

# AJK's

*martial arts and fitness center, Inc.*

*Where will your future take you?*



## The Sidekick Monthly Newsletter

Issue 11 & 12 V. 16

Word of the Month:  
Perseverance

Student of the Month:  
Cooper Muir

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

### *Celebrating 15 years of Excellence*

**Happy Thanksgiving from AJK's!** What a wonderful time of year to be reminded that "Generosity is pure of heart." -Mae Carden. October's colored belt test was a success! Congratulations to all our newly promoted TKD practitioners. 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 9<sup>th</sup> from 3:30 to 4:45 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!** If you are interested in purchasing TKD clothes or equipment, please contact Mrs. Kinowski via email: [Kirsten@AJKSTKD.com](mailto:Kirsten@AJKSTKD.com). We look forward to December 7<sup>th</sup> and February 8<sup>th</sup>'s colored belt tests.

### *AJK's 2015 Holiday Madness*

Happy Holidays  
to you and yours  
peace on earth  
THMafi



## Quarterly Calendar Updates and News:

- BBD (Black Belt Development) classes will be held on Saturdays, from 9am to 12 pm at Carden Hall. Please check the quarterly calendar for these dates.
- TKD classes are Mondays through Wednesday from 3 to 4:45. Children may be picked up by 5 P.M.
- Let's enjoy HOLIDAY MADNESS on Dec. 9<sup>th</sup>! There will be games, treats, & prizes. Let's have fun!
- AJK's sparring clinic will be held on Friday, December 2, from 3pm to 4:45pm.
- AJK's second Target Clinic will be held on Friday, January 27, from 3pm to 4:45pm.
- If a TKD class becomes canceled, the makeup class will be held either on Thursday or Friday.

## 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

Dec.	Jan.	Feb.	Mar.	Apr.	May
12/10	1/28	2/11	3/11	4/1	5/6
			3/25	4/29	5/13

### 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. Please email us should you desire these items.

### 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, Cooper Muir, 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

Date: December 7, 2016

February 8, 2017

Time: 3:30 PM to 5 PM

Where: Carden Hall Campus

**\*\*Accounts must be current in order for student to test.**

## Taekwondo Pickup Reminders

AJK's would like to remind TKD families about our 4:45 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 5:00 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!

Brody Kinowski	11/3
Alexa Han	11/4
Tyler Fegan	11/22
Sutton Olson	11/23
Max Mikkelsen	11/25
Mr. W. Vandervort	12/4
Clay Rybus	12/5
Sean Rybus	12/5



### 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)**