



“Courage is resistance to fear, mastery of fear, not absence of fear.”

—Mark Twain

## **Athlete Development**

Since 2001, we have been inspiring athletes to achieve greater success mentally and physically. Thank you for your continued support, and we look forward to furthering our mission to inspire and motivate our young athletes of tomorrow through positive antidotes and specialized training activities.

## **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).

**Celebrate 20 years of excellence** by joining us this summer, July 29 through August 2 on the Carden Hall campus. We plan to have an extremely fun week packed with punches, drills, and thrills! If you register by Friday, May 31, you will receive a 10% discount off one student.

## **News and Updates**

Exam Week Schedule:

- February 12<sup>th</sup>, 13<sup>th</sup>, & 15<sup>th</sup>
- May 20<sup>th</sup>, 21<sup>th</sup>, & 23<sup>th</sup>
- Friday, May 24<sup>th</sup> AJK's First Annual TKD Demonstration Extravaganza

For athletes' green belt or higher, we have been practicing nunchaku. This additional mental and physical strength training comes with responsibility. A "nunchaku" is a traditional martial arts tool consisting of two rods or sticks connected at one end by a short chain or rope. The practice tool we use is padded and all athletes will be required to respect our code of conduct when practicing the nunchaku:

**“I shall practice in a safe area that my Taekwondo coach or parent(s) approve, and I shall never use my nunchaku in a way that is inappropriate, unkind, or destructive. If I break this code of conduct, my TKD rank of green or higher may be held by my TKD coach indefinitely or until I have proven to be trusted in upholding this code of conduct.”**

This *optional* training is not required, yet we request that parents help us to uphold this policy. If you are interested in purchasing a pair of nunchaku, the cost is \$20.

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.

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*“Where will your future take you?”*