



AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

2013-2014 Quarterly Calendar Schedule



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

March

April

SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT					
<div style="border: 1px solid black; padding: 5px; background-color: #e0e0e0;"> <p><i>Come join the fun! Our Friday Fun Days are offered at least once a month! (Look for ** next to a Fri.)</i></p> </div>						1 No TKD						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 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** All Belt: 3-4:30PM ***** PRIVATE	8 No TKD	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 *Sparring: 4:15-5:15	10 TKD All Belt: 3-4:30PM ***** PRIVATE	11 No TKD	12 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 *Sparring: 4:15-5:15	13 TKD All Belt: 3-4:30PM ***** PRIVATE	14 TKD *Sparring: 3-4:30PM ***** PRIVATE	15 No TKD	13	14 No TKD	15 No TKD	16 No TKD	17 No TKD	18 No TKD	19 No TKD					
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 No TKD	20	21 No TKD	22 TKD All Belt: 3-4:30PM	23 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	24 TKD All Belt: 3-4:30PM ***** PRIVATE	25 AJK's 1 st Board Breaking Clinic 3-5:15PM	26 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 *Sparring: 4:15-5:15	27 TKD All Belt: 3-4:30PM ***** PRIVATE	28 TKD *Sparring: 3-4:30PM ***** PRIVATE	29 Tournament Cal Poly Pomona	27	28 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	29 TKD All Belt: 3-4:30PM	30 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15								
30	31 TKD All Belt: 3-4:30PM BBC: 1hr. 4:15-5:15	<div style="border: 1px solid black; padding: 5px; background-color: #e0e0e0;"> <p><i>If you miss a day, make it up on <u>any</u> day! Just let us know how we may serve you!</i></p> </div>					<div style="border: 1px solid black; padding: 5px; background-color: #e0e0e0;"> <p><i>Spring is upon us! We are finalizing our TWO exciting TKD summer camps! Look in March's mailing for our summer invitation flyer! Let's have a "kickin" time this summer!</i></p> </div>											

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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May

NEWS BULLETIN

SUN	MON	TUE	WED	THUR	FRI	SAT
Friday Fun Days are every Friday in the Month of May! Invite a friend and have some fun on Fridays!				1 TKD All Belt: 3-4:30PM ***** PRIVATE	2** All Belt: 3-4:30PM ***** PRIVATE	3 No TKD
4	5 TKD All Belt: 3-4:30PM BBC 1hr. 4:15-5:15	6 TKD All Belt: 3-4:30PM	7 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	8 TKD Pro. Test 3:30-5PM 	9** All Belt: 3-4:30PM ***** PRIVATE	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 *Sparring: 4:15-5:15	15 No TKD C.H. OPEN HOUSE	16** All Belt: 3-4:30PM ***** PRIVATE	17*** Family Day 12 to 3 (Details to follow)
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 *Sparring: 4:15-5:15	22 TKD All Belt: 3-4:30PM ***** PRIVATE	23 No TKD	24 No TKD
25	No TKD	27 TKD All Belt: 3-4:30PM	28 TKD All Belt: 3-4:30PM *Sparring: 4:15-5:15	29 TKD All Belt: 3-4:30PM ***** PRIVATE	30** All Belt: 3-4:30PM ***** PRIVATE	31 No TKD
AJK's looks forward to hosting its 16 th black belt test on Saturday, June 7 th 2014 from 9 A.M. to 1 P.M. at Carden Hall. We look forward to seeing you there! It's sure to be exciting!						

- 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.
- Get ready for our 9th Annual Family Appreciation Day on May 17th from 12 P.M. to 3 P.M. This event is catered with Mexican food and jammed pack with fun for the kids! There will be a bounce house, gift baskets, and shaved ice! We hope to see you ALL there!
- A promotion test reminder, should your athlete be testing, you will be notified a week prior to the exam date. We encourage the ownership of an athlete's readiness level.
- Come join AJK's FIRST Board Breaking Clinic at Carden Hall from 3 to 5:15! Athletes will learn the fundamentals of breaking boards, breaking multiple boards, and have their picture taken.

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.