



# Coastal Kickin' Camp

Hosted by Adam Kinowski

Since 2001, we have been dedicated to inspiring athletes to achieve greater success both mentally and physically. Join us this summer for our half-day Coastal Kickin' Camp. This half-day program will focus on all level kicks, leaping kicks, board breaking, sparring, Korean bo staff, and Korean nunchucks, while aiming to achieve the next rank. This camp is an excellent opportunity for new students to experience Taekwondo and for existing athletes to have the opportunity to achieve their next belt level.



Where  
will your future  
take you?

## The Camp

The Camp will be AJK's twenty second year of hosting a Taekwondo and leadership development program at Carden Hall. Our Taekwondo camp is much more than kicking and punching. We teach students the values and morals necessary to be the best they can be in life, developing qualities such as self-control, focus, respect, integrity, and stamina.

The week-long, half-day session will focus on all level kicks, leaping kicks, board breaking, sparring, Korean bo staff, and Korean nunchucks, as well as Taekwondo skills, nurturing such attributes as beauty, grace, rhythm, accuracy, power, technique, and attitude. There will be awards and a promotion exam at the end of the week.

The camp includes Taekwondo instruction, board breaking, and certificates.

Age: 5 and up

When: August 3 – 7

Time: 12 p.m. to 4 p.m.

Where: Carden Hall campus  
1541 Monrovia Avenue, Newport Beach, CA 92663

## What To Bring

Please provide a drink and snack. Since most activities are outdoors, it is important to send your child with sunscreen and a cap.

## Related Information

For more information regarding our summer camp or upcoming school-year program, email [kkrewe@icloud.com](mailto:kkrewe@icloud.com) or call (949) 394-0410. You can also follow us on Instagram at AJKSTKD.

***“Where will your future take you?”***

**[www.AJKTKD.com](http://www.AJKTKD.com)**