



## AJK Monthly E-newsletter

January 2024

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

—Ralph Waldo Emerson

### **Athlete Development**

Happy New Year! We are excited for 2024 and look forward to new adventures through technical training and leadership development while building stamina and positive character-building attributes that will last a lifetime.

### **Mark Your Calendars**

Our next two promotion exam weeks will be held February 12<sup>th</sup> and May 6<sup>th</sup> during regularly scheduled classes. This year, we will be hosting a special TKD Demonstration Extravaganza on Friday, May 10<sup>th</sup> from 3:30 to 4:45. This demonstration will highlight athletes' TKD skills in forms, sparring, nunchaku, board breaking and more. (Details to follow).

### **News and Updates**

#### Exam Week Schedule:

February 12<sup>th</sup>, 13<sup>th</sup>, & 15<sup>th</sup>

May 6<sup>th</sup>, 7<sup>th</sup>, & 9<sup>th</sup>

Friday, May 10<sup>th</sup> AJK's First Annual TKD Demonstration Extravaganza

When an athlete holds a level of high green belt or higher and is in their fifth-grade year or higher, he/she has the opportunity to join the S.T.O.R.M. (Special Team Of Role Models) program. During regular class, these leaders will be asked to demonstrate their skills at the head of the class while directing, supporting, encouraging, and learning their own material. If an athlete elects to join this program, he/she will be given a S.T.O.R.M. patch to wear on their uniform. There are four levels of S.T.O.R.M. Ranked as follows:

Level One consistently encourages, supports, and displays good knowledge and skills.

Level Two consistently encourages, supports, displays good knowledge and skills while

role- modeling the six tenants of black belt: modesty, courtesy, integrity, perseverance, self-control, and indomitable spirit.

Level Three instructs a group of students with specific material on their own.

Level Four, if all the above accomplishments are met and carried through well, parents are the sole authority if a S.T.O.R.M. member achieves level four. A role-model of this level needs to demonstrate the above three levels outside of their regular practice. A role-model is someone who consistently displays the above characteristics in their community.

\*Note: S.T.O.R.M. patches and levels will be issued during promotion exams. There is no charge for this program.

Click [here](#) for pro-shop orders.

Click [here](#) for uniform requirements.

Click [here](#) for curriculum overview.

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



*"Where will your future take you?"*