

AJK's

martial arts and fitness center, Inc.

Where will your future take you?



The Sidekick Monthly Newsletter

Issue 5 V. 15

Word of the Month: Indomitable-spirit

Student of the Month:
Sutton Olson

www.AJKSTKD.com

Join Us for AJK's Summer classes!

Greetings from AJK's

Summer is here! Let's have fun! On May 2nd, 2015 AJK's hosted their 10th parent Appreciation Day at Lake Park in HB. The food, raffle, and bounce house were a hit. AJK's would like to send out a BIG thank you to all the families who continually show their support and care.

In the month of May, AJK's will be conducting Fun Fridays each Friday for the whole month! These classes are free and we hope to see you all there! Please feel free to visit us at www.AJKSTKD.com for any and all information. We appreciate and thank you for your continued support and care.

AJK'S Martial Arts and Fitness Center, Inc. would also like to invite all of you to our 17th annual black belt examination on June 6th at Carden Hall from 9 A.M. to 1 P.M. It's sure to be a blast!

Celebrating over 10 years of Excellence

This will be AJK's 15th 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 additional literature information.**



AJK's 16th Black Belt



Summer STRETCHES



Summer KICKS



Summer DEMOS

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. (8 hours of sparring is included in each TKD summer camp.) All belts are eligible to attend, and sparring classes are held on Wednesdays and Fridays.
- New unlimited regular TKD classes and unlimited sparring classes.
- 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 Thursdays and Fridays.
- If you miss a day of TKD, you may make it up on any day.

Important Notes

Saturday Black Belt Classes

AJK's would like to invite recommended black belts and black belts to our BBD (Black Belt development) classes at Carden Hall. They will be held from 9 a.m. to 12 p.m. These Saturday classes will help to prepare future black belts and train current black belts in their material, as well as in sparring, weapons, hapkido, and board breaking.

BBD Dates

May 30, 2015 will be our last BBD before testing in June. **All recommended black belts and black belts testing for their next degree will need to attend their black belt prep class on Thursday, June 4th at Carden Hall from 3:30 to 5:15.**

What to Bring

You will need to wear your training clothes. Please bring plenty of water and/or juice, snacks, sunscreen, sparring equipment, and weapons. AJK's sparring equipment and weapons are limited.

AJK's Student of The Month

A Student of The Month demonstrates their effort and care with every class he/she attends. It is their dedication to the art and sport of TKD, and their tenacity, kindness, and spirit, which enable fellow athletes to shine! Congratulations, **Sutton Olson** for your winning attitude! Look for the student of the month information on the home page of our updated website!

Promotion Exam Update

Next Scheduled Test Dates:

Color Belts	Black Belt
Date: July 10, 2015	June 6, 2015
Time: 3:30 PM to 5 PM	9 A.M. to 1 P.M.
Where: Carden Hall Campus	Carden Hall campus

****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.**

2015 TKD Summer Camps

TKD Summer Camps (July and August)

July 6 – 10 from 9 to 3 P.M. at Carden Hall.

Note: Drop off as early as 8 AM

(July's camp has been updated. Newer TKD material and events have been added. *This camp now runs until 3 PM.*)

August 10 -14 from 9 to 3 P.M. at Carden Hall.

Note: Drop off as early as 8 AM

**Sparring Classes will be held during BOTH summer camps. Each camper receives 8 hours per camp week!*

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!

Kyle Johnson	5/10/2008
Cassidy Chyba	5/22/2004
Alexander Lyon	5/22/2008
Kylie Chen	5/28/2002



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**