



AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

2009-2010 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
		1 TKD All Belt: 3-4:30PM	2 TKD All Belt: 3-4:30PM	3 TKD All Belt: 3-4:30PM PRIVATE	4* TKD *Sparring: 3-4:30PM	5 Black Belt Prep. 11 to 1PM <i>Black Belts attend.</i>						1	2 No TKD
6 TKD ***** Black Belt Test 9 to 1 PM	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 ***** <u>Pro. Test</u> 3:30-5PM	11** All Belt: 3-4:30PM ***** Holiday Party	12 ^{11&up:} 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM	3	4 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	5 TKD All Belt: 3-4:30PM	6 TKD All Belt: 3-4:30PM	7 TKD All Belt: 3-4:30PM PRIVATE	8* TKD *Sparring: 3-4:30PM	9 ^{11&up:} 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM
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	17 TKD All Belt: 3-4:30PM PRIVATE	18 No TKD	19 No TKD	10	11 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	12 TKD All Belt: 3-4:30PM	13 TKD All Belt: 3-4:30PM	14 TKD All Belt: 3-4:30PM PRIVATE	15* TKD *Sparring: 3-4:30PM	16 No TKD
20	21 No TKD	22 No TKD	23 No TKD	24 No TKD	25 No TKD	26 No TKD	17	18 No TKD	19 TKD All Belt: 3-4:30PM	20 TKD All Belt: 3-4:30PM	21 TKD All Belt: 3-4:30PM PRIVATE	22** All Belt: 3-4:30PM PRIVATE	23 ^{11&up} 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM
27	28 No TKD	29 No TKD	30 No TKD	31 No TKD			24	25 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	26 TKD All Belt: 3-4:30PM	27 TKD All Belt: 3-4:30PM	28 TKD All Belt: 3-4:30PM PRIVATE	29* TKD *Sparring: 3-4:30PM	30 ^{11&up} 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM
<p><i>Come join us on 12/11 from 6 to 9 PM at HB Martial Arts Center for our Annual Children's Holiday Party!</i></p>							<p><i>Check out our Saturday All Belt Classes from 12 to 1PM. All belts are welcomed to attend Sparring on Fri. & Sat.</i></p>						

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.*



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February

SUN	MON	TUE	WED	THUR	FRI	SAT
	1 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	2 TKD All Belt: 3-4:30PM	3 TKD All Belt: 3-4:30PM	4 TKD All Belt: 3-4:30PM PRIVATE	5* TKD *Sparring: 3-4:30PM	6 11&up: 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM
7	8 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	9 TKD All Belt: 3-4:30PM	10 TKD All Belt: 3-4:30PM	11 TKD ***** Pro. Test 3:30-5PM	12* TKD *Sparring: 3-4:30PM	13 No TKD
14	15 No TKD	16 No TKD	17 No TKD	18 No TKD	19 No TKD	20 No TKD
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	25 TKD All Belt: 3-4:30PM	26** All Belt: 3-4:30PM PRIVATE	27 Special Rank Day 10AM- 12PM
28	<p>A tournament note: Should a tournament pop-up in this quarter, an e-mail, call, or mailing will announce the event, since there are no scheduled tournaments in this quarter. Thank you.</p>					

NEWS BULLETIN

- *Check out our New Class Schedule! All belts are welcomed to attend any one or two day combination per week! We will NOW be offering All Belt Classes on Saturdays! Also, 11 and up Class has moved to Saturday. *Please check schedule for days and times.**
- **Adult TKD Classes (11 & up) are held on Saturdays.** These classes are for personal fitness and/or TKD training and advancement.
- **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 Fridays at Carden Hall. Refer to ¼ Cal. for dates and times.** *Black Belts should attend at least the first hour of a Saturday sparring class.*
- **Children's Holiday Party is on 12/11 from 6 to 9 PM.** At the HB Black Belt Center. *(Details to follow.)*
- **Special Rank Day is for those students who are a Rec. black or higher.** Get ready for some **REAL FUN!** *On 2/27 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. This information will be mailed to active tournament members.

NOTES

- *Sparring Classes: Open to green belts or higher. These classes are offered on Fri. & Sat. *See schedule for days and times.*
- Weapon Class: Open to green belts or higher. These classes are *now* built into Sat. TKD Classes at no charge.
- **NEW** 11 & Up Class: Open to ages 11 & up and are offered on Sat. *See schedule for days and times.*