

# AJK's

marital arts and fitness center, Inc.

Where will your future take you?



## The Monthly Sidekick E-news

Issue 3, 4, & 5 V.18

Word of the Month: Indomitable-spirit

Students of the Month:  
**Louie Choumas**

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

## Join Us for Our 13th Family Day

### Greetings from AJK's

Mark your calendars! You are invited to our 13<sup>th</sup> Family Appreciation Day on June 2<sup>nd</sup> from 12 PM to 3 PM at Edison Community Park in Huntington Beach. We hope to see you for some **bounce house fun, catered food, shaved ice, and fun raffle!** This event is sure to be a blast, as it celebrates your fine support for the last seventeen years and AJK's final send off! Come on over and let us celebrate you! Please **RSVP to Kirsten Kinowski by May 25<sup>th</sup>**. Let us know the number of people you plan to bring, so that we can plan accordingly. Kirsten can be reached at 949-394-0410 or [Kirsten@ajkstkd.com](mailto:Kirsten@ajkstkd.com). Thank you!

AJK'S Martial Arts and Fitness Center, Inc. would also like to invite all of you to our 20<sup>th</sup> annual black belt examination on Saturday, June 9<sup>th</sup> at Carden Hall from 9 A.M. to 2 P.M. It's sure to be a blast!

We would like to invite all of you to email pictures of your young athletes in action, as we would like to compile a TKD wall of honor. If you could have these pictures to us by Friday, May 25<sup>th</sup> that would be great! Thank you!



Family Appreciation Day



Summer Camps



Black Belt Test



Flashback Summer Camp 2014



Sparring

## Quarterly Calendar Updates and News:

- Just as a reminder, AJK's conducts classes on rainy days.
- BBD (Black Belt Development) classes will be held on select Saturdays each month from 9am to 12 pm at Carden Hall.
- TKD classes are Mondays through Wednesday from 3 to 4:45. Children may be picked up by 5 P.M.
- Our promotion exams will be held on Wednesday, May 2 and May 30, from 3 P.M. to 4:45 P.M.
- The 20<sup>th</sup> black belt test is scheduled for Saturday, June 9 from 9 A.M. to 2 P.M.

## News Bulletin

### 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

May.

5/12 & 5/19

#### 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, Louie Choumas, 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	Black Belt
Date: 5/2 & 5/30	June 9, 2018
Time: 3:30 PM to 5 PM	9 A.M. to 2 P.M.
Where: Carden Hall campus	Carden Hall campus

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



**106 Black Belt Degrees since 2001**

## 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!

Alexander Lyon  
Iain Bruce

5/22  
6/13



### 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)