



## AJK Monthly E-newsletter

November, 2022

“Joy is the simplest form of gratitude.” – Karl Barth

### Athlete Development

“Where will your future take you?” We are excited and motivated for our upcoming promotion exam on Thursday, November 17<sup>th</sup>. Athletes are eagerly earning their Growth Stripes and demonstrating wonderful progress all-around. Below details our Growth Stripe indicators:

Orange: Character building attributes

Modesty, courtesy, integrity, self-control, perseverance, indomitable- spirit

Red: Poomsae (Form)

Yellow: Stationary kicks

Green: Sparring basics

Blue: One-step sparring techniques

Beginning the week of November 7<sup>th</sup>, we shall be hosting Board Breaking Week. During the week, athletes will have the opportunity to practice board breaking techniques and strategies while building an athlete’s strength through consistency, intensity, patience, and dedication. Each athlete will be issued one board to break.

### Mark Your Calendars

We look forward to our Board Breaking Week beginning the week of **November 7<sup>th</sup>**. Our first promotion exam will be on **Thursday, November 17<sup>th</sup>** during our normal practice time, 3:30 to 4:45 (details to follow). Parents are encouraged to attend this special event. We practice traditional Korean belt colors: white, yellow, advanced yellow, green, advanced green, blue, advanced blue, red, advanced red, brown, advanced brown, and black.

## **News and Updates**

Our website, [www.ajtkd.com](http://www.ajtkd.com), is currently under construction. Keep checking back for exciting new changes!

Find us on Facebook at AJK's Martial Arts and Fitness Center, Inc. and Instagram @ajkstk.

