



AJK Monthly E-newsletter

January 2026

"Write it on your heart that every day is the best day in the year."

—Ralph Waldo Emerson

Athlete Development

Happy New Year! We are pumped for 2026 and look forward to new classes, while building stamina and positive character-building attributes through technical and leadership training that will last a lifetime.

Athletes who hold a rank of red belt or higher are encouraged to attend our **Black Belt Development (BBD) class**. This month we have two classes, January 14th and 16th. These classes are designed to prepare athletes for black belt and beyond.

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 two classes, January 12th and 26th from 4:45 to 5:30. Athletes who attend this class may 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:**
 - January 14th and 16th
- **Advanced Training (AT) Classes:**
 - January 12th and 26th
- **Wacky Wednesday:**
 - January 28th
- **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 @ajkstktd.





**Where
will your future
take you?**