

# The Southern California TKD Academy Times

Founded February 1st., 1975 By Grand-Master Patrick Steinhauser - Black Belt for over 47yrs

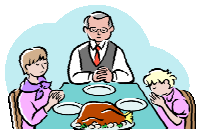
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November 2024



REMEMBER TO GIVE THANKS FOR ALL YOU HAVE BEEN GIVEN. HAPPY THANKSGIVING!



**NO CLASS:**  
THURSDAY 11/28  
LOOK FOR THE CLOSED DATES FOR CHRISTMAS & NEW YEAR'S HOLIDAY IN OUR NEWSLETTER, ON THE BULLETIN BOARD OR ON OUR WEBSITE

 **WINTER SALE**  
Just in time for the Holidays...

Sweatshirts - \$20.  
T-Shirts - \$10  
While supplies last - Limited Sizes...  
Hats - \$15.  
Various Books \$5-\$10  
Kubatans - \$5.  
PLUS Grand Master Steinhauser has many great gift ideas; from our logo designed T-shirts and a Dobok (uniform), to Sparring Gear, TKD books to enhance Training...



## This Month's Dojang News



**OUR NEXT TEST IN DECEMBER:** TUESDAY, 12/3, WEDNESDAY, 12/4 OR THURSDAY, 12/5. 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 Grand-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 Grand-Master Steinhauser. Please have any papers due & your Test fees, on the day of your test. \*If you are not testing join us for class as usual.

**Checkout these additional methods to enhance your TKD Training:**

- Our School website - [www.socatkda.com](http://www.socatkda.com)** On our Home Page you'll find School announcements, Grand-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 what is available to enhance your training.
- TKD Notebooks** - Grand-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 written, all Newsletters since you started class, and 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, Grand-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.
- 10 Goals you plan to achieve for the coming year.** Each year Grand-Master Steinhauser requires us to write a list of **10 Goals You Plan to Achieve in 2025**. Our List of Goal's are due, to Grand-Master Steinhauser, no later than 1/31/25. To those of us with 2024 Goals should be completing that list soon.



**MARK YOUR CALENDARS NO CLASS:**

Mon. 11/11 in observance of Veteran's Day and Thanksgiving Day Mon., 11/28. Also FOR THE HOLIDAY NO CLASS 12/24-12/26 AND 12/31 & 1/1/25 >>> Check the December Newsletter for more details.

**HAPPY BIRTHDAY THIS MONTH TO:**

Hannah L., Rylee C., Elisa P., Santana Q., Riley T., Niana K., Nicole K., & Nikola O. May your Special day be filled with lots of love & laughter!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>November</b>				1	2
3	4 5:30 - 6:10 6:10 - 6:50	5 5:30 - 6:10 6:10 - 6:50	6 5:30 - 6:10 6:10 - 6:50	7 5:30 - 6:10 6:10 - 6:50	8	9
10	 <b>NO CLASS</b>	12 5:30 - 6:10 6:10 - 6:50	13 5:30 - 6:10 6:10 - 6:50	14 5:30 - 6:10 6:10 - 6:50	15	16
17	18 5:30 - 6:10 6:10 - 6:50	19 5:30 - 6:10 6:10 - 6:50	20 5:30 - 6:10 6:10 - 6:50	21 5:30 - 6:10 6:10 - 6:50	22	23
24	25 5:30 - 6:10 6:10 - 6:50	26 5:30 - 6:10 6:10 - 6:50	27 5:30 - 6:10 6:10 - 6:50	28 <b>NO CLASS</b>		30