



# AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

"Catch the Wave at AJK'S" – T. Zimmermann

## The Sidekick Monthly Newsletter

Issue 2. V.10

### Greetings from AJK's

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."  
-Leo Buscaglia

AJK'S Martial Arts and Fitness Center, Inc. would like to send out a heart felt **Thank You** to all our families who support our program and athletes. 2009 proved to be a very successful year for our athletes and program. *Read January's newsletter for this info and more.* As we look ahead, 2010 is gearing up to be a pretty eventful year. Get ready for our 5<sup>th</sup> Annual Family Appreciation Day on May 22<sup>nd</sup>. **Thank You** again for your support!

### Gearing Up for a Great Year...

- 18 hours of sparring this quarter (Mar.-Ma.).  
*Open to all belts.*
- Tournament (CA State Championship, Mar. 20<sup>th</sup>).
- Promotion Exam (May 13<sup>th</sup>, 3:30 to 5 P.M. at C.H. (Carden Hall)).
- Black belt board breaking (BBC, May 10, 17, 24).
- Family Appreciation Day (May 22<sup>nd</sup>, 12 to 3 P.M. *Details to follow*).
- Black Belt Exam (June 6<sup>th</sup>, 9 to 12 P.M. at CH).
- TKD Summer Camps (June – August).
  - July 12 – 16 from 8:30 to 12 P.M. at CH.
  - August 9 -13 from 9 to 3 P.M. at CH.
  - Day Classes will be held on Saturdays at The Huntington Beach Black Belt Center.

*Note: AJK's will be sending you its Summer Class Schedule, as well as Summer Programs in March. It is our way of keeping you up-to-date with our TKD program. Please visit [www.AJKSTKD.com](http://www.AJKSTKD.com).*

### 🏆 Tournament News 🏆

If you are a tournament training athlete, please register with the CUTA, formally known as the CTA, by visiting CUTKDA.com. In order for an AJK's student to keep their existing circuit points this registration is necessary. Please read the back of the newsletter for additional info.

**Upcoming tournaments:**  
March 20<sup>th</sup>. Check the ¼ calendar for event information. Contact Natalie Brinkman (team mom) for assistance when registering for tournaments. Natalie can be reached at 949-735-2989.

### Promotion Exam Update

Next scheduled test dates:

Date: May 13<sup>th</sup>  
Time: 3:30PM – 5PM  
Where: Carden Hall

**\*\*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.**

### STUDENT OF THE MONTH *February*

Let's congratulate **Aidan Azar** (blue belt) and **Kealani Knickerbocker** (high red belt) in achieving this honor. They were presented with their red, white, and blue Student of The Month belts and certificates acknowledging their consistent effort and care in their TKD training. Aidan is in 1st grade and Kealani is in 4<sup>th</sup> grade at Carden Hall. Both students are fine examples to their peers! Way to shine!

## • 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. *Check out our Fri. sparring classes!*

NEW SPARRING TIMES: SAT.:1PM to 3PM and FRI.: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 Thur., Fri., and Sat.
- Reminder: *AJK's holds TKD training on rainy days.*

## Sparring Class Is Fun

Sparring is much more than kicking and punching. It the sport of Taekwondo and the application of the material taught during class. AJK's would like to invite all athletes to enjoy the 18 hours of sparring we are offering this quarter. We hope to see you at Sparring Class!

## Athlete and Character Development

Instructor  
**Trent  
Zimmermann**  
shakes the hand  
of **Sadie  
Pitchess** who  
received a  
medal in AJK's  
2<sup>nd</sup> Forms  
Champion-  
ship, which  
was held  
during The  
2009 August  
Camp.

## Taekwondo Pickup Reminders

AJK's would like to remind TKD families about our 4:30 pickup 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 4:45 will need to be signed in. Thanks for your support!

## 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.

## I You say it's your birthday? I

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!

Brendan Gibson	1/26
Charlie Welsh	1/29
Scotney Brown	2/3
Devin Broderick	2/25
Phoenix Marcova	2/28

## 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](http://www.ajkstk.com)