



## AJK Monthly E-newsletter

October, 2024

“What do you use to mend a jack-o-lantern? A pumpkin patch.”

-Unknown

### **Athlete Development**

“Where will your future take you?” The goal is black belt. The quest is black belt excellence. If you have just joined AJTKD, “Welcome”! We are honored and excited to have your child join our taekwondo community. Each one of us is accountable for something within ourselves. We write our story each day and build a future moment by moment. Our goal is to teach confidence-building defense techniques while developing qualities such as self-control, focus, respect, integrity, and stamina.

Each week we focus on one of the six principles in becoming a black belt. These values include modesty, courtesy, integrity, self-control, perseverance, and indomitable spirit. Our three student creeds highlight these attitudes and are shared during each class. These philosophies cultivate opportunities to grow both mind and body while developing one’s ability to write a vision toward self-respect, respect for others, and respect for our community.

Each TKD class is a thrill to instruct, and your young athletes are maneuvering very well. We have been striping belts for achievements in character and curriculum development. Orange stripes indicate positive ways of behaving while red, yellow, green, and blue are reserved for curriculum successes. A red stripe points out comprehension in poomse (form or pattern); a yellow stripe reveals knowledge in kicking; a green stripe points toward an understanding in kyorugi (sparring); while a blue stripe reveals an appreciation of hapkido (art of coordinated power).

We are the AJK Dragons. Korean dragons embody rich and positive wisdom, serenity, and justice. Together we represent strength and peace.

### **Mark Your Calendars**

We look forward to our Halloween, *Freaky Fun Friday* at Carden Hall on **Friday, October 11<sup>th</sup>** from 3:00 to 4:45! Let’s have fun with ghoulish games and fun spooky prizes. No costumes necessary.

Each month we plan to hold a red belt and up class. Our next class will be **Friday, October 18<sup>th</sup>** from 3:00 to 4:45.

We are aiming for our first promotion exam to be conducted on **October 21, 22, and 24** during our normal practice time, 3:30 to 4:45 (details to follow). Parents are encouraged to attend this special event. We practice traditional Korean belt colors: white, yellow, advanced yellow, green, advanced green, blue, advanced blue, red, advanced red, brown, advanced brown, and black.

### **News and Updates**

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?