



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

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

## **The Sidekick Monthly Newsletter**

**Issue 7. V.09**

### **Greetings from AJK's**

Summer is here, let's have fun in the sun! I hope everyone is enjoying the beautiful weather! So far, it has been an amazing summer for AJK's. **Alexandra Brinkman returned from the Jr. Olympics in Austin, Texas with a silver medal in sparring.** She placed 4<sup>th</sup> out of 6 in Individual Forms, and 12<sup>th</sup> out of 17 in Competition Forms. Alex almost made the Top Ten Semi-finals for the National Forms Team. Alex continues to dedicate herself to her TKD training. Her goal is to make the National Forms Team next year! AJK's congratulates Alex's success and thanks Ms. Sandra Wight for her fine coaching at the Jr. Olympics! Turn over to read more about this year's Jr. Olympics!

### **The July Camp Was Hit**

Our 2009 July camp was a hit among our new students, as well as our colored belts who learned how to instruct and become stronger role-models in life. All who participated enjoyed fun activities, which focused on their TKD material, as well as S.T.O.R.M. (Special Team of Role Models) concepts, which promote basic teaching and instructing techniques.

### **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:** 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: August 14<sup>th</sup>

Time: 12:00 PM – 2:00 PM

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.**

### **TAEKWONDO CAMPS**

AJK's is proud to introduce our exciting summer TKD programs. We have three fantastic programs in store for you:

**\*Jul. 6<sup>h</sup>-10<sup>th</sup> from 9 to 12 PM.**

**\*Aug. 10<sup>th</sup>-14 from 9 to 2 PM.**

**\*Saturday Day Classes**

You can learn more about these great programs and more by visiting [AJKSTKD.com](http://AJKSTKD.com) or call Mrs. Kinowski at 949-394-0410.

## 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, which will resume this fall!***
- Please read the NOTE section of the ¼ calendar for summer program schedule.
- ***AJK'S BEACH DAY IS ON 8/16! Don't miss out! (Southside HB Pier, from 12 to 3 P.M.)***
- Students (Green & up) who attend the Aug. camp receive their required sparring hours to test.
- **Please look over June through August's ¼ Calendar for class schedules and private**

### A SUMMER REMINDER...

AJK'S would like to remind families who participate in **Day Classes, BBC, OSS, Nunchaku, and Regular Sparring** that our program changes during June, July, and August. These classes will commence at The Martial Arts Studio in Huntington Beach.

<u>CLASS</u>	<u>TIME</u>	<u>DAY</u>
<b>BBC</b>	<b>12:15 – 1:00</b>	<b>Saturday</b>
<b>Sparring</b>	<b>1:15 – 3:15</b>	<b>Saturday</b>

(THESE CLASSES ARE OPENING TO YELLOW BELTS AND HIGH YELLOW BELTS OVER THE SUMMER.)

**Day Classes 3:15 – 4:15 Saturday**  
Check the June, July, & August calendar for these specific days. ***OSS, Nunchaku & Tournament classes will resume in Sept.***

### A Saturday Summer Incentive

AJK's would like to offer families a unique opportunity with our Saturday classes. This summer, our sparring program is opened to all yellow belts and up. Our goal is to introduce the sport of sparring in a safe and constructive way for young athletes, so that they *do not* develop a fear of the sport. Sparring is held for 2 hrs. on Saturdays beginning at 1:15. D.C. will immediately follow at 3:15 for 1 hour. **Check the ¼ Cal. for class times.**

### 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.

### Alex Meets Friends at The Jr's!



Alex met Mr. Michael Yuhasz, Mr. Kinowski's best friend from N.Y., who operates a TKD studio in Clifton Park, N.Y for the **first time**. Also, Alex shares a **BIG smile** with US Olympic Athletes, The Lopez Family! Left to right: Coach Lopez, Diana L., Alex, & Steven L.



### 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!

Luke Sanchez	7/14
Rachel Spataro	7/16
Grant Fuchs	7/20
Nicole Demurjian	7/22
Ashley Djavaherian	7/28
Jackie Choumas	7/29
Lauren Gibson	7/29

### 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.aikstk.com](http://www.aikstk.com)**