

AJK's

martial arts and fitness center, Inc.

Where will your future take you?



The Monthly Sidekick E-news

Issue 8/9 V. 17

Word of the Month: Modesty

Student of the Month: ---

www.AJKSTKD.com

Celebrating over 15 years of Excellence

School days are approaching, which means TKD will be in full swing! **After school TKD begins on September 25th.** 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 8th.** 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 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 into Extended Care. BBC (Black Belt Class) remains fifteen minutes longer and runs from 4:15 p.m. to 5:30 p.m. every Monday and will include sparring.

Mr. Adam Kinowski (4th Dan) and our returning instructors, Mr. Brandan and Steven Buschmann (3rd 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 Summer Camps



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!
- BBC (Black Belt Class) continue to 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 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.

AJK's will offer:

All Belt

Single TKD Class:	\$20
One day per week:	\$75 Monthly
Two days per week:	\$120 Monthly
Unlimited classes:	\$165 Monthly
4 mon. package:	\$275
(One day a week)	
4 mon. package:	\$425
(Two days a week)	

BBC & BBD Black Belt Program

Single BBC:	\$29
BBC:	\$235
(9 Classes)	
BBC:	\$80 Monthly
Single BBD:	\$50
BBD:	\$135
(3, three hr. Classes)	

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

Presently, AJK's has successfully tested 76 black belts, 26 second degrees, and 4 third degrees, for a total of 106 black belt 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 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!

Oliver Batley	8/2
Sannah Dhamija	8/12
Evie Craig	9/14
Blake Swain	9/14
Brandan Buschmann	9/19
Steven Buschmann	9/19
Jakob Prifogle	9/28



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**