

# AJK's

marital arts and fitness center, Inc.

Where will your future take you?



## The Sidekick Monthly Newsletter

Issue 1 V. 15

Word of the Month: Courtesy

Student of the Month:  
**Tatiana Malekzadeh**

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

## 2014 A Year in a Glance

### AJK's Wishes You a Happy New Year

AJK's trusts you had a blessed holiday season, and we would like to thank you for your continued support and encouragement. Presently, all TKD athletes are demonstrating terrific care in their training, and AJK's continues its commitment to leading athletes to happier and healthier lives through fun exercises, positive character-building skills, and exciting activities.

In 2014 AJK's continued to support the USAT (USA Taekwondo Team), as well as CUTA (California Unified Taekwondo Association) where an athlete's Olympic journey begins. We held our 9<sup>th</sup> Annual Family Appreciation Day this past year with catered food, a snow cone machine, gift baskets, and bounce house fun! Wednesday and Friday sparring classes continue to enhance our athlete's sparring development. The student of the month program, which began in 2010, continues to highlight those who show consistent effort, care, and enthusiasm. Our annual Halloween and holiday events were a smash, along with the annual SOS autumn food drive. AJK's conducted its 16<sup>th</sup> black belt test and is humbled to announce that it has successfully tested 59 black belts, 16 second degrees, and our 1<sup>st</sup> 3<sup>rd</sup> degree since the program began in 2002. It is an athlete's dedication and their family's support that enable all TKD practitioners to reach their dreams and goals. AJK's also hosted two exciting athletic development summer camps at Garden Hall, allowing accomplished AJK's black belt graduates from high school to return and instruct, as well as our current black belts who enjoy the opportunity to instruct and assist our colored belts. AJK's has updated its logo and continues to make changes to its website to better educate and inform our TKD community.

AJK's gratefully thanks its supporters; TKD parents, Mrs. Kinowski (Account Manager), Alec Church and Harrison Vandervort (Head Instructors), and Assistant Instructors for their sincerity, leadership, support, and generosity. **AJK's welcomes more successes in 2015!**



Family Appreciation Day



Summer Camps



16th Black Belt Test



Holiday Parties

## 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. (8 hours of sparring is included in each TKD summer camp.) All belts are eligible to attend, and sparring classes are held on Wednesdays and Fridays.
- New unlimited regular TKD classes and unlimited sparring classes.
- 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.
- If you miss a day of TKD, you may make it up on any day.

## Important Notes

### Saturday Black Belt Classes

AJK's would like to event 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.	Ma.
1/31	2/28	3/28	4/25	5/16 & 5/30

### 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 enable other fellow athletes to shine! Congratulations, **Tatiana Malekzadeh** 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	Black Belt
Date: February 12, 2015	June 6, 2015
Time: 3:30 PM to 5 PM	9 A.M. to 1 P.M.
Where: Carden Hall Campus	Carden Hall campus

**\*\*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.**

## AJK's Apparel

**AJK'S NEW T-SHIRTS AND UNIFORMS ARE IN STOCK!!!**

AJK's is celebrating its 13 years of operation by changing its logo to recognize an individual's direction in life. The new logo is featured in the top left corner of the newsletter, and it is now featured on t-shirts and uniforms beginning this year! You may order them by emailing Kirsten Kinowski at [Kirsten@AJKSTKD.com](mailto:Kirsten@AJKSTKD.com), or you may purchase them at our promotion tests.

## 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!

Cooper Muir	1/1
Troy McMillan	1/8
Liyah Azar	1/11
Grant Cutrell	1/14
Reese Sankey	1/15
Zachary McMillan	1/16
Bode Polhemus	1/27



## 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)**