

AJK's

martial arts and fitness center, Inc.

Where will your future take you?



The Sidekick Monthly Newsletter

Issue 10 V. 16

Word of the Month: Integrity

Student of the Month:
Cooper Muir

www.AJKSTKD.com

Celebrating 15 years of Excellence

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

AJK's would like to remind everyone about our new lineup of classes that are sure to be a kick! All belts are welcomed to attend one, two, or unlimited days per week! Classes now run Monday through Wednesday from 3 p.m. to 4:45 p.m. Private lessons are available by appointment only. Sparring is included in All Belt classes. Students will need to be picked up before 5:00 or they will be signed into Extended Care. BBC (Black Belt Class) has been extended by fifteen minutes and will now run from 4:15 p.m. to 5:30 p.m. every Monday and will include sparring.

We look forward to our Halloween Fun Friday at Carden Hall on October 14th from 3:00 to 4:45! Let's have fun with ghoulish games and fun spooky prizes! You may invite a friend or three to enjoy the fun! No costumes necessary... Please visit AJKSTKD.com for TKD news and literature!



Quarterly Calendar Updates and News:

- Enjoy our Flexible Class Schedule! All belts are welcomed to attend any one, two, or unlimited day combination per week! Private lessons are offered by appointment!
- We are excited to announce that our BBC (Black Belt Class) has been extended by 15 minutes. It will now run from 4:15 to 5:30.
- BBD (Black Belt Development) classes will be offered on some Saturdays from 9 a.m. to 12 p.m. These classes are strongly recommended for recommended black belts and black belts so that they will be prepared for their upcoming black belt test or maintenance exam.

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, Cooper Muir 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: Wednesday, October 26, 2016

Time: 3:30 PM to 5 PM

Where: Carden Hall Campus

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

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 10/14.

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!



Clover Choi 10/12

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