



AJK Monthly E-newsletter

December 2022

“Joy is not in things; it is in us.” – Richard Wagner

Athlete Development

We hope that you had a joyful Thanksgiving Day with family and friends. As we look inward, into our hearts, as we prepare for the upcoming holidays, AJK wishes you a joyous holiday season and a happy New Year! May peace, love, and prosperity follow you always and may the magic of the holidays fill your heart and follow you throughout the coming year.

Congratulations again to those athletes who tested on Thursday, November 17th. Our make-up test will be on Thursday, November 8th during our normal practice time, 3:30 to 4:45. If this day and time does not work for you, please contact us at kkrewe@icloud.com.

As athletes advance, the following Growth Stripes indicates a student's progress:

Orange:	Character building attributes Modesty, courtesy, integrity, self-control, perseverance, indomitable- spirit
White:	(colored belts) Acts of respect and self-respect
Red:	Poomsae (Form)
Yellow:	Stationary kicks
Green:	Sparing basics
Blue:	One-step sparring techniques

Mark Your Calendars

We look forward to our Holiday Party, **Friday, December 9th** from 3:30 to 4:45 at Carden Hall. There is no charge for this event, so let's deck the halls and have a ball at this year's Holiday Madness!

News and Updates

For questions or clothing orders, please contact Kirsten Kinowski at 949-394-0410 or email at kkrewe@icloud.com.

Our website, www.ajktkd.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 @ajkstktd.



“Where will your future take you?”