

AJK's

marial arts and fitness center, Inc.

Where will your future take you?



The Sidekick Monthly Newsletter

Issue 6/7 V. 17

Word of the Month: Indomitable spirit

Celebrating over 17 years of Excellence

Summer is here! Let's have fun! On June 3rd, 2017 AJK's hosted our eleventh 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 10th from 9 A.M. to 2 P.M., at Carden Hall, AJK's hosted its 19th black belt test. Congratulations to second degrees: Max Mikkelsen, Finn Polhemus, Clay and Sean Rybus; and first degrees: Grant Cutrell, Sannah and Yuvraj Dhamija, Arietta Goshtasby, Alexa Han, Tatiana Malekzadeh, Jakob Prifogle, Blake Swain, and Sutton Olson. 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 76 black belts, 26 second degrees, and 4 third degrees, for a total of 106 black belt 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 17th year hosting its Martial Arts summer camps. This year we bring you two exciting programs, which are sure to be a summer hit! Our 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 19th Black Belt Examination



Quarterly Calendar Updates and News:

- AJK's July Summer Classes: July 8, 15, & 22 from 9 A.M. to 12 P.M. at Carden Hall
- AJK's August Summer Camp: August 7 – 11 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.



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.

Meet, Sannah Dhamija! Her tenacity and spirit were seen throughout her first degree test! Brilliant job!



Meet, Sean Rybus! He kicked, busted, and soared through his second degree test! Congratulations, Sean!

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 7th.**

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!

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**