



Flying Kick Fitness, Inc.
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Dear Flying Kick Families,

Welcome back! We hope that you had a very nice summer. It is exciting to think of starting our 18th year at Flying Kick. We are sending this letter during the week we are closed – Aug. 25- Sept. 1- as a good time to reflect on the past year and focus on this coming year. We have just finished 10 weeks of summer camp. As always, we had a wonderful time with old campers and new, staff and students all learned and had fun together. Summer wouldn't be summer for many of us without the camp as a part of it and the studio being active. I would like to take this opportunity to thank all the parents and the students for their commitment and a special thank you goes out to all the staff for working so hard during the summer.

Looking ahead to where Flying Kick is going with the many programs inside and outside of the studio. We are finalizing several Tae Kwon Do (TKD) programs inside/ outside of the studio.

Our newest location (Just for Kids, LLC) has grown in the last year from 10 students to over 40 and is still growing thanks to the hard work of John Jenkins (Just for Kids) and two of our Flying Kick Instructors, Mr. Eddy and Mr. Bo. They have worked so hard to make this Tae Kwon Do program at the upper Georgetown location so successful.

All the programs outside the studio at public/private schools will be starting mid/ September/early October: GDS, Concord Hill School, Chevy Chase Elementary, Somerset, Lowell School, St. Patrick, and Westbrook Elementary. If you attend any of these schools and take Tae Kwon Do you may take additional classes at the studio at a discounted price, please ask for more details. With the very successful Tae Kwon Do programs here at Flying Kick, we will be providing all of them, Ninja (3 yr. olds), Little Dragons (4 yr. olds), kids of all ages program, family classes, and our intensive adult traditional TKD program. In the last few months I have introduced the adolescent program and we have seen great interest in this class. Therefore, I am adding another Adolescent class on Saturday to expand this program. This program is for 12 year olds plus and focuses on intensive activity, learning Tae Kwon Do and a few other martial arts. Yet, the foundation of this class will be Tae Kwon Do. This program is a good way to get our young adults to get together, learn, and have lots of fun.

This year we had one Flying Kick Tournament which brought together our Flying Kick kids from different locations to experience some good old fashion competition. Some of our students attended other local tournaments and did quite well and placed in different events. This was a very good experience for them. This year's focus is to have two Flying Kick tournaments to give our kids more experience in the competitive edge of Tae Kwon Do, yet keep it fun and safe.

I am proud to introduce the After-school program at the studio) – This is a 4 year old+. This program is either 3 or 5 days per week. This afterschool program is at the studio from 3:30-5:30 M-F. Children are expected to be dropped off at the studio. The program will be focusing on 15-minutes of snack time (parents have to supply snack). 45 minutes of Tae Kwon Do time (depending on age). 15 minutes of school work for those who need it. The last 45 minutes is play and activity time. Play and activity time could be spent on having fun, fun, fun !!! (everything from lego's, coloring and/or ball games). Our after-school Tae Kwon Do program has been so successful at public/private school locations, Flying Kick is proud to provide it here at the studio. In addition to other afterschool activities here at the studio, the Tae Kwon Do class will provide the same kind of structure and enrichment program that kids need similar to our regular kids programs. **Starting Date of the Afterschool Program is September 29.** This program will be run by Miss Jennifer (Instructor for Adults and Kids) and Flying Kick Staff. Miss Jennifer has been doing Tae Kwon Do for 16 years and has been the arts and crafts instructor at the Summer Camp for many years.

It is my pleasure to introduce a new payment method in addition to our regular payment method (cash and checks). We will now be accepting Credit/Debit Cards (at the studio for your convenience for both tuition and sale items).

My goal here at Flying Kick Fitness is to provide the best of Martial Arts for everybody, by focusing on an environment that everyone would learn, stay safe, and yet have fun!! This is not a staff effort only but it is a family community responsibility that we all have. This is all our responsibility.

In closing, Flying Kick has come a long way in the many years of hard work from the instructors, staff, and parent involvement and most of all the students!!! We have seen tens of thousands of students and lost count of the amount of Black Belts!!! This year we have promoted 19 kids to Black Belt level and one adult to third degree instructor level Black Belt, this was a great accomplishment for all students and the hard work of staff. I especially would like to thank the parents for their support in this accomplishment.

Please feel free to contact me with any questions or concerns you may have. Best to all...

Master Khaldoun Al-Atrash, 7th Dan Black Belt
(Master Instructor)
President