

# AJK's

martial arts and fitness center, Inc.

Where will your future take you?



## The Sidekick Monthly Newsletter

Issue 11 V. 14

Word of the Month: Indomitable-spirit

Student of the Month:

**Kate Kaiser and Jakob Prifogle**

[www.AJKSTKD.com](http://www.AJKSTKD.com)

### Greetings from AJK's

**Happy Thanksgiving from AJK's!** What a wonderful time of year to be reminded that "Generosity is pure of heart." -Mae Carden. Congratulations to all our newly promoted TKD practitioners. October's colored belt test was a success! We look forward to December 11<sup>th</sup>'s colored belt test. If you were able to attend this year's Halloween event (Freaky Fun Friday), we hope you had a great time! This year's SOS food drive was a success, thank you!! **We look forward to our next fun holiday event on December 12<sup>th</sup> from 3:30 to 4:30 at Carden Hall. Let's deck the halls and have a ball at this year's Holiday Madness. Children may invite up to two friends. We hope to see you there!**

*AJK'S NEW T-SHIRTS AND UNIFORMS ARE IN STOCK*

AJK's is celebrating its 12 years of operation by changing its logo to recognize an individual's direction in life. The new logo is featured in the top left corner of the newsletter, and it is now featured on t-shirts and uniforms beginning this year! You may order them by emailing Kirsten Kinowski at [Kirsten@AJKSTKD.com](mailto:Kirsten@AJKSTKD.com), or you may purchase them at our promotion tests. Our next promotion test will be held on December 11<sup>th</sup>.

*Let's deck the halls and have a ball at this year's **HOLIDAY MADNESS!***



## 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.
- Let's enjoy HOLIDAY MADNESS on Dec. 12<sup>th</sup>! There will be games, treats, & prizes. Let's have fun!

## Important Notes

### Taekwondo Tidiness

AJK's would like to address a couple of important issues that will improve the overall appearance of the Carden Hall campus, as well as the dress of an AJK's athlete.

### **Carden Hall Campus**

Please encourage your child(ren) to pick up after themselves when they finish their snack and before they leave TKD. AJK's has been addressing this issue; however, hopefully with your help we can hit a homerun!

### **Athlete Dress**

AJK's requests that all athletes wear TKD pants, AJK's T-shirts, and their belt to TKD practice. TKD uniforms are certainly encouraged, but are only required on testing days and special event days.

### 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 enables other fellow athletes to shine! Congratulations, Kate Kaiser and Jakob Prifogle for your winning attitudes! 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

Date: December 11, 2014

Time: 3:30 PM to 5 PM

Where: 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.**

## Taekwondo Pickup Reminders

AJK's would like to remind TKD families about our 4:30 pick up policy. Students should wait to be picked up by the Blue Top planter, which is next to room 15. They should be wearing shoes before leaving Carden Hall and students are not to attend Extended Care unless otherwise scheduled by parents. Also AJK's has an agreement with Extended Care that any child picked up after 4:45 will need to be signed in. AJK's appreciates your support. 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.



## 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](mailto:kirsten@ajkstk.com). We don't want to forget anyone!

Will Vandervort	12/4
Clay Rybus	12/5
Sean Rybus	12/5
Casey Church	12/8
Emme Botros	12/11
Zachary Ditta	12/27



### 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](http://www.ajkstk.com)**