



AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

“Catch the Wave at AJK’S” – T. Zimmermann

The Sidekick Monthly Newsletter

Issue 9. V.11



2011 Black Belt Exam – Since the program began in 2002, AJK's has successfully tested 41- 1st degree and 8- 2nd degree black belts.

Greetings from AJK's

School has either begun or it is around the corner, which means TKD will be in full swing! **After school TKD begins on September 26th, 2011!** We encourage you to carefully look over the information that was sent to you in the August mailing, which was due: 9/1/11. If you have yet to mail your enrollment information in, please do so before 9/26/11.

This year's TKD program is sure to be exciting! Please look over the ¼ calendar for class times in ALL of our programs. Enjoy our flexible schedule; which, includes one, two, or unlimited days! See you soon!

🏆 Tournament News 🏆

If you are a tournament training athlete, please register with the CUTA, by visiting CUTKDA.com., and the USAT by visiting usa-taekwondo.us. These two websites are a great way with keeping current in your tournament training.

Upcoming tournaments: Check the ¼ calendar for event information. Contact Natalie Brinkman (team mom) for assistance when registering for tournaments. Natalie can be reached at 949-735-2989.

Promotion Exam Update

Next scheduled test dates:

Date: October 20th
Time: 3:30 P.M. to 5 P.M.
Where: Carden Hall (Outside)

****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.**

AJK's is On Facebook

Come visit our facebook! If you are connected to facebook via: PC, Mac, or phone, you can look us up at AJK's Martial Arts and Fitness Center, Inc. Hit "Like this", and you're connected! It's just one more way we can all stay connected!



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. **ALL BELTS ARE ELIGIBLE TO ATTEND SPARRING CLASSES OVER THE SUMMER!**
- 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 Thur., Fri., and Sat.
- After school TKD begins on Monday, September 26th, 2011! We hope to see you there!

AJK's Program and New Pricing

It has always been AJK's mission and commitment to preserve quality instruction over quantity of students. We continue to operate a strong curriculum, which challenges our athletes both physically and mentally. AJK's is quite humbled to announce that it has successfully tested **forty-one** black belts and **eight** second degree black belts since the program began in 2002! We continue to provide qualified and joyful instructors in an effort to produce fine, well-rounded TKD athletes, this year will be no exception. As our black belts mature and become more experienced in the art and sport of TKD, their desire to instruct becomes apparent, and their leadership skills are enhanced.

AJK's will now be offering:

- One day per week: \$ 68 Monthly
- Two days per week: \$ 110 Monthly
- ***Unlimited classes: \$ 149 Monthly**
(Includes sparring)
- 4 Mon. package: \$ 255 4 Months
(One day a week)
- 4 Mon. package: \$ 385 4 Months
(Two days a week)
- BBC (Black Belt Class) \$ 215 9 Classes
- BBC (Black Belt Class) \$ 75 Monthly
- Sparring class \$ 20 (1hr.) \$ 25 (2hr.)
- Single TKD class \$ 18
- Single Black Belt Class \$ 27

AJK's looks forward to serving you. Should you have multiple family members attending TKD, please contact Mrs. Kirsten Kinowski at 9)394-0410 or Kirsten@AJKSTKD.com for further discounted options.

It is AJK's continued goal to focus on the development of confidence-building defense techniques that will help build character, nurturing such attributes as: self-control, focus, respect, integrity, and stamina. We are excited about our program and trust in the success of our athlete's developments.

An Important Tuition Reminder

September's tuition bill COVERS September and October. **Thank you for you care!**

AJK'S TKD bills a month ahead. Also, the last week in September and the first week in June of the following year, as well as Friday Fun Days (All Belt Classes) are classes which make up for the time lost through school closures. These classes have been built into your monthly tuition payment.

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!

Ryan Potter	9/14
Brandan Buschmann	9/19
Steven Buschmann	9/19
Brennan Cutrell	9/24
Kealani Knickerbocker	9/24
Spencer Harper	9/27



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**