



AJK Monthly E-newsletter

November, 2025

“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 17th, 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?**