



AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

“Catch the Wave at AJK’S” – T. Zimmermann

The Sidekick Monthly Newsletter

Issue 3. V.09

Greetings from AJK's

With rushing winds and gloomy skies
The dark and stubborn Winter dies:
Far-off, unseen, Spring faintly cries,
Bidding her earliest child arise; March!

-Bayard Taylor

AJK'S Martial Arts and Fitness Center, Inc. would like to send out a friendly Happy St. Patrick's Day to all our families! As we look ahead to our spring event Calendar, AJK's also gears up for our 9th summer program. We are excited to introduce two amazing camps, along with a flexible and more convenient D.C. (Day Class) schedule. **Please visit us at AJKSTKD.com for these exciting programs, which will be made available soon!**

Our 4th Annual Family Appreciation Luau

AJK's would like to invite you to our 4th Annual Family Appreciation Luau on May 17th from 12-3 p.m. Let AJK's treat you to some excellent food, a tropical bounce house and more! It's our way of saying *thank you* for your excellent support! There has been a change to its location this year. It will be held at Huntington Beach Central Park. Directions will be posted on the back of the flyer and on the website. We hope to see you there!

AJK'S attends *TWO* Tournaments in February!

On February 12-15 **Alex Brinkman** attended the **2009 U.S. Open** in Las Vegas, NV at the Tropicana. She competed against six black belt athletes and received a **bronze medal**. Alex bumped into Olympic medalist S. Lopez, who bumped fists with her, as well as M. Lopez who gave her a hug. (Article continues on backside).

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: Mar. 28: Ca. State, Ma. 9: Ca Jr.'s. 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:

Colored Belts

Date: May. 28th

Time: 3:30-5:00 PM

Where: Carden Hall

Black Belt Test

Date: June 7th

Time: 9 A.M. to 12 P.M.

Where: Carden Hall

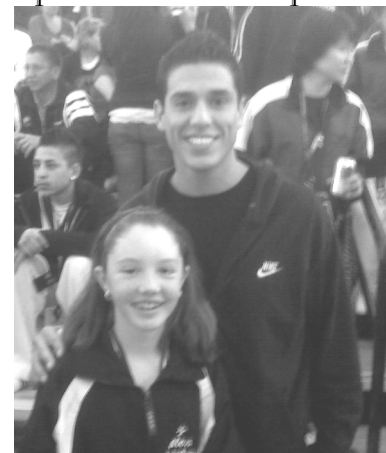
(Outside)

****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.**

The 2009 U.S. Open Las Vegas, NV

Alexandra Brinkman and Olympic medalist Steven Lopez share a candid picture.



Quarterly Calendar Updates and News:

- Effective February 1, 2008, Regular Sparring and Nunchaku prices increased: Spar: \$25, for a total of two hours, Spar. Package: \$85, and Nun. \$22 for a total of one hour, Nun. Package: \$80.
- 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!
- Our Special Rank Night was a hit! We watched Monty Python and the Holy Grail on the big screen and enjoyed great food and drinks!
- **ATTENTION: Please replace May's ¼ calendar with the revised copy that was mailed to you.**

Juggling a Busy Daily Schedule...

AJK's hopes to simplify your life by providing a flexible TKD schedule. Review the ¼ calendar for class days and times. Please review the following options:

- 11 & Up Class:** May attend the 11 & up class, Adult class and OSS.
- Rec. Black Belts:** BBC, one regular TKD class, and OSS.
- Black Belt:** BBC, one regular TKD class, 11 & Up, and OSS.

NEW

Siblings or conflicts: A sibling of a green or higher or student may attend on Tues. /Thurs.

AJK's Supports Fitness

To learn more about these specific fitness's log onto AJKSTKD.com and click on to the [resources](#) tab.

Sandra Wight's: Bag slammin, butt kicking, cardio workout! E-mail: wighout@socal.rr.com

Tami Broderick: Healthy Fit Nutrition "Balancing Life with Nutrition." Call: (714) 624-7700

Carlos Vazquez: Newport Coast Fitness. E-mail: info@newportcoastfitness.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.

AJK'S attends *TWO* Tournaments in February!

On February 28, 2009 five of AJK's TKD athletes competed at the 12th Annual Yushen Lai's Invitational Taekwondo Championship at the Torodome Gym, California State University, Dominguez Hills. Newcomers Peter Emmel, and Devin Parker, as well as tournament team champs Alexandra Brinkman, and Brent and Nicholas Stone competed in forms and sparring. Their effort, teamwork and skill shined. Here are their results:

<u>Name</u>	<u>Rank</u>	<u>Medal</u>
Brinkman	Black	1 st /1 st spar
Stone, B	Black	3 rd
Stone, N	Black	2 nd
Emmel	Blue	3 rd
Parker	H.blue	3 rd



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!

Alexandra Henderson	3/5
Christopher Loucks	3/7
Andrew Potter	3/10
Preston Pitchess	3/30
Patrick Hynes	3/31

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**