



## AJK Monthly E-newsletter

January 2025

"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 2025 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.

Athletes who hold a rank of red belt or higher are encouraged to attend our Friday classes entitled Black Belt Development (BBD) classes. This month we have two classes, January 17<sup>th</sup> and 24<sup>th</sup>. These classes are designed to prepare athletes for black belt and beyond.

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 promotional exams or thereafter.

There is no charge for this program.

### **Mark Your Calendars**

Our next two promotion exam weeks will be held February 10<sup>th</sup> and May 12<sup>th</sup> during regularly scheduled classes. This year, we will be hosting our second annual TKD Demonstration Extravaganza on Friday, May 23<sup>rd</sup> from 3:30 to 5:00. This demonstration will highlight athletes' TKD skills in forms, sparring, nunchaku, board breaking and more. (Details to follow).

Black Belt Development (BBD) Classes:

January 17<sup>th</sup> and 24<sup>th</sup>

Friday Fun Day:

January 31<sup>st</sup>

Exam Week Schedule:

February 10<sup>th</sup>, 11<sup>th</sup>, & 13<sup>th</sup>

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

Friday, May 23<sup>rd</sup> AJK's Second Annual TKD Demonstration Extravaganza

## 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 @ajkstk .



**Where  
will your future  
take you?**