



AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

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

The Sidekick Monthly Newsletter

Issue 5. V.10

Greetings from AJK's

Summer is creeping up and AJK'S Martial Arts and Fitness Center, Inc. would like to invite all of you to our 11th bi-annual black belt examination on June 6th! Since AJK's offered 18 hours of sparring this quarter, as opposed to its standard 16 hours, AJK's *will not* be making up the April 24th class which was canceled. Thank you for your care, support, and consideration. In the past month, AJK's has been asked if our program accommodates non-Carden Hall students. We gladly welcome any child who may be interested in TKD, should there be space available. Currently, we have three participating families that are not Carden students. Please visit AJKSTKD.com !

Gearing Up for a Great Year...

- 18 hours of sparring this quarter (Mar.-Ma.). *Open to all belts. (Class canceled on 4/24/10).*
- Promotion Exam (May 13th, 3:30 to 5 P.M. at C.H. (Carden Hall)).
- Black belt board breaking (BBC, May 10, 17, 24).
- Family Appreciation Day (May 22nd, 12 to 3 P.M. at Lake Park in HB (*Details have been mailed*)).
- Black Belt Exam (June 6th, 9 to 12 P.M. at CH).
- TKD Summer Camps (June – August).
 - July 12 – 16 from 8:30 to 12 P.M. at CH.
 - August 9 -13 from 9 to 3 P.M. at CH.
 - Day Classes will be held on Saturdays at The Huntington Beach Black Belt Center.

Note: AJK's sent you its Summer Class Schedule, as well as Summer Programs in March. It is our way of keeping you up-to-date with our TKD program. AJK's welcomes new participants. Our Summer Camps are a great introduction to the program! Please visit www.AJKSTKD.com for enrollment opportunities!

Tournament News

If you are a tournament training athlete, please register with the CUTA, by visiting CUTKDA.com, and the usa-taekwondo.us. These two websites are a great way with keeping current in your tournament training.

Upcoming tournaments: Call for information (714-791-5877). 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: May 13th
Time: 3:30PM – 5PM
Where: Carden Hall

Black Belt Test

Date: June 6th
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.**

Luau Memories

Aidan Goltz and Ethan Lacher

• 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!

NEW SPARRING TIMES: SAT.:1PM to 3PM and FRI.:3PM to 4:30PM.

- Our Tournament Program is open to *all* belt levels in sparring and levels blue or higher in forms. This program is offered through private appointment *only* on Thur., Fri., and Sat.
- Reminder: *AJK's holds TKD training on rainy days.*

TAEKWONDO CAMPS

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

*Jul. 12th-16th - 8:30 to 12 PM.

*Aug. 9th-13th - 8:30 to 3 PM. *Sat. Day Classes

Learn more about these great programs and more by calling Mrs. K. at 949-394-0410.

In addition to Mr. K and Ms. Sandra...

Meet some of your Summer Camp Instructors!



Our 11th Black Belt Extravaganza

You're invited to our 11th Black Belt Testing on June 6th from 9 A.M. to 1 P.M. at the Carden Hall Campus. **Grant Fuchs, Garrett Garberich, Steven Saultz, and Harrison Vandervort** will be testing for their first degree black belts. This event will be a very special day for two other individuals, as well as AJK's. **Nicholas Stone and Brent Stone** will be testing for their second degree black belts. This will also be AJK's 2nd bi-annual Black Belt Maintenance Test. All black belts will be participating in this event to show off their skill with forms, sparring, weapons, and breaking! **Presently, AJK's has tested 32 black belts!**

Please celebrate this special event with

Our 5th Annual Family Appreciation Luau

AJK's would like to invite you to our 5th Annual Family Appreciation Luau on May 22nd 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 the Lake Park BBQ area in Downtown Huntington Beach. We hope to see you there! Please RSVP no later than May 15th. **Thank you!**

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.

I You say it's your birthday? I

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!

Lucas Marshall	5/10
Aidan Goltz	5/24
Collin Abe	5/25
Dylan Abe	5/25
Kylie Chen	5/28
Steven Saultz	5/29

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.ajkstk.com**