

AJK's

martial arts and fitness center, Inc.

Where will your future take you?



The Sidekick Monthly Newsletter

Issue 10 V. 15

Word of the Month: Integrity

Student of the Month:
Jacob Prifogle

www.AJKSTKD.com

Greetings from AJK's

AJK's hopes everyone has fallen into the autumn season. We hope that our flexible schedule and new times are making life a bit easier for those families juggling a busy schedule. All athletes seem to be having a great time!

We look forward to our Halloween Fun Friday at Carden Hall on October 16th from 3:00 to 4:30! Let's have fun with ghoulish games and fun spooky prizes! You may invite a friend or two to enjoy the fun! No costumes necessary... Please visit AJKSTKD.com for TKD news and literature!

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

AJK's is celebrating its 13 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, or you may purchase them at our promotion tests. Our next promotion test will be held on October 22rd.



Quarterly Calendar Updates and News:

- TKD classes are Mondays through Thursdays from 3 to 4:45.
- We will be conducting once a month clinics on Fridays that specialize in TKD principles.
- New unlimited regular TKD 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.
- Halloween Fun Friday is on October 16th from 3:00 to 4:30 at Carden Hall! Bring a friend or two and come join the 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, John Vogt and Jacob 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: October 22, 2015

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.**

SOS Food Drive

AJK's would like to collect non-perishable food items for this year's Thanksgiving Holiday. Please bring any non-perishable food items to AJK's Halloween event on 10/16.

Let's show our gratitude for those who provide free care and assistance to those in need and act as advocates for systemic change.

AJK's will deliver your donations to SOS! Thank you so much for your support!

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!

Davis Winsor	10/3
Oliver Cohen	10/5
Jai Pandhoh	10/25



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.ajkstk.com