welcome to our TaeKwonDo Family. If you have any questions, please ask a Senior, we are here to assist you with your training.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 5:30-6:30 6:30-7:30	2
3 5:30-6:30 6:30-7:30	1 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 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 5:30-6:30 6:30-7:30	15 5:30-6:30 6:30-7:30	16
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 5:30-6:30 6:30-7:30	22 5:30-6:30 6:30-7:30	23
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 NO CLASS		29 NO CLASS	30

Give thanks...  
for all you have  
been given.



**NO CLASS:**  
**Wed. 11/27,**  
**Thurs. 11/28**  
**and Fri. 11/29**  
**HAPPY**  
**THANKSGIVING**

*Happy  
Birthday this  
Month to:  
Mulry D.,  
Julian C.,  
Gavin T.,  
Ethan T.,  
Santana Q.  
& Logan S.-O.  
May your day  
be filled with  
lots of love  
& laughter!*

