

# AJK's

*martial arts and fitness center, Inc.*

*Where will your future take you?*



## The Sidekick Monthly Newsletter

Issue 12 V. 15

Word of the Month:  
Indomitable-spirit

Student of the Month:  
**Arthur Bimont**

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

### Greetings from AJK's

Happy Holidays from AJK's! Everyone seemed to enjoy this year's Holiday Madness! Santa even made a guest appearance! At this time of year, "It doesn't matter who you are or what you have, it depends solely on what you think." This quote, by Dale Carnegie, expresses the power of positive thinking. AJK's wishes all of you a very blessed holiday season and a Happy New Year! Congratulations to all of our newly promoted TKD practitioners! December's colored belt test was a success! We'd like to thank you for your continued support. Your generosity and acts of kindness are very much appreciated by all. If you are interested in purchasing TKD clothes or equipment, please contact Mrs. Kinowski via email: [Kirsten@AJKSTKD.com](mailto:Kirsten@AJKSTKD.com). Our next promotion test will be held on February 11<sup>th</sup>.

### AJK's 2015 Holiday Madness



Happy Holidays  
to you and yours  
peace on earth  
T.H. Mafi

## Quarterly Calendar Updates and News:

- BBD (Black Belt Development) classes will be held the last Saturday of each month beginning on January 30<sup>th</sup>, from 9am to 12 pm at Carden Hall.
- All belt make-up class will be held on Friday, January 22, from 3pm to 4:45pm.
- AJK's second Target Clinic will be held on Friday, January 29, from 3pm to 4:30pm.
- 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.

## 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

Jan.	Feb.	Mar.	Apr.	May.
1/30	2/27	3/19	4/23	5/7 & 5/14

### 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 enables other fellow athletes to shine! Congratulations, Arthur Bimont, 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

Date: February 11, 2016

Time: 3:30 PM to 5 PM

Where: Carden Hall Campus

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

## Taekwondo Pickup Reminders

AJK's would like to remind TKD families about our 4:45 pick up policy. Students should wait to be picked up by the Blue Top planter, which is next to room 15. They should be wearing shoes before leaving Carden Hall and students are not to attend Extended Care unless otherwise scheduled by parents. Also AJK's has an agreement with Extended Care that any child picked up after 5:00 will need to be signed in. AJK's appreciates your support. Thank you.

## 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!

Will Vandervort	12/4
Clay Rybus	12/5
Sean Rybus	12/5
Casey Church	12/8
Emma Botros	12/11
Zachary Ditta	12/27



## 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)**