

# AJK's

martial arts and fitness center, Inc.

Where will your future take you?



## The Monthly Sidekick E-news

Issue 8/9 V. 16

Word of the Month: Courtesy

Student of the Month: ---

[www.AJKSTKD.com](http://www.AJKSTKD.com)

### *Celebrating 15 years of Excellence*

School days have arrived, which means TKD will be in full swing! **After school TKD begins on September 26<sup>th</sup>.** Please carefully look over the information that was sent to you in the August e-news. We would like to remind you that September's tuition bill covers September and October. **Enrollment information is due before September 9<sup>th</sup>.** 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! Classes now run Monday through Wednesday from 3 p.m. to 4:45 p.m. Private lessons are available by appointment only. Sparring is included in All Belt classes. Students will need to be picked up before 5:00 or they will be signed in to Extended Care. BBC (Black Belt Class) has been extended by fifteen minutes and will now run from 4:15 p.m. to 5:30 p.m. every Monday and will include sparring.

Mr. Adam Kinowski (4<sup>th</sup> Dan) and our returning instructors, Mr. Brandan and Steven Buschmann (3<sup>rd</sup> Dan), Will Vandervort (2<sup>nd</sup> 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 2016 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 by appointment!
- We are excited to announce that our BBC (Black Belt Class) has been extended by 15 minutes. It will now run from 4:15 to 5:30.
- BBD (Black Belt Development) classes will be offered on some Saturdays from 9 a.m. to 12 p.m. These classes are strongly recommended for recommended black belts and black belts so that they will be prepared for their upcoming black belt test or maintenance exam.

## 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: \$140 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](mailto: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

Presently, AJK's has successfully tested 67 black belts, 22 second degrees, and 4 third degrees 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 student to achieve 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](mailto:kirsten@ajkstk.com). We don't want to forget anyone!

Sannah Dhamija	8/12
Evie Craig	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](http://www.ajkstk.com)**