



“What if today we were just grateful for everything.” – Charlie Brown

### **Athlete Development**

“Where will your future take you?” Congratulations to the athletes who were promoted last week! We practice traditional Korean belt colors and instruct a blended curriculum as students advance toward black belt. It truly was an honor to instruct their eagerness and enthusiasm toward their next level. Below are our growth stripe indicators:

- Orange: Character building attributes  
Modesty, courtesy, integrity, self-control, perseverance, indomitable- spirit White:  
Self-respect, respect for others, and respect for the community
- Red: Poomsae (Form, blended patterns across belt levels)
- Yellow: Stationary kicks
- Green: Sparring basics
- Blue: One-step sparring techniques

### **Mark Your Calendars**

Black Belt Development classes, Red and Up: Wednesday, 11-5 (3:30-4:45)

11 and Up Class: Tuesday, 11-4 (4:45-5:30)

Beginning the week of November 17<sup>th</sup>, we shall be hosting Board Breaking Week. During the week, athletes will have the opportunity to practice board breaking techniques and strategies while building an athlete's strength through consistency, intensity, patience, and dedication. Each athlete will be issued one board to break.

### **News and Updates**

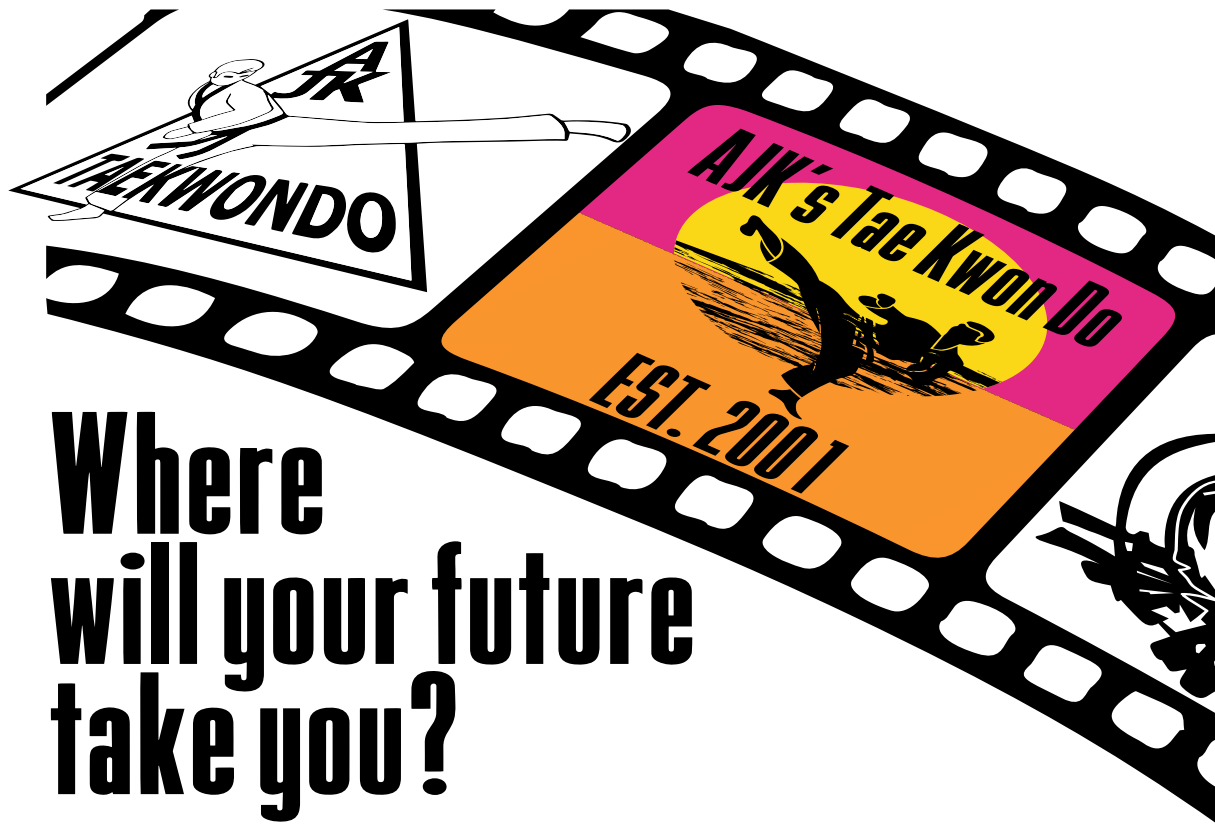
Click [here](#) for pro-shop orders.

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?**