



AJK Monthly E-newsletter

April, 2023

“Spring is nature’s way of saying, ‘Let’s party!’”

--Robin Williams

Athlete Development

The sunny season is approaching, and we can’t wait to celebrate 19 years of TKD Summer Camp! Please visit www.AJKTKD.com for camp [details](#). Click [here](#) for 2023 Summer Program Pricing and Waiver Form. Our website, www.ajktkd.com, is up and running!

Our next promotion test will be on Tuesday, April 25th and Thursday, April 27th. As athletes near green belt, their sparring journey begins. At AJK we teach Olympic style sparring, which made its Olympic debut at the Sydney 2000 Games. Equipment pricing will be made available in May 2023. When we train in sparring, we do plan on having some equipment on hand for athletes to borrow.

Please join us on Friday, April 21st for our Friday Fun Day!

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

Our next two promotion tests will be held on **Tuesday, April 25th** and **Thursday, April 27th from 3:30 to 4:45**. Please join us on **Friday, April 21st from 3:30 to 4:45** for our Friday Fun Day!

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.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?”