



AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

2010-2011 Quarterly Calendar Schedule



*714-791-5877 (Chief Instructor) www.AJKSTKD.com *949-394-0410 (Account Manager)

December

January

SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT				
If you miss a day, make it up on <u>any</u> day!			1 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	2 TKD All Belt: 3-4:30PM ***** PRIVATE	3 TKD *Sparring: 3-4:30PM ***** PRIVATE	4 *T PRIVATE 12:30-1PM *Sparring: 1-3PM	Check out our Sparring Classes on Wed. (4:15-5:15 PM) & Fri. (3-4:30 PM) at Carden Hall (Room 5). Available to <u>ALL BELTS!</u>										
5	6 TKD All Belt: 3-4:30PM BBC: 1hr. 4:15-5:15	7 TKD All Belt: 3-4:30PM	8 TKD All Belt: 3-4:30PM	9 TKD <i>Pro. Test</i> 3:30-5PM	11** All Belt: 3-4:30PM ***** PRIVATE	11 No TKD	2	3 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	4 TKD All Belt: 3-4:30PM	5 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	6 TKD All Belt: 3-4:30PM ***** PRIVATE	7 TKD *Sparring: 3-4:30PM ***** PRIVATE	8 No TKD				
12	14 TKD All Belt: 3-4:30PM BBC: 1hr. 4:15-5:15	15 TKD All Belt: 3-4:30PM	16 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	17 No TKD	18 No TKD	18 No TKD	9	10 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	11 TKD All Belt: 3-4:30PM	12 TKD All Belt: 3-4:30PM	13 TKD All Belt: 3-4:30PM ***** PRIVATE	14** All Belt: 3-4:30PM ***** PRIVATE	15 No TKD				
19	21 No TKD	22 No TKD	23 No TKD	24 No TKD	25 No TKD	25 No TKD	16	17 No TKD	18 TKD All Belt: 3-4:30PM	19 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	20 TKD All Belt: 3-4:30PM ***** PRIVATE	21 TKD *Sparring: 3-4:30PM ***** PRIVATE	22 No TKD				
26	27 No TKD	28 No TKD	29 No TKD	30 No TKD	31 No TKD		23	24 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	25 TKD All Belt: 3-4:30PM	26 TKD All Belt: 3-4:30PM	27 TKD All Belt: 3-4:30PM ***** PRIVATE	28** All Belt: 3-4:30PM ***** PRIVATE	29 PRIVATE 12:30-1PM *Sparring: 1-3PM				
AJK's is hoping to have a Holiday Party on the 11 th of December. Details to follow soon! Happy Holidays!							30	31 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	HB Black Belt Center is moving across the street! Details to follow!								

NOTES

- BBC (Black Belt Classes): Open to **Rec. black and black belts**, and are offered Mon. and Sat. *See schedule for days and times.*
- *Tournament Classes: Open to athletes who desire to compete, and are made through private appointments *only*.
- **Friday Fun Days: Open to **ANY** belt level and are offered on Fri. *See schedule for days and times.*



AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

2010-2011 Quarterly Calendar Schedule

*714-791-5877 (Chief Instructor) www.AJKSTKD.com *949-394-0410 (Account Manager)



February

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 TKD All Belt: 3-4:30PM	2 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	3 TKD All Belt: 3-4:30PM ***** PRIVATE	4 TKD *Sparring: 3-4:30PM ***** PRIVATE	5 PRIVATE 12:30- 1PM *Sparring: 1-3PM
6	7 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	8 TKD All Belt: 3-4:30PM	9 TKD All Belt: 3-4:30PM	10 TKD All Belt: 3-4:30PM ***** PRIVATE	11** All Belt: 3-4:30PM ***** PRIVATE	12 Special Rank Day 10AM- 12PM
13	14 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	15 TKD All Belt: 3-4:30PM	16 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	17TKD <i>Pro.Test</i> <i>3:30-5PM</i>	18 No TKD	19 No TKD
20	21 No TKD	22 No TKD	23 No TKD	24 No TKD	25 No TKD	26 No TKD
27	28 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	<p>A tournament note: Should another tournament pop-up in this quarter, an e-mail, call, or mailing will announce the event. <i>It is suggested that any athlete interested in competing in sparring, should be attending more than the required 8 hours of sparring before their next scheduled test.</i></p>				

NEWS BULLETIN

- **Check out our *Flexible Class Schedule!* All belts are welcomed to attend any one or two day combination per week! Private lessons are offered Thurs., Fri., and Sat. upon appointment! *Please check schedule for days and times.***
- **AJK's offers 16 hrs. of sparring per ¼ . Sparring Classes are now open to all belts. Green belts or higher must have at least 8hrs. of sparring since their last test to be eligible to advance. AJK's is now offering 1 hr. Sparring classes on Wednesdays and Fridays at Carden Hall (Room 5). Refer to ¼ Cal. for dates and times. Black Belts should attend sparring at least three times a month.**
- **Children's Holiday Party: On December 11th, AJK's hopes to have a Holiday Party for its athletes. (Details to follow soon!)**
- **Special Rank Day is for those students who are a Rec. black or higher. Get ready for some REAL FUN! On February 12 from 10 A.M. to 12 P.M. (Details to follow.)**
- **Tournament Classes will be offered through private appointment *only* on Thur., Fri., & Sat. Our tournament policies have changed. Please contact Mrs. Kinowski at 949-394-0410 for further information.**

NOTES

- ***Sparring Classes:** Open to all belts. These classes are offered on Wed., Fri., & Sat. *See schedule for days and times.*
- **Weapon Class:** Open to green belts or higher. These classes are offered in some classes at no charge.
- **Private Lessons:** Open to all ages and are scheduled on Thursday, Friday, and Saturday. *See schedule for days and times.*