

AJK's

marital arts and fitness center, Inc.

Where will your future take you?



The Sidekick Monthly Newsletter

Issue 3/4 V. 17

Word of the Month:
Modesty

Student of the Month:
Dylan Han

www.AJKSTKD.com

Join Us for Our 12th Family Day

Greetings from AJK's

Mark your calendars! You are invited to our 12th Family Appreciation Day on June 3rd from 12 PM to 3 PM at the Lake Park BBQs in Huntington Beach. We hope to see you for some **bounce house fun, catered food, shaved ice, and fun raffle!** This event is sure to be a blast, as it celebrates your fine support for the last sixteen years! Come on over and let us celebrate you! **Please RSVP to Kirsten Kinowski by May 26th.** Let us know the number of people you plan to bring, so that we can plan accordingly. Kirsten can be reached at 949-394-0410 or Kirsten@ajkstk.com. Thank you!

AJK'S Martial Arts and Fitness Center, Inc. would also like to invite all of you to our 19th annual black belt examination on Saturday, June 10th at Carden Hall from 9 A.M. to 2 P.M. It's sure to be a blast!

Our 4th Annual Board Breaking Clinic

Wooden board breaking is used to demonstrate the proper technique and form in all standard breaks. AJK's objective is to strip away any fear and to increase an athlete's confidence and education in hand and foot breaking techniques. We hope to see you on Friday, April 28th for some board breaking fun!

Where: Carden Hall campus

Time: 3 – 4:45 P.M.

Cost: \$20 per student (Includes 5 boards and instruction)
\$15 2nd in family

Special Event Calendar

March

3/4 BBD

3/17 Sparring Clinic

3/18 BBD

April

4/1 BBD

4/26 Promotion Test

4/28 Breaking Clinic

4/29 BBD

May

5/13 BBD

5/24 Promotion Test

5/27 BBD



Family Appreciation Day



Summer Camps



Black Belt Test



Sparring

Quarterly Calendar Updates and News:

- Just as a reminder, AJK's conducts classes on rainy days.
- BBD (Black Belt Development) classes will be held on select Saturdays each month from 9am to 12 pm at Carden Hall.
- TKD classes are Mondays through Wednesday from 3 to 4:45. Children may be picked up by 5 P.M.
- Our promotion test will be held on Wednesday, April 26, from 3pm to 4:45 P.M.
- Our board breaking clinic will be held on Friday, April 28, from 3pm to 4:45 P.M.

2017 TKD Summer Classes and Camps at Carden Hall

Saturday, July 8, 15, & 22 from 9:00 A.M. to 12 P.M.

August 7 – 11 from 8:30 A.M. to 3 P.M. at Carden Hall.

Our Saturday classes and August camp include TKD forms, sparring, tournaments, demonstrations, and more! A promotion test will be held at the end of both sessions: 7/22 and 8/11. Half days and full days will be offered in the August camp. More detailed information regarding these programs will be out next month.

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!

Libby Kinowski	3/2
Dylan Han	3/19
Kasper Batley	3/29
Preston Pitchess	3/30
Abigail Batley	4/1
Yuvraj Dhamija	4/1
Adler Kinowski	4/22
Cameron Kinowski	4/22
Dylan Nguyen	4/24
Christian Batley	4/25



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