



“No Matter How Long The Winter, Spring Is Sure To Follow”

--English Proverb

### Athlete Development

We are excited to celebrate 19 years of TKD Summer Camp! Please visit [www.AJKTKD.com](http://www.AJKTKD.com) for camp [details](#). Click [here](#) for 2023 Summer Program Pricing and Waiver Form.

Congratulations to all of our recently promoted athletes! Your all-around efforts and hard work most certainly paid off! A special white belt test is scheduled for Tuesday, March 7<sup>th</sup> from 3:30 to 4:45. If you were unable/unavailable to test at the last test, please contact Mrs. Kinowski at 949-394-0410 to confirm this day and time.

Please join us on Friday, March 24<sup>th</sup> for our Friday Fun Day! Let's kick off springtime with fun games and thrills.

When you enrolled your child, the testing fee for their Yellow Belt was included. As athletes advance, there is a Testing Fee applied to cover the cost of the exams. The testing fees will be billed and are listed below as follows:

<i>Yellow to high yellow</i>	<i>\$35</i>	<i>Blue to high blue</i>	<i>\$65</i>
<i>High yellow to green</i>	<i>\$45</i>	<i>High blue to red</i>	<i>\$85</i>
<i>Green to high green</i>	<i>\$65</i>	<i>Red to high red</i>	<i>\$85</i>
<i>High green to blue</i>	<i>\$65</i>	<i>Recommended black</i>	<i>\$105</i>

*\* For families with more than one student enrolled, a discount of 10% will be taken off of the second child's fee. A discount of 20% will be taken off the third child's fee.*

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:	Sparring basics
Blue:	One-step sparring techniques

### Mark Your Calendars

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## **News and Updates**

For questions or clothing orders, please contact Kirsten Kinowski at 949-394-0410 or email at [kkrewe@icloud.com](mailto:kkrewe@icloud.com).

Our website, [www.ajtkd.com](http://www.ajtkd.com), is up and running! We appreciate your patience as we continue to update a user friendly experience for our families.

You can also find us on Facebook at AJK's Martial Arts and Fitness Center, Inc., and Instagram @ajkstk.



*“Where will your future take you?”*