



## AJK Monthly E-newsletter

December 2025

*"Joy is not in things; it is in us." – Richard Wagner*

### **Athlete Development**

We hope that you had a joyful and restful Thanksgiving holiday with family and friends. As we look inward, into our hearts, as we prepare for the upcoming holidays, may peace, love, and prosperity follow you always and may the magic of the holidays fill your heart and propel you through the New Year.

Since our testing week, we have been busy with taekwondo activities, such as new drills and board breaking. We also hosted our fall black belt exam. [Since 2001 we have been adding black belts to our TKD family, and we now have 132 black belts, spanning from first to third degree. We now welcome Benjamin Collier, Willaim Collier, Skyla Krout, Hunter Louis, and Jack Prosser to our black belt community.](#) These young athletes successfully completed three rigorous recommended phase exams, 30 miles, a personal form, and an essay. Congratulations again to all the athletes, and we would like to thank everyone for their support and encouragement!

### **Mark Your Calendars**

[Holiday Madness, Friday, 12-5 \(3:30-4:45\)](#)

[Red and Up: Wednesday, 12-10 \(3:30-4:45\)](#)

[Make-up Class, Wednesday, 12-17 \(3:30-4:45\)](#)

[Beginning the week of January 5th](#), we shall be hosting forms and jump kicks clinics during regular class as part of curriculum development. During this week, athletes will have the opportunity to practice multiple patterns and jump kicks while building an athlete's strength through consistency, intensity, patience, and dedication. Let's "jump start" the new year with energized kicks and thrills!

### **News and Updates**

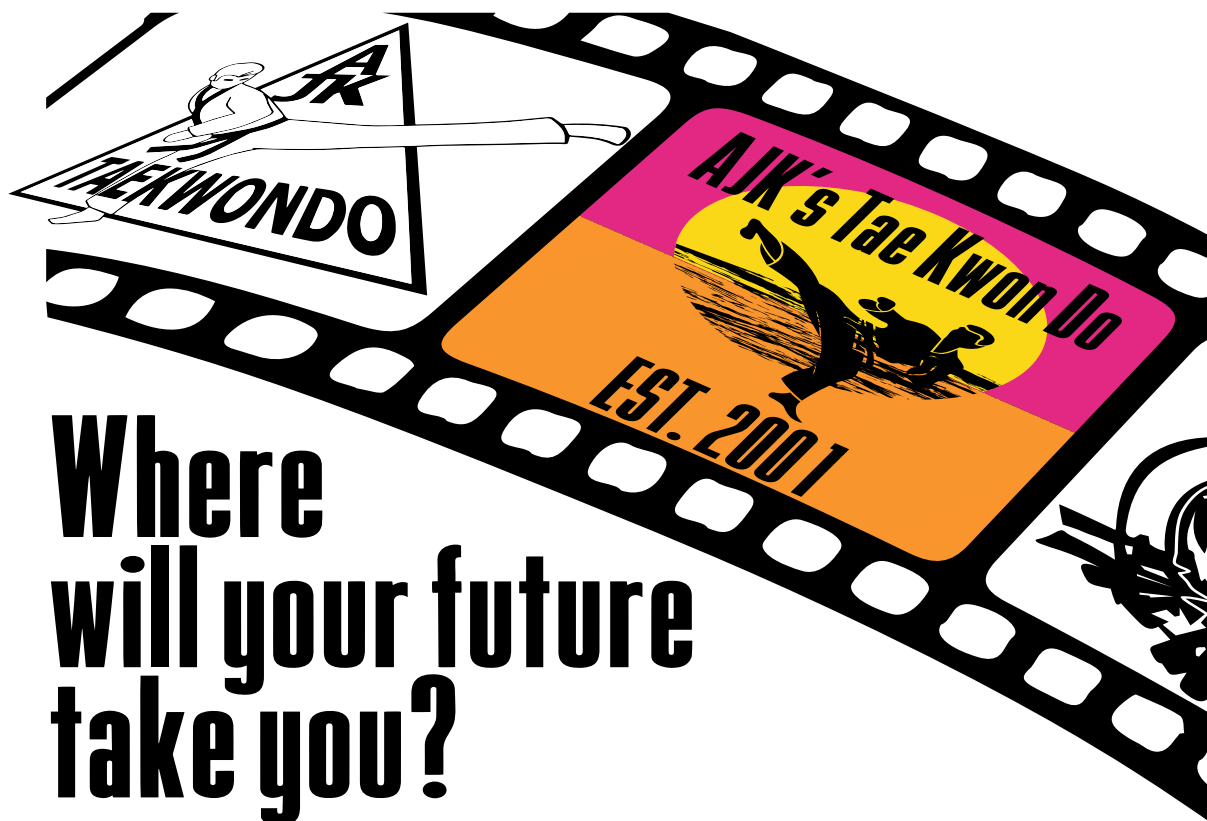
Click [here](#) for pro-shop orders.

Click [here](#) for uniform requirements.

Click [here](#) for curriculum overview.

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**Where  
will your future  
take you?**