

# The Southern California TKD Academy Times

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

VOLUME 28 ISSUE 1

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

OCTOBER 2020



Happy Birthday  
to...

Conor, and  
Logan

May your day be  
filled with lots of  
laughter &  
much love!



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 28th Edition of our School's Newsletter. Thank you all for making this Newsletter valuable by sharing your activities and information. In the coming year you will continue to see: school announcements, TKD exercises in written format and material for your TKD notebook. We want to hear from YOU by sharing what is important to you, whether it's about TKD, your Schoolwork or extracurricular activities. Also let me know what you would like to read about in our newsletter. In order to share your information in our newsletter, see me (Ms. Fallaha) before or after class or you can email: [tkd@socatkda.com](mailto:tkd@socatkda.com).

**HEY KIDS!!** This year Halloween may be different then in prior years...but whatever you do it can still be is lots of fun, with dressing up, safely sharing "Trick or Treating" with friends, OH YEAH and the candy too, YUMMMM! If you can Trick or Treat 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 may 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".**



### TEST RESULTS - SEPTEMBER 2020 - 183rd TEST

1. Luu, Ryan	3rd Keub Red	2nd Keub Red
2. Hicks, Matthew	3rd Keub Red	2nd Keub Red
3. Thompson, Zoey	4th Keub Green	3rd Keub Red
4. Contreras, Julian	5th Keub Green	4th Keub Green
5. Sino-Cruz, Brooklyn	7th Keub Yellow	6th Keub Green
6. Santa Olalla, Logan	7th Keub Yellow	6th Keub Green
7. Lopez, Ahron	9th Keub Yellow	7th Keub Yellow
8. Lopez, Victoria	9th Keub Yellow	7th Keub Yellow
9. Luu, Michelle	11th Keub White	9th Keub Yellow
10. Luu, Brenda	11th Keub White	9th Keub Yellow
11. Contreras, Evin	13th Keub White	12th Keub White

### The Study of Tae Kwon Do

1. Meaning of Tae Kwon Do - Tae = Feet  
Kwon = Hands  
Do = The "Way" you use your feet & hands to better yourself.
2. The 5 Kwan Family members - Moo Duk Kwan  
Ge' Duk Kwan, Oh Duk Kwan,  
Chung Duk Kwan, Kang (Kong) Duk Kwan
3. Our Tae Kwon Do Association Name  
Moo Duk Kwan
- 4 Meaning of Moo Duk Kwan  
Moo = Physical  
Duk = Mental  
Kwan = The "Way" you use your physical & mental to better your life.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 5:30 - 6:10 6:10 - 6:50	2	3
4	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 5:30 - 6:10 6:10 - 6:50	9	10
11	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 5:30 - 6:10 6:10 - 6:50	16	17
18	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 5:30 - 6:10 6:10 - 6:50	23	24
25	26 5:30 - 6:10 6:10 - 6:50	27 5:30 - 6:10 6:10 - 6:50	28 5:30 - 6:10 6:10 - 6:50	29 5:30 - 6:10 6:10 - 6:50	30	31

