

The Southern California TKD Academy Times

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

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This Month's Dojang News



OUR NEXT TEST WILL BE THE WEEK OF THE 12/7 AND THE BLACKBELT TEST WILL BE 12/17 DURING THE 2ND HOUR 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.*

PLEASE NOTE: Winter is coming - Make sure to bring either a TKD or your School Sweatshirt, each night you are attending class. If you have any questions contact Master Steinhauser.

Checkout these additional methods to enhance your TKD Training:


1. **Our School website - www.socatkda.com** On our Home Page you'll find School announcements, Master Steinhauser's written articles, our latest Newsletter and much more. On our Documents Page you will find class material: 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 to enhance your TKD training.
2. **TKD Notebooks** - Master Steinhauser requires each of us to put together a TKD Notebook. In your TKD Notebook compile written exercises you learn in class (ex. One-Step Sparring, Sparring Steps, etc. - all found on our website), also articles you would like to add with TKD in mind, papers you have 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 regarding information you may need to enhance your TaeKwonDo training and to assist you in teaching others.
3. **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 2021". Our List of Goal's are due, to Master Steinhauser, no later than 1/31/21. On 2/1/21 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 made our list of goals last year, we should be completing that list soon.

NEW STUDENTS: Moises P. And Evelyn L. Welcome to our TaeKwonDo Family. If you have any questions, please ask a Senior, we are here to assist you with training.

HAPPY BIRTHDAY THIS MONTH TO:

Mulry D., Julian C., Gavin T. & Logan S.-O. May your day be filled with lots of love & laughter !



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	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 5:30 - 6:10 6:10 - 6:50	6	7
8	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 5:30 - 6:10 6:10 - 6:50	13	14
15	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 5:30 - 6:10 6:10 - 6:50	20	21
22	23 5:30 - 6:10 6:10 - 6:50	24 5:30 - 6:10 6:10 - 6:50	25 NO CLASS	26 	27	28
29	30 5:30 - 6:10 6:10 - 6:50			November 2020		

Give thanks...
for all you have
been given.
**Happy
Thanksgiving!**



NO CLASS:
11/25, 11/26 & 11/27
AND FOR THE
CHRISTMAS & NEW
YEAR HOLIDAY
12/23 AND
RETURN ON MON.,
1/4/21

 With the
Holidays
rapidly
approaching...
Looking for that
special gift for the
TaeKwonDo-ist in
your Family?
Master Steinhauser
has many great gift
ideas; from our logo
designed T-shirts
and a Dobok
(uniform), to Spar-
ring Gear and TKD
books to
enhance
Training.

