

AJK's

martial arts and fitness center, Inc.

Where will your future take you?



The Sidekick Monthly Newsletter

Issue 1 V. 17

Word of the Month:
Self-control

Student of the Month:
Zachary Gillett Forrister

www.AJKSTKD.com

Celebrating 15 years of Excellence 2016 A Year in a Glance

Happy New Year from AJK's! 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 2016 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 11th Annual Family Appreciation Day, 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. On June 4th 2016 AJK's hosted its 18th black belt test at Carden Hall. Congratulations to third degree black, Brandan and Steven Buschmann; second degrees: Zach Ditta, Zachary McMillan, and Bode Polhemus, and all the black belts who participated in their maintenance exam. This test was a blast! This exam had it all: kicks, rolls, forms, weapons, sparring, board breaking, music and more! Again, congratulations to all the newly promoted athletes! You did it! Since the program began in 2002, AJK's has successfully tested 67 black belts, 22 second degrees, and 4 third degrees! 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's an athlete's dedication and their family's support that enable all TKD practitioners to reach their dreams and goals. This past summer AJK's hosted two exciting summer camps. We have downloaded our AJK's TKD demos to Youtube.com. Check them out! AJK's welcomes more successes in 2017. Please visit us at www.AJKSTKD.com or on Facebook for all your literature needs.



Quarterly Calendar Updates and News:

- BBD (Black Belt Development) classes will be held on Saturdays, from 9am to 12 pm at Carden Hall. Please check the quarterly calendar for these dates.
- TKD classes are Mondays through Wednesday from 3 to 4:45. Children may be picked up by 5 P.M.
- AJK's second Target Clinic will be held on Friday, January 27, from 3pm to 4:45pm.
- Just as a reminder, AJK's conducts classes on rainy days.
- If a TKD class becomes canceled, the makeup class will be held either on Thursday or Friday.

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
1/28	2/11	3/11, 3/25	4/1, 4/29	5/6, 5/13

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, Zachary Gillett Forrister, 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 8, 2017

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. We don't want to forget anyone!

Cooper Muir	1/1
Troy McMillan	1/8
Grant Cutrell	1/14
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**