



# **AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.**

*"Catch the Wave at AJK'S" – T. Zimmermann*

## **The Sidekick Monthly Newsletter Issue 2. V.12**



### **Greetings from AJK's**

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." Leo Buscaglia

AJK'S Martial Arts and Fitness Center, Inc. would like to send out a heartfelt **Thank you** to all our families who support our program and athletes. 2011 proved to be a very successful year for our athletes and program. Read last month's newsletter for this info and more. As we look ahead, 2012 is gearing up to be a pretty eventful year. Get ready for our 7<sup>th</sup> Annual Family Appreciation Day on May 19<sup>th</sup>. **Thank you** again for your support!

### **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:** Spring tournament (to be announced). 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:

##### *Colored Belt*

Date: May 10th  
Time: 3:30 P.M. to 5 P.M.  
Where: Carden Hall (Outside)

##### *Black Belt Test*

Date: June 10th  
Time: 9 A.M. to 1 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.
- Black Belt Development Classes (BBD) will be announced on the next ¼ calendar. (Fri.'s from 3 to 4:30)

### Gearing Up for a Great Year...

- Spring tournament (To be announced).
- Colored Belt Promotion Exam (February 16<sup>th</sup> and May 10<sup>th</sup> from 3:30 to 5 P.M. at Carden Hall.)
- Family Appreciation Day (May 19<sup>th</sup> 12 to 3 P.M. at Lake Park in HB *Details to follow*).
- Black Belt Exam (June 10<sup>th</sup>, 9 to 1 P.M. at Carden Hall).
- TKD Summer Camps (June – August).
  - July 9 – 13 from 8:30 to 12 P.M. at CH.
  - August 13 -17 from 9 to 3 P.M. at CH.
  - Sparring Classes will be held during both TKD camps.
- Beach Day (August 25<sup>th</sup> from 12 to 3 P.M. south side HB pier.)

Note: AJK's will be sending you its Summer Class Schedule, as well as Summer Programs in March. It is our way of keeping you up-to-date with our TKD program. Please visit [www.AJKSTKD.com](http://www.AJKSTKD.com).

### Wednesday and Friday Sparring Classes Are a Hit!

In an effort to accommodate family's busy schedules, AJK's has added additional sparring classes at Carden Hall during the week on Wednesdays and Fridays! Please check the Quarterly Calendar for days and class times!

If you have any questions, please contact Adam Kinowski at 714-791-5877 or [AJKSTKD@sprint.blackberry.net](mailto:AJKSTKD@sprint.blackberry.net).

### 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.

### AJK's Student of The Month February

Meet Tanner Gray and Liyah Azar! Tanner is a yellow belt and Liyah is a high yellow belt. These colored belt athletes demonstrate their effort and care with every class they attend. Their dedication to the art and sport of TKD is terrific, and their tenacity, kindness, and spirit are a fine example to their fellow peers. Congratulations, Tanner and Liyah, for your winning attitude and spirit!



### 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!

Scotney Brown	2/3
Phoenix Marcova	2/28



### 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)**