



# Celebrating 20 Years of Excellence

*"Where will your future take you?"*

Hosted by Adam Kinowski

## TKD SUMMER CAMP 2024

Since 2001, we have been inspiring athletes to achieve greater success mentally and physically.

Please join us for an extremely fun week packed with punches, drills, and thrills!

This camp is an exciting opportunity for new students to experience Taekwondo and for existing athletes to achieve their next belt level while preparing an electrifying demonstration.



# Forms



# sparring



## Paddle Drills

## Board Breaking

## Demonstration



## **The Camp**

The Camp will be AJK's nineteenth year of hosting a Taekwondo and leadership development program at Carden Hall. Our Taekwondo camp is much more than kicking and punching. We teach students the values and morals necessary to be the best they can be in life, developing qualities such as self-control, focus, respect, integrity, and stamina.

The week-long session will focus on Taekwondo skills, nurturing such attributes as beauty, grace, rhythm, accuracy, power, technique, and attitude. There will be a tournament, promotion exam, and a choreographed TKD demonstration at the end of the week.

The camp includes Taekwondo instruction, board breaking, tournament, medals, and certificates.

Age: 5 and up

When: July 29 – August 2

Time: 8 a.m. to 4 p.m.  
(Half-days and full-days are available.)

Where: Carden Hall campus  
1541 Monrovia Avenue, Newport Beach, CA 92663

## **What To Bring**

Please provide a drink, snack, or lunch (full-day or afternoon session only). Since most activities are outdoors, it is important to send your child with sunscreen and a cap.

## **Related Information**

For more information regarding our summer camp or upcoming school-year program, email [kkrewe@icloud.com](mailto:kkrewe@icloud.com) or call (949) 394-0410. You can also follow us on Facebook at AJK's Martial Arts and Fitness Center, Inc.

*“Where will your future take you?”*  
**www.AJKTKD.com**