

THIS WEEK AT FASTKIX

**April 13, 2024 to
April 20, 2024**



REGULAR SCHEDULE

ALL WEEK!

CONGRATULATIONS

to all of our students who tested this weekend!

More pictures to come!





IMPORTANT DATES

Tuesday, April 16 - SPOTSWOOD INSTRUCTOR CLASS
6:15 pm to 7:00 pm NEW TRAINEES WELCOME!

Wednesday, April 17 MATAWAN INSTRUCTOR CLASS
6:15 pm to 7:00 pm NEW TRAINEES WELCOME!

Friday May 3 - Parents Night Out!
6-9 PM in Spotswood. All afternoon/evening classes
cancelled in both locations.

Thursday, May 9 - BRING YOUR MOM TO CLASS DAY!
All classes

Saturday, May 11 - NJ AAU Championship at Teaneck
Armory
ALL CLASSES CANCELLED



IMPORTANT DATES

Friday, May 24 through Monday, May 27

CLOSED for Memorial Day Weekend

Saturday, June 8 - FASTKIX CHAMPIONSHIP!

Thursday, June 13 - BRING YOUR DAD TO CLASS DAY!

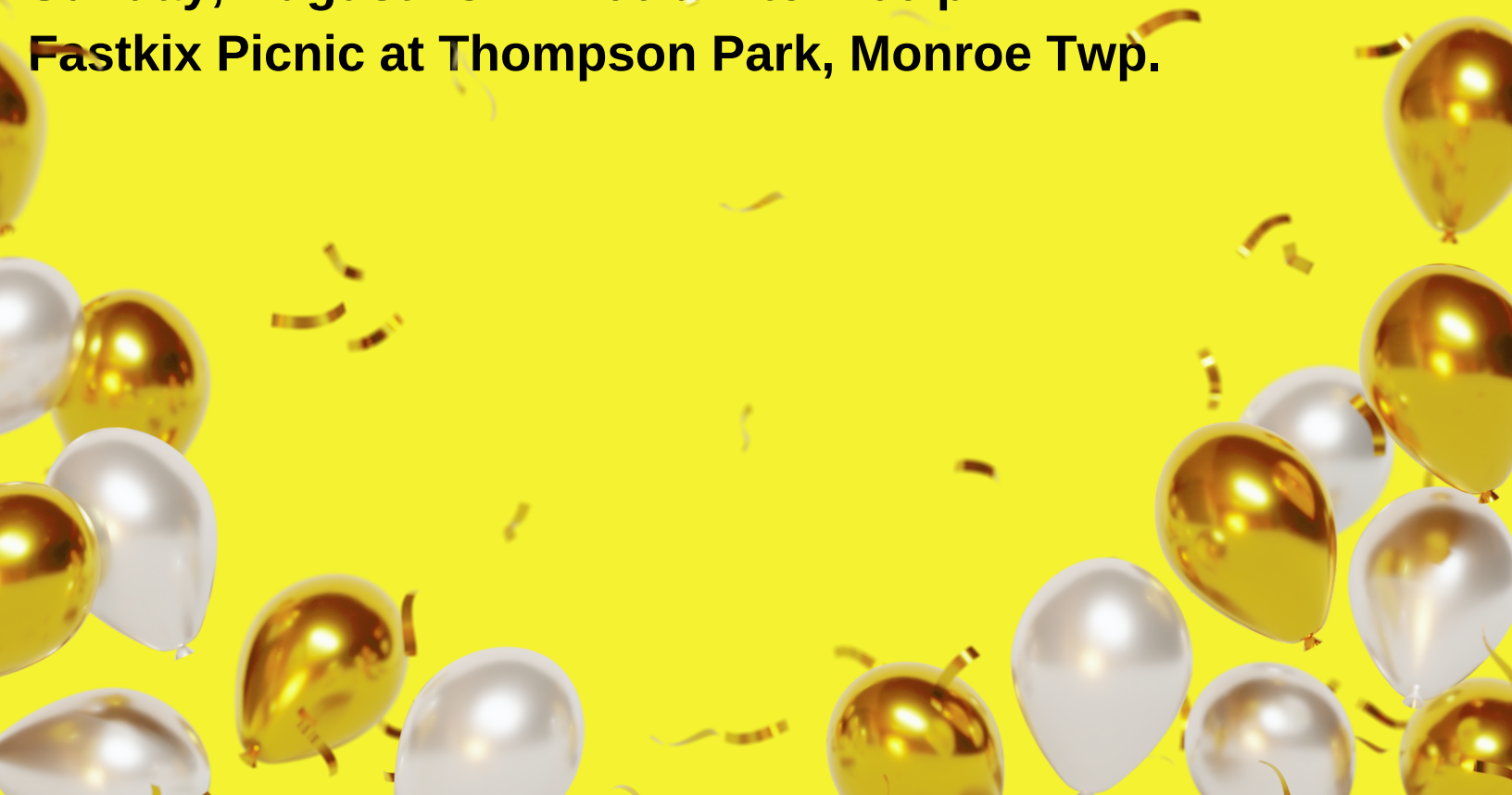
All Classes

Saturday, June 22 - NINJA SATURDAY

Thursday, July 4 - CLOSED

Sunday, August 18 - 11:00 am to 2:00 pm

Fastkix Picnic at Thompson Park, Monroe Twp.





TAEKWONDO FOCUS

MONDAY- Introduce new techniques/kicks

TUESDAY - Introduce new techniques/kicks

WEDNESDAY - Introduce new techniques/stances/kicks

THURSDAY - Introduce new techniques/stances/kicks

FRIDAY - Introduce new techniques/stances/kicks



APRIL 2024 FOCUS SCHEDULE



	Mon	Tues 4/2	Weds 4/3	Thurs 4/4	Fri 4/5	Sat 4/6
Blue Stripes / Evaluations Finalized, Testing Review, Breaking	Self Defense, Breaking	Forms, Breaking, Self Defense	Kicks, Breaking, Self Defense	Sparring, Breaking	Review	Review
	Mon 4/8	Tues 4/9	Weds 4/10	Thurs 4/11	Fri 4/12	Sat 4/13
Testing Review, Breaking practice until Wednesday	Testing Practice	Testing Practice	Testing Practice	Testing Practice	School Closed Matawan Testing	School Closed Spotswood Testing
	Mon 4/15	Tues 4/16	Weds 4/17	Thurs 4/18	Fri 4/19	Sat 4/20
Intro to new New Techniques (forms, kicks, footwork)	Introduce new techniques, stances, kicks with floor drills	Introduce new techniques, stances, kicks with stations	Introduce new techniques, stances, kicks with sparring	Introduce new techniques, stances, kicks with floor drills	Introduce new techniques, stances, kicks	Introduce new techniques, stances, kicks
	Mon 4/22	Tues 4/23	Weds 4/24	Thurs 4/25	Fri 4/26	Sat 4/27
Start learning first form sequence	Start learning form, #1 & #2 Kicks	Start learning form, Sparring	Start learning form, Thinking of new breaking techniques, #1, #2 Kicks, Sparring	Start learning form, #1 & #2 Kicks	Review first forms sequence, #1, #2 Kicks, Sparring	Review first forms sequence, #1, #2 Kicks, Sparring
	Mon 4/29	Tues 4/30	Weds 5/1	Thurs 5/2	Fri 5/3	Sat 5/4
Second Forms Sequence, #1-#3 Kicks, Self Defense Intro	Second Forms Sequence, #1-#3 Kicks, Self Defense Intro	Second Forms Sequence, #1-#3 Kicks, Self Defense Intro	Second Forms Sequence, #1-#3 Kicks, Self Defense Intro	Second Forms Sequence, #1-#3 Kicks, Self Defense Intro	Second Forms Sequence, #1-#3 Kicks, Self Defense Intro	Second Forms Sequence, #1-#3 Kicks, Self Defense Intro

Please note: We follow this schedule as much as possible, but there are some days that the student's needs mean we have to focus on another topic. We appreciate your understanding!

**Our incredible Mini Masters
kicked off testing week with a bang!
Give it up for our fierce Minis!**



PARENTS NIGHT OUT



**FRIDAY, MAY 3 FROM 6-9 PM
IN SPOTSWOOD**

\$35 PER CHILD

(CASH ONLY PLEASE)

**OPEN TO STUDENTS & SIBLINGS AGE 4 AND UP
ALL TAEKWONDO CLASSES CANCELLED ON 5/3**

**PARENTS-ENJOY A KID-FREE NIGHT!
GAMES, MOVIES, VIDEO GAMES, PIZZA,
SNACKS & MORE WITH MASTER CHARLES!**

**PLEASE REGISTER AT
WWW.FASTKIX.COM/EVENTS**



FASTKIX CHAMPIONSHIP

JUNE 8, 2024

ALL AGES + RANKS!

MINI-MASTERS EVENTS

GRAND CHAMPION AWARDS!



NINJA SATURDAY

**SATURDAY, JUNE 22, 2024
IN SPOTSWOOD**

**10:00 AM
MINI MASTERS
10:30 AM - 12:00 PM
TAEKWONDO
STUDENTS
ALL AGES/RANKS
ALL SATURDAY
KICKBOXING, MINI
MASTERS & TAEKWONDO
CLASSES CANCELLED**





FASTKIX PICNIC

Sunday, August 18, 2024

11:00 am - 2:00 pm

THOMPSON PARK GROVE 4A
1682 Perrineville Road
Monroe Twp., NJ 08831

FREE COMPETITION TEAM CLASSES & TRYOUTS!

**Want to join the BEST TEAM in the world?
Want some extra sparring practice before
our Fastkix Championship
on June 8th?**

**Then come to our FREE WEEK of Competition Class!
Monday, April 15, 2024 to Saturday, April 20, 2024
OPEN TO ALL AGES/RANKS!**

**You must be serious about your training,
bring all gear and be ready to work hard!
Who knows? You might even be invited to join the
team!**

**MONDAY, 4/15 4:30 pm to 5:30 pm in Spotswood
TUESDAY, 4/16 4:45 pm to 5:45 pm in Matawan
WEDNESDAY, 4/17 4:30 pm to 5:30 pm in Spotswood
THURSDAY, 4/18 4:45 pm to 5:45 pm in Matawan
SATURDAY, 4/20 11:15 am to 1:15 pm in Spotswood**

**Please see Master Charles or Master Sue for more
information**



Starting May 6th, students may wear *Summer Uniforms!*

Summer uniform is a Fastkix T-shirt (no other shirts please), uniform pants & belt

Easy Ordering at
www.fastkix.com/pro-shop



GET YOUR ORDERS IN TODAY!
Orders take a couple weeks and we
order when we have the minimum
quantity of 6 items needed.