

AJK's

Martial Arts and Fitness Center, Inc.

Where will your future take you?



Martial Arts Summer Camps

Hosted by Adam J. Kinowski

www.AJKSTKD.com

Celebrating

18 Years

of

Excellence



Forms



sparring



Weapons

Paddle Drills

Board Breaking

Demonstrations



Summer Program

This will be AJK's eighteen year of hosting a Taekwondo and leadership development summer program. This year we shall bring you two exciting sessions which are sure to change lives! Our Taekwondo program is so much more than kicking and punching. We teach students the values and morals necessary to be the best that they can be in life, developing qualities such as self-control, focus, respect, integrity, and stamina.

Each session will focus on Taekwondo skills, nurturing the attributes of beauty, grace, rhythm, accuracy, power, technique, and attitude. The sessions include board breaking, related material, promotion exam, and certificates.

The August camp also includes sparring and forms tournaments, medals, demonstrations, and AJK's T-shirt.

Age: 5 and up

When: July 7, 14, and 21 (Saturdays)
August 6 - 10 (Monday - Friday)

Time: July: 9 a.m. to 12 p.m.
August: 8 a.m. to 3 p.m.
(Half days and full days are available.)

Where: Carden Hall campus
1541 Monrovia Avenue, Newport Beach, CA, 92663

What To Bring

Please provide a drink, snack, or lunch (full day or afternoon session only). Since most activities are outdoors, please send your child with sunscreen and a cap.

Related Information

Visit us at www.AJKSTKD.com or call (949) 394-0410 for more information regarding our program. You can also follow us on Facebook at AJK's Martial Arts and Fitness Center, Inc.