



AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

2008-2009 Quarterly Calendar Schedule



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

JUNE

JULY

SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT
	1 TKD White & up 3-4:30 PM <i>Watermelon Fun all week!</i>	2 TKD Green & up 3-4:30 PM	3 TKD White & up 3-4:30 PM <u>11 & up</u> 4:15-5:15	4 TKD Green & up 3-4:30 PM PRIVATE	5 <i>Black Belt Prep</i> 1 st & 2 nd Degree 3-4:45 PM	6 ADULT 11-Noon <i>BBC 12:15</i> <i>S.2hr.1:15</i> PRIVATE				1***** Jr. Olympics <u>Austin, TX</u>	2***** Jr. Olympics <u>Austin, TX</u>	3***** Jr. Olympics <u>Austin, TX</u>	4***** Jr. Olympics <u>Austin, TX</u>
7 Black Belt Test 9-12PM	8 NO TKD	9 NO TKD	10 No TKD <i>Final day to ensure summer enrollment.</i>	11	12	13	5***** Jr. Olympics <u>Austin, TX</u>	6 TKD 9-12PM All Belts STORM Camp	7 TKD 9-12PM All Belts STORM Camp	8 TKD 9-12PM All Belts STORM Camp	9TKD 9-12PM All Belts STORM Camp	10End *9-1PM All Belts STORM Camp	11
14	15	16	17	18	19	20 ADULT 11-Noon <i>BBC 12:15</i> <i>S.2hr.1:15</i> D.C. 3:15	12	13	14	15	16 PRIVATE	17 PRIVATE	18 ADULT 11-Noon <i>BBC 12:15</i> <i>S.2hr.1:15</i> D.C. 3:15
21	22	23	24	25 PRIVATE	26 PRIVATE	27 ADULT 11-Noon <i>BBC 12:15</i> <i>S.2hr.1:15</i> D.C. 3:15	19	20	21	22	23 PRIVATE	24 PRIVATE	25 ADULT 11-Noon <i>BBC 12:15</i> <i>S.2hr.1:15</i> D.C. 3:15
28	29	30***** Jr. Olympics <u>Austin, TX</u>					26	27	28	29	30 PRIVATE	31 PRIVATE	

NOTES

- BBC (Black Belt Classes): Open to Rec. black belts and black belts and are held on Mon. & on Sat., and on Sat. during Jun-Aug.
- T. (Tournament Classes): Open to athletes who desire to compete and are held on Tues. & occasionally on Fri, *except Jun-Aug.*
- OSS (Olympic Style Sparring): Open to ANY belt level who desire to compete and are held on Sat., *except Jun.-Aug.*



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AUGUST

SUN	MON	TUE	WED	THUR	FRI	SAT
						1 ADULT 11-Noon BBC12:15 S.2hr.1:15 D.C. 3:15
2	3	4	5	6	7	8 ADULT 11-Noon BBC12:15 S.2hr.1:15 D.C. 3:15
9	10TKD 9-3PM All Belts Demo/T. Camp	11TKD 9-3PM All Belts Demo/T. Camp	12TKD 9-3PM All Belts Demo/T. Camp	13TKD 9-3PM All Belts Demo/T. Camp	14End *9-3PM All Belts Demo/T. Camp	15 ADULT 11-Noon BBC12:15 S.2hr.1:15 D.C. 3:15
16 Beach Day 12-3PM	17	18	19	20 PRIVATE	21 PRIVATE	22ADULT 11-Noon D.C.Finally D.C.12:00 D.C.1:00 D.C.2:00
23	24	25	26	27	28	29
30	31					

NEWS BULLETIN

- Please visit us at AJKSTKD.com. for ***ALL*** your TKD needs. *Check out the Fun!*
- Beach Day will be held on August 16th from 12 to 3 PM. Please join the fun at the Huntington Beach Pier. (Details to follow.)
- AJK's will now **ONLY** offer 16 hrs. of sparring per ¼ . Green belts or higher must have **at least 8hrs.** of sparring since their last test to be eligible to advance. *Revised 12/1/07.*
- AJK's would like to offer families a unique opportunity with our Saturday classes. This summer, we would like to extend our fun sparring program to all ***yellow belts and up.*** Our goal is to introduce the sport of sparring in a safe and constructive way for young athletes, so that they *do not* develop a fear of the sport. Our sparring is held for 2 hours on Saturday's beginning at 1:15, and D.C. will immediately follow at 3:15 for 1 hour. Your athlete will be under the care of AJK's for three hours, should you choose to partake. Please check the ¼ Cal. for class times.

NOTES

- Friday Fun Days are usually *at least once a month.* These classes are to off set for school closures. Look for the asterisk. ***
- Nun. (Nunchaku) Open to green belts or higher. These classes are four times a ¼ and are held on Sat., *except Jun-Aug.*
- *****NEW** 11 & Up Class (*formally Jr. High Class*): Open to ages 11 & up and are held on Wed., *except for Jun-Aug.*