

AJK's

martial arts and fitness center, Inc.

Where will your future take you?



The Sidekick Monthly Newsletter

Issue 8/9 V. 15

Word of the Month: Courtesy

Student of the Month: ---

www.AJKSTKD.com

Celebrating over 10 years of Excellence

School days have arrived, which means TKD will be in full swing! **After school TKD begins on September 28th.** Please carefully look over the information that was sent to you in the August mailing, and we would like to remind you that September's tuition bill covers September and October. **Enrollment information is due before September 11th.** See the reversed side for further tuition information. Your enrollment information updates your billing information, contact information, and your child's attendance records. Thank you for your care.

AJK's is excited to announce a new lineup of classes that are sure to be a kick! All belts are welcomed to attend one, two, or unlimited days per week! Private lessons are available on Thursdays and Fridays. **Sparring is NOW included in All Belt classes!** To allow for this program change, AJK's has extended colored belt classes by 15 minutes. Colored belt classes will now end at 4:45. Students will need to be picked up before 5:00 or they will be signed into Extended Care. **BBS (Black Belt Sparring) will be held the first and last Monday of every month, and it is part of the BBC (Black Belt Class) program.** Mr. Adam Kinowski (4th Dan) and our returning instructors, Mr. Brandan and Steven Buschmann (2nd Dan), Will Vandervort (2nd Dan), and some other friendly faces are very motivated and dedicated to the development and education of Taekwondo as well as the development of a well-rounded citizen. Please look over the ¼ calendar for class times in ALL of our programs.

AJK's 2015 July Camp



Quarterly Calendar Updates and News:

- Enjoy our Flexible Class Schedule! All belts are welcomed to attend any one, two, or unlimited day combination per week! Private lessons are offered on Thursdays and Fridays by appointment! Please check schedule for days and times.
- We are excited to announce that our All Belt classes have been extended by 15 minutes to include sparring! BBS (Black Belt Sparring) will be held the first and last Monday of every month, and it is part of the BBC (Black Belt Class) program.
- If you miss a day of TKD, you may make it up on any day.

AJK's Program and Pricing

It has always been AJK's mission and commitment to preserve quality instruction over quantity of students. We continue to operate a strong curriculum, which challenges our athletes both mentally and physically.

All TKD classes now include sparring. To allow for this program change, AJK's has extended colored belt classes by 15 minutes. Colored belt classes will now end at 4:45. Students will need to be picked up before 5:00 or they will be signed into Extended Care. BBS (Black Belt Sparring) will be held the first and last Monday of every month, and it is part of the BBC (Black Belt Class) program.

AJK's will now be offering:

- Single TKD Class: \$20
- One day per week: \$75 Monthly
- Two days per week: \$120 Monthly
- Unlimited classes: \$165 Monthly
- 4 mon. package \$275 4 Months
(One day a week)
- 4 mon. package: \$425 4 Months
(Two days a week)
- BBC & BBS: \$235 9 Classes
(Black Belt Program)
- BBC & BBS \$80 Monthly
(Black Belt Program)
- Single Black Belt Class \$29

AJK's looks forward to serving you. Should you have multiple members attending TKD, please contact Mrs. Kinowski at 949-394-0410 or Kirsten@ajkstk.com for family discount options.

It is AJK's continued goal to focus on the development of confidence-building defense techniques that will help build character, nurturing such attributes as: self-control, focus, respect, integrity, and stamina. We are excited about our program and trust in the success of our athletes' development.

Black Belt Excellence

AJK's is quite humbled to announce that it has successfully tested 67 black belts, 19 second degree black belts, and our second 3rd degree since the program began in 2002! AJK's Black Belts not only earn a school certificate, but a Kukkiwon certificate from the Kukkiwon headquarters in Seoul, Korea. This certificate acknowledges them as a worldwide TKD practitioner. It is the athlete's dedication and their family's support that help each reach their dreams and goals!

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!

Sannah Dhamija	8/12
Ryan Potter	9/14
Blake Swain	9/14
Brandan Buschmann	9/19
Steven Buschmann	9/19
Jakob Prifogle	9/28
Cerys Cooper	9/29



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**