



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)

March

| 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 PRIVATE | 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 All Belt: 3-4:30PM PRIVATE | 12** All Belt: 3-4:30PM PRIVATE | 13 11&up: 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM |
| 14 | 15 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15 | 16 TKD All Belt: 3-4:30PM | 17 TKD All Belt: 3-4:30PM | 18 TKD All Belt: 3-4:30PM PRIVATE | 19 No TKD | 20 TKD CA Sate Champion- ship |
| 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 PRIVATE | 26* TKD *Sparring: 3-4:30PM PRIVATE | 27 11&up: 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM |
| 28 | 29 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15 | 30 TKD All Belt: 3-4:30PM | 31 TKD All Belt: 3-4:30PM | | | |
| <p><i>If you miss a class due to an illness or injury, you are eligible to make it up at no cost! Just let us know...</i></p> | | | | | | |

April

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---|---|---------------------------------|---------------------------------|--|---|---|
| | | | | 1 No TKD | 2 No TKD | 3 No TKD |
| 4 | 5 No TKD | 6 No TKD | 7 No TKD | 8 No TKD | 9 No TKD | 10 No TKD |
| 11 | 12 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15 | 13 TKD All Belt: 3-4:30PM | 14 TKD All Belt: 3-4:30PM | 15 TKD All Belt: 3-4:30PM PRIVATE | 16* TKD *Sparring: 3-4:30PM PRIVATE | 17 11&up: 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM |
| 18 | 19 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15 | 20 TKD All Belt: 3-4:30PM | 21 TKD All Belt: 3-4:30PM | 22 TKD All Belt: 3-4:30PM PRIVATE | 23** All Belt: 3-4:30PM PRIVATE | 24 11&up 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM |
| 25 | 26 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15 | 27 TKD All Belt: 3-4:30PM | 28 TKD All Belt: 3-4:30PM | 29 TKD All Belt: 3-4:30PM PRIVATE | 30* TKD *Sparring: 3-4:30PM PRIVATE | |
| <p><i>Check out our Saturday All Belt Classes from 12 to 1PM. We're offering 18 hours of sparring this quarter!</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.*



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)

May

NEWS BULLETIN

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|-----|--|---|---------------------------------|--|---|--|
| | | | | | | 1 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 | 6 TKD All Belt: 3-4:30PM PRIVATE | 7** All Belt: 3-4:30PM PRIVATE | 8 No TKD |
| 9 | 10 *** 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 ***** Pro. Test 3:30-5PM | 14* TKD *Sparring: 3-4:30PM PRIVATE | 15 11&up: 11-12PM **All Belt: 12-1PM *Sparring: 1-3PM |
| 16 | 17 *** 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 | 20 No TKD | 21* TKD *Sparring: 3-4:30PM PRIVATE | 22 *** Family Apprecia- tion Day 12 - 3 PM |
| 23 | 24 *** 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 No TKD | 29 No TKD |
| 30 | 31 No TKD | <i>BBC note: Black Belt Classes marked with *** are Special Breaking Classes. Details to follow</i> | | | | |

- **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.****
- **No Special Rank Day this quarter.**
- **Tournament Classes** will be offered through private appointment *only* on Thur., Fri., & Sat. Our tournament policies have changed.
- **On June 6th from 9 A.M. to 12 P.M. at Carden Hall, AJK's will be conducting their 11th Black Belt Promotion Exam, and our 2nd bi-annual Maintenance Examination. Come join the fun!**
- **Come join us for our 5th Family Appreciation Day, May 22nd from 12 to 3 P.M. *Details to follow.***

NOTES

- ***Sparring Classes:** Open to white 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.*