



AJK Monthly E-newsletter

November, 2023

“What if today we were just grateful for everything.” – Charlie Brown

Athlete Development

“Where will your future take you?” Congratulations to the athletes who were promoted last week! We practice traditional Korean belt colors: white, yellow, advanced yellow, green, advanced green, blue, advanced blue, red, advanced red, brown, advanced brown, and black. It truly was an honor to instruct their eagerness and enthusiasm toward their next level. Below details our Growth Stripe indicators:

Orange:	Character building attributes Modesty, courtesy, integrity, self-control, perseverance, indomitable- spirit
White:	Self-respect, respect for others, and respect for the community
Red:	Poomsae (Form)
Yellow:	Stationary kicks
Green:	Sparing basics
Blue:	One-step sparring techniques

Beginning the week of November 6th, we shall be hosting Board Breaking Week. During the week, athletes will have the opportunity to practice board breaking techniques and strategies while building an athlete’s strength through consistency, intensity, patience, and dedication. Each athlete will be issued one board to break.

Mark Your Calendars

We look forward to our Board Breaking Week beginning the week of **November 6th**.

News and Updates

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

Click [here](#) for uniform requirements.

Click [here](#) for curriculum overview.

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