

AJK's

martial arts and fitness center, Inc.

Where will your future take you?



The Sidekick Monthly Newsletter

Issue 6/7 V.16

Word of the Month: Modesty

Student of the Month: ---

www.AJKSTKD.com

Celebrating over 10 years of Excellence

Summer is here! Let's have fun! On May 7th, 2016 AJK's hosted their tenth annual Parent Appreciation Day at Lake Park in HB! Everyone who attended enjoyed the festivities! *The food, raffle, and bounce house were a hit!* A BIG *thank you* to all TKD families who show their consistent support! Please visit our website for all our exciting summer programs!

On June 4th from 9 A.M. to 1 P.M., at Carden Hall, AJK's hosted its 18th black belt test. 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! Presently, AJK's has successfully tested 67 black belts, 22 second degrees, and 4 third degrees since the program began in 2002! Look for more action shots from the most recent black belt test in future newsletters!

This will be AJK's 16th year hosting its Martial Arts summer camps. This year we bring you two exciting camps, which are sure to change lives! Out fitness camps are so much more than kicking and punching. We teach athletes the values and morals necessary to be the best they can be in life, nurturing such attributes as self-control, focus, respect, integrity, and stamina. **Please visit us at www.AJKSTKD.com for enrollment form and literature information.**

AJK's 18th Black Belt Examination



*Gearing
Up for a
Great Year*

July Camp
7/18 – 7/22

August Camp
8/15 – 8/19

Let's enjoy fun drills, forms, sparring, breaking, and so much more!

Visit us at
www.AJKSTKD.com
for further
information or call us
at 949-394-0410.

Quarterly Calendar Updates and News:

- AJK's July Summer Camp: July 18 – 22 from 8 A.M. to 3 P.M. at Carden Hall
- AJK's August Summer Camp: August 15 – 19 from 8 A.M. to 3 P.M. at carden Hall
- Summer private lessons are available. Please contact Adam Kinowski at 714-791-5877 or email him at Adam@ajkstk.com.

Congratulations Brandan and Steven Buschmann on your 3rd Degree Black Belts!



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.

Summer Camp Notes

AJK's welcomes new participants. Our Summer Camps are a great introduction to the program! Please visit www.AJKSTKD.com or call 949-394-0410 for enrollment opportunities! **Our final day to ensure summer enrollment has been moved to July 15th.**

Please be sure to wear sunscreen, as the camps will be mostly outdoors. Be prepared to bring a drink and snack if you are attending the ½ day camp and a lunch if you are attending the full day camp. You may also want to bring a baseball cap. Please be sure to wear athletic footwear, as well as light clothing or TKD apparel.

🎂 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!

Avalon Cutrell	6/9
Raya Nesselrod	6/21
Dylan Nguyen	7/4
Mason Edwards	7/6
Finn Polhemus	7/16
Tyler Andrews	7/31



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**