

AJK's

marital arts and fitness center, Inc.

Where will your future take you?



The Sidekick Monthly Newsletter

Issue 1 V. 16

Word of the Month: Modesty

Student of the Month:
Arthur Bimont

www.AJKSTKD.com

2015 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 attributes, and exciting activities.

In 2015 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 10th Annual Family Appreciation Day this past year with catered food, a snow cone machine, incredible gift baskets, and bounce house fun! AJK's student of the month program, which began in 2010, continues to highlight those who show consistent effort, care, and enthusiasm. We reward these athletes with a red, white, and blue TKD belt that they wear for a month. Our annual holiday parties were a smash, along with the annual SOS autumn food drive. AJK's conducted its 17th black belt test and is humbled to announce that it has successfully tested 67 black belts, 19 second degrees, and 2 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 an athlete's dedication and their family's support that enable all TKD practitioners to reach their dreams and goals. AJK's hosted special board breaking and target clinics that enhance an athlete's focus and discipline in breaking and sparring. We also held our first BBD (Black Belt Development) program on Saturdays at Carden Hall. This program is for recommended black belts and black belts as they journey toward black belt excellence. This past summer AJK's hosted two exciting summer camps. We have downloaded our TKD demos to Youtube.com. Last year's video is entitled: **AJK's 2014 Summer Demo** and this past August's demo, which was themed after *Star Wars*, is entitled: **May the Force Be With AJK's**. Check them out! AJK's welcomes more successes in 2016! Visit us at www.AJKSTKD.com or on Facebook.

Family Appreciation Day



Summer Camps



17th Black Belt Test



Sparring

Quarterly Calendar Updates and News:

- Just as a reminder, AJK's conducts classes on rainy days.
- BBD (Black Belt Development) classes will be held the last Saturday of each month beginning on January 30th, 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.**

2016 TKD Summer Camps

TKD Summer Camp Schedule

July 18 – 22 from 8:30 to 3 P.M. at Carden Hall.

August 15 -19 from 9 to 3 P.M. at Carden Hall.

Both camps include TKD instruction, sparring, t-shirt, tournament, medals, and demonstration. A promotion test will be held at the end of both camps. Half days and full days will be offered. More detailed information regarding our summer camp program will be out next month.

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!

Cooper Muir	1/1
Troy McMillan	1/8
Liyah Azar	1/11
Grant Cutrell	1/14
Reese Sankey	1/15
Zachary McMillan	1/16
Arietta Goshtasby	1/21
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**