



AJK Monthly E-newsletter

January 2023

"Write it on your heart that every day is the best day in the year."

—Ralph Waldo Emerson

Athlete Development

Each new year offers an exciting opportunity for new beginnings. No matter what your goals are for the coming year, ringing in the start of a new year is a moment to acknowledge and to celebrate all your experiences from 2022, so that you may welcome the new year ahead. Cheers to 2023!

Beginning this year, we would like to introduce two testing opportunities when advancing to the next level. Based on our current class schedule, promotion exams are roughly six weeks apart. An athlete's overall attendance and readiness will determine when they advance to the next level. It is AJK's commitment to provide quality instruction so that athletes may find the kind of success they are capable of achieving. Our next two promotion exams will be held on Thursday, January 26th and Thursday, February 16th during our regularly scheduled classes.

As athletes advance, the following Growth Stripes indicate 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

Our next two promotion exams will be held on **Thursday, January 26th** and **Thursday, February 16th** during our regularly scheduled classes. Let's have some fun and play some traditional Korean TKD games on **Friday, February 10th** from 3:30 to 4:45.

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 @ajkstkd.



"Where will your future take you?"