

## **AJK's Updated Sparring Information**

### **Sparring Class Information**

Presently, AJK's offers sparring for ALL belt levels on Fridays at Carden Hall from 3:30 P.M. to 4:30 P.M. and on Saturday afternoons at the Huntington Beach Black Belt Center from 1 P.M. to 3 P.M. It is our hope that by offering sparring on Fridays and Saturdays, families and athletes may find this opportunity helpful to fulfill the required 8 hours of sparring a green belt or higher needs to be eligible to advance. Please check the Quarterly Calendar for days and times. These two sparring days will run under the direction of Ms. Sandra Wight and Adam Kinowski. Students are encouraged to bring their sparring gear to each sparring class; *however*, should an athlete not own sparring gear, he or she may participate in no contact sparring. This will in no way affect their hours toward advancement. Should a student attend a Friday sparring class, he or she may stow their *bagged* gear under the coat rack in their classroom. Sparring is the sport of TKD and the application of the taught curriculum. It is AJK's effort to make sparring classes fun with motivating music, exciting games, and challenging drills! We hope to see you there!

### **Sparring Cost and Savings**

The cost of one Friday sparring class is \$20. Our two hour sparring class price is \$25. The sparring package price is \$85, which includes four, two hour classes. This is a savings of \$15. Should you sign up for the sparring package, you may pick and choose which sparring day and time works best for your family. Please visit [www.AJKSTKD.com](http://www.AJKSTKD.com) or contact Mrs. Kirsten Kinowski for family discounts regarding pricing.

### **Safety Information**

Due to the physical sport of sparring, AJK's would like to remind families of the acceptance agreement signed, which states that you hold harmless Carden Hall, AJK's Martial Arts and Fitness Center, Inc., Huntington Beach Black Belt Center, and any other employees, from any liability or claim or action for damages resulting from, or in any way arising out of, the participation of any TKD program by the person(s) registered. Should you have any questions about this agreement, please contact Mrs. Kirsten Kinowski at 949-394-0410.

### **Notes**

- ❖ Check the ¼ Calendar for days and times on which sparring classes are held.
- ❖ Students with a rank of green belt or higher must have at least 8 hours of sparring since their last test to be eligible for advancement.
- ❖ AJK's Martial Arts and Fitness Center, Inc. Policies and Procedures Information are online at [www.AJKSTKD.com](http://www.AJKSTKD.com).