

The Southern California TKD Academy Times

Founded February 1st., 1975 By Master Patrick Steinhauser ~ Black Belt for over 41yrs

VOLUME 26 ISSUE 1

www.socatkda.com

OCTOBER 2018



Mark your Calendar:

No Class on October 31st.
Be safe!



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



This Month's Dojang News



This month starts the 26th Edition of our School's Newsletter. With thanks to you and many students before you, we have achieved our goal of sharing information between Master Steinhauser, TKD Students and their families. In the coming year you will continue to see: our school announcements, TKD exercises in written format and material for your TKD notebook. However we want to hear from YOU! We want you to share what's important to you, whether it's about TKD, your Schoolwork or extracurricular activities, it helps us get to know you better. Also let me know what you would like to read about, in our newsletter. To share your information and thoughts in our newsletter, see me (Ms. Fallaha) before or after class or you can email me; renee@mpicomputers.com.

HEY KIDS!! Halloween is lots of fun, with dressing up, sharing "Trick or Treating" with friends, OH YEAH and the candy too, YUMMMM! Please stay SAFE with a few reminders.



Carry a Flashlight, stay away from houses that are not well lit, don't go into any stranger's house, always assume cars cannot see you, stay in a group, cross the street at the corner and as hard as it might be, don't eat any candy until your parents check it first. **Oh and remember to have fun!!** **Important note: Your

Dobok (TKD Uniform) is not a Halloween costume & must not be worn while Trick or Treating. It is disrespectful to do so. If trick or treating door-to-door is not for you, the City of Long Beach & surrounding cities sponsor Carnivals that are safe, fun & well organized. Whichever activity you choose; stay SAFE and as Master Steinhauser says "We want you to come back to class the same way you left".

MASTER STEINHAUSER APPROVED TKD TOURNAMENTS COMING UP: The 26th California Open International Tae Kwon Do Tournament is on Oct. 13th, 2018, at the Cal-State Dominguez Hills Toro Gym in Carson. See Master Steinhauser for details.

MARK YOU CALENDAR: No class Tuesday, Oct. 31st.

NEW STUDENT: Julian C. Welcome to our TaeKwonDo Family. You and your family are always welcome to ask questions.

HAPPY BIRTHDAY THIS MONTH TO: Francis B., Jarret K., Allison K., Nicolle K., Leheng P. & Conor S. May your day be filled wit lots of laughter & much love!



STUDENTS SECTION : KOREAN MEANINGS TO KNOW...

TAEKWON-DO - Korean art of self-defense with (foot) kick and (hand) punch and the "Way" we better ourselves

DOJANG - Gym for training martial arts

DOBOK - Martial art training uniform

JEO-GO-RI - Uniform top

BA-JEE - Uniform pants

TDEE - Belt

KOOK SA NIM - Grand Master

KWON JAH NIM - Master or the head of the school

SAH BAH NIM - Instructor

KYO SAH NIM - Junior Black Belt

An-Nyong Ha-Shim Nik-ka? - HOW ARE YOU?

Go-Map Sum-Ni-Da - THANK YOU

Chon-Man Eh-Yo - YOU ARE WELCOME



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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 5:30-6:30 6:30-7:30	6
7	8 5:30-6:30 6:30-7:30	9 5:30-6:30 6:30-7:30	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
14	15 5:30-6:30 6:30-7:30	16 5:30-6:30 6:30-7:30	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
21	22 5:30-6:30 6:30-7:30	23 5:30-6:30 6:30-7:30	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
28	29 5:30-6:30 6:30-7:30	30 5:30-6:30 6:30-7:30	31 NO CLASS		OCTOBER	