



AJK Monthly E-newsletter

February 2026

“Courage is resistance to fear, mastery of fear, not absence of fear.”

—Mark Twain

Athlete Development

Since 2001, we have been inspiring athletes to achieve greater success mentally and physically. Thank you for your continued support, and we look forward to furthering our mission to inspire and motivate our young athletes of tomorrow through positive antidotes and specialized training activities. Please check out our website, AJKTKD.com for our Google friendly calendar.

Athletes who hold a rank of red belt or higher are encouraged to attend our **Black Belt Development (BBD) class**. This month we have three classes, February 3rd, 6th, and 24th. These classes are designed to prepare athletes for black belt and beyond. On Tuesday, February 3rd and 24th, the BBD class will be held from 4:45 to 5:30. Athletes who attend this class may attend the colored belt class and/or come directly from study hall to participate in the all-belt class. This allows them to develop leadership skills while mentoring our emerging color belts.

Athletes who hold a rank of recommended black belt or higher are encouraged to attend our new **Advanced Training (AT) class**. This class will take the place of our 11 and Up class. This month we have three classes, February 2nd, 5th, and 26th. Athletes who attend this class may attend the colored belt class and/or come directly from study hall to participate in the all-belt class. This allows them to develop leadership skills while mentoring our emerging color belts.

Mark Your Calendars

Our next two promotion exam weeks will be held the week of February 9th and May 11th during regularly scheduled classes. This year, we will be hosting our third annual TKD Demonstration Extravaganza on Friday, May 22 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:**
 - February 3rd, 6th, and 24th
- **Advanced Training (AT) Classes:**
 - February 2nd, 5th, and 26th
- **Fun Friday**
 - February 27th
- **Exam Week Schedule:**
 - February 9th, 10th, & 12th
 - May 11th, 12th, & 13th
 - Friday, May 22nd 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?**