

AJK's

marital arts and fitness center, Inc.

Where will your future take you?



The Sidekick Monthly Newsletter

Issue 4 V. 15

Word of the Month: Self-control

Student of the Month:
Cooper Muir

www.AJKSTKD.com

Join Us for AJK's 10th Family Appreciation Day!

Greetings from AJK's

Mark your calendars! You are invited to our 10th Family Appreciation Day on May 2nd from 12 PM to 3 PM at The Lake Park Barbecue, which is located in the downtown area of Huntington Beach on Lake Street between 11th and 12th Streets. We hope to see you there for some bounce house fun, catered food, shaved ice, and generous gift baskets! This event is sure to be a blast, as it celebrates your fine support over ten years! Come on over and let us celebrate you! **Please RSVP to Kirsten Kinowski by April 24th.** Let us know the number of people you plan to bring, so that we may plan accordingly. Kirsten may be reached at 949-394-0410 or Kirsten@ajkstk.com. Thank you!

In the month of May, AJK's will be conducting Fun Fridays each Friday for the whole month! These classes are free and we hope to see you all there! Please feel free to visit us at www.AJKSTKD.com for any and all information. We appreciate and thank you for your continued support and care.

AJK'S Martial Arts and Fitness Center, Inc. would also like to invite all of you to our 17th annual black belt examination on June 6th at Carden Hall from 9 A.M. to 1 P.M. It's sure to be a blast!

Our 2nd Annual Board Breaking Clinic

Wooden board breaking is used to demonstrate the proper technique and form in all standard breaks. AJK's objective is to strip away any fear and to increase an athlete's confidence and education in hand and foot breaking techniques. We hope to see you on **Friday, April 24th** for some board breaking fun!

Where: Carden Hall campus

Time: 3-4:30 P.M.

Cost: \$20 per student (Includes 5 boards and instruction)
\$15 2nd in family



Family Appreciation Day



Summer Camps



16th Black Belt Test



Board Breaking

Quarterly Calendar Updates and News:

- AJK's offers 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. (8 hours of sparring is included in each TKD summer camp.) All belts are eligible to attend, and sparring classes are held on Wednesdays and Fridays.
- New unlimited regular TKD classes and unlimited sparring classes.
- Our Tournament Program is open to *all* belt levels in sparring and levels blue or higher in forms. This program is offered through private appointment *only* on Thursdays and Fridays.
- If you miss a day of TKD, you may make it up on any day.

Important Notes

Saturday Black Belt Classes

AJK's would like to invite recommended black belts and black belts to our BBD (Black Belt development) classes at Carden Hall. They will be held from 9 a.m. to 12 p.m. These Saturday classes will help to prepare future black belts and train current black belts in their material, as well as in sparring, weapons, hapkido, and board breaking.

BBD Dates

Apr. Ma.
4/25 5/16 & 5/30

What to Bring

You will need to wear your training clothes. Please bring plenty of water and/or juice, snacks, sunscreen, sparring equipment, and weapons. AJK's sparring equipment and weapons are limited. Please email us should you desire these items.

AJK's Student of The Month

A Student of The Month demonstrates their effort and care with every class he/she attends. It is their dedication to the art and sport of TKD, and their tenacity, kindness, and spirit, which enable fellow athletes to shine! Congratulations, **Cooper Muir** for your winning attitude! Look for the student of the month information on the home page of our updated website!

Promotion Exam Update

Next Scheduled Test Dates:

Color Belts	Black Belt
Date: May 7, 2015	June 6, 2015
Time: 3:30 PM to 5 PM	9 A.M. to 1 P.M.
Where: Carden Hall Campus	Carden Hall campus

****Accounts must be current in order for student to test.**

****Students with a rank of green belt or higher must have at least 8 hours of sparring since their last test to be eligible.**

2015 TKD Summer Camps

TKD Summer Camps (July and August)

July 6 – 10 from 8:30 to 3 P.M. at Carden Hall.
(This camp has been updated. Newer TKD material and events have been added. **This camp now runs until 3 PM.**)

August 10 -14 from 9 to 3 P.M. at Carden Hall.

***Sparring Classes will be held during BOTH summer camps. Each camper receives 8 hours per camp week!**

GOT QUESTIONS? ☎

For scheduling private lessons and department concerns call Adam Kinowski at 714-791-5877.

For billing and merchandise issues call Kirsten Kinowski at 949-394-0410.

You say it's your birthday?

Don't see your child's special day here? That's because we don't have it on file! Email the information to kirsten@ajkstk.com. We don't want to forget anyone!

Cutrell, Grace
Dhamija, Yuvraj

4/6/2003
4/1/2008



Freeze Frame

We hope we have your **photo release form on file!** We won't be able to display your child's picture in our **fabulous online gallery** without it! You can **download the form and check out great photos on the website at www.ajkstk.com**