



AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

2014-2015 Quarterly Calendar Schedule

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

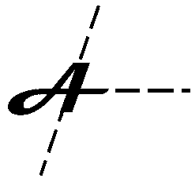
September

October

SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT
	1	2	3	4	5	6				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
<p>Welcome Back!</p> <p><i>Enjoy Our Flexible Schedule! One, Two, or Unlimited Days! All belts are welcomed to attend one, two, or unlimited days per week! Private lessons are available on Thursday and Friday. Also, we are excited to announce that sparring classes are open to all belt levels. Sparring will be held on Wednesdays and Fridays. Please check schedule for days and times.</i></p>							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 *Sparring: 4:15-5:15	9 TKD All Belt: 3-4:30PM ***** PRIVATE	10 TKD *Sparring: 3-4:30PM ***** PRIVATE	11
							12	13 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	14 TKD All Belt: 3-4:30PM	15 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	16 TKD All Belt: 3-4:30PM ***** PRIVATE	17** All Belt: 3-4:30PM Halloween FUN DAY	18
21	22 TKD All Belt: 3-4:30PM BBC: 1hr. 4:15-5:15	23 TKD All Belt: 3-4:30PM	24 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	25 TKD All Belt: 3-4:30PM ***** PRIVATE	26 TKD *Sparring: 3-4:30PM ***** PRIVATE	27	19	20 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	21 TKD All Belt: 3-4:30PM	22 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	23 TKD Pro. Test 3:30-5PM 	24 ** All Belt: 3-4:30PM ***** PRIVATE	25
28	29 TKD All Belt: 3-4:30PM BBC: 1hr. 4:15-5:15	30 TKD All Belt: 3-4:30PM					26	27 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	28 TKD All Belt: 3-4:30PM	29 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	30 TKD All Belt: 3-4:30PM ***** PRIVATE	31 No TKD 	
<p>If you miss a day, make it up on <u>any</u> day! Just let us know how we may assist you!</p>							<p>Let's play some <i>ghoulish</i> Halloween games on 10/17 from 3 to 4:30 PM at Carden Hall! No costume or uniform required! Details to follow!</p>						

NOTES

- BBC (Black Belt Classes): Open to **Rec. black and black belts**, and are offered Mon. *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.*




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November

SUN	MON	TUE	WED	THUR	FRI	SAT
						1
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
9	10 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	11 No TKD	12 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	13 TKD All Belt: 3-4:30PM ***** PRIVATE	14 TKD *Sparring: 3-4:30PM ***** PRIVATE	15
16	17 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	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
23	24 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	25 No TKD	26 No TKD	27 	28 No TKD	29
30	Note: There will only be 15 hours of sparring offered this quarter. Please plan accordingly. The next colored belt promotion test will be held on December 12 th .					

NEWS BULLETIN

- *Enjoy our Flexible Class Schedule! All belts are welcomed to attend any one, two, or unlimited day combination per week! Private lessons are offered Thursday and Friday 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 offers 1 hr. Sparring classes on Wednesdays and Fridays at Carden Hall. Refer to ¼ Cal. for dates and times. Black Belts should attend sparring at least three times a month.*
- *Tournament Classes will be offered through private appointment only on Thursday and Friday. Our tournament policies have changed. Please contact Mrs. Kinowski at 949-394-0410 for further information.*
- *On Friday, October 17th from 3 to 4:30 PM at Carden Hall, All TKD students are invited to participate in our Ghoulish Halloween Fun Day! There will be games, snacks and prizes!*
- *AJK's conducts classes on rainy days.*
- *AJK's will only be conducting one black belt test a year. It will be held in June. Black belts are required to attend this exam.*

NOTES

- ***Sparring Classes:** Open to **all** belts. These classes are offered on Wednesday and Friday. *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 and Friday. *See schedule for days and times.*