



AJK Monthly E-newsletter

March 2026

“No Matter How Long the Winter, Spring Is Sure To Follow”

— English Proverb

Athlete Development

We are excited to celebrate 22 years of TKD Summer Camp! Please visit AJKTKD.com or click [HERE](#) for information and details. Click [HERE](#) for 2026 Summer Program Pricing and Waiver Form. Please join us July 27 through 31 on the Carden Hall Campus. We plan to have an extremely fun week packed with punches, drills, and thrills! If you register by Friday, May 31, you will receive a 10% discount off one student. Should our camp week fall outside of your schedule, please email us and we shall work with you privately to keep your child’s training on track.

For our Google friendly calendar, please go to AJKTKD.com. 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.

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, Tuesday, March 3rd, 10th, and 24th. These classes are designed to prepare athletes for black belt and beyond. 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 month we have four classes, Thursday, March 5th, 12th, 19th 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

Come join us for our **Platform Jump Kick Week**, March 17th, 19th, and 20th. Let’s take flight and practice our aerial kick off our raised platform decks. Our next promotion exam week will be held on the week of 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:**
 - March 3rd, 10th, and 24th
- **Advanced Training (AT) Classes:**
 - March 5th, 12th, 19th, and 26th
- **Fun Friday**
 - March 6th and 20th
- **Platform Jump Kick Week**
 - March 17th, 19th, and 20th
- **Exam Week Schedule:**
 - 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?**