



THIS WEEK AT FASTKIX
Saturday, January 21 to
Saturday, January 28

REGULAR SCHEDULE
MONDAY - FRIDAY

We are closed
Saturday, January 28
for Color Belt Testing

MATAWAN CLOSED
Monday, January 30 for
Color Belt Testing
(Spotswood open 1/30)



IMPORTANT DATES

Saturday, January 28th - Spotswood Color Belt Test (all classes cancelled in both locations)

Monday, January 30th - Matawan Color Belt Test (all Matawan classes cancelled)

Friday, March 17 & Saturday, March 18, 2023 - Black Belt Testing

Saturday, May 20, 2023 NJ STATE AAU TAEKWONDO CHAMPIONSHIP!





ANNOUNCEMENTS

LOST AND FOUND - Our lost and found is growing every day! Please check that you have all your gear, water bottles and coats!

COLOR BELT TESTING will be held on

Saturday, January 28th in Spotswood

9:00 am for Childrens White & Yellow Belts

11:00 am for Childrens Senior Yellow, Green & Senior Green Belts

1:00 pm for Childrens Blue belts and higher and Young Adults of all ages/ranks

****YOUNG ADULT AND ADULT STUDENTS - PLEASE BE SURE YOU COME TO THE CORRECT TEST!****

Monday, January 30th at 6:00 pm in Matawan

PLEASE SEE NEXT PAGE FOR MORE INFORMATION

CHALLENGE QUESTION- How old do you have to be to earn your black belt according to the AAU rules we follow?

LAST QUESTION- What are the stances in Chon Ji and how many of each are there?

Front stance - 15 and Back stance - 4



ANNOUNCEMENTS

COLOR BELT TESTING

This week starts blue stripe testing and evaluations. Your testing evaluation will be handed out to you in class once completed. It will also be uploaded into your kicksite account. Please read it so that you know if there are any areas you need to work on!

Students must wear full uniform (uniform pants and top please!) and belt. Please bring your own labelled water bottle. Yellow belt students and higher must bring their sparring gear for this test. White belts will not be sparring at this belt test.

PLEASE REMEMBER TO PRACTICE! Videos of all forms are on kicksite (in the library section). If you would like a private lesson or two before testing, please reach out as soon as possible to schedule. Lessons are \$25 per half hour payable directly to the instructor.

Please be on time FULL uniform, belt (yellow belts and higher need their sparring gear). Blue belts and higher do not need to bring boards for testing - we supply the testing boards.

Spectators are welcome and encouraged! We will also live stream the testing on zoom for those who wish to watch remotely.

PLEASE SPEAK TO MASTER SUE IF YOU NEED A MAKEUP TEST!

GOOD LUCK EVERYONE!

MATAWAN TAEKWONDO FOCUS



MATAWAN-This week's taekwondo focus

MONDAY - Forms

TUESDAY-Kicks/Self-Defense

WEDNESDAY - Self-Defense/Forms

THURSDAY - Review

FRIDAY - Review

	MATAWAN JANUARY 2023 FOCUS SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOCUS	January 2	January 3	January 4	January 5	January 6	January 7
SPEED STRIPE TESTING	Self-Defense/ Forms	Footwork/Sparring	Kicks/Self-Defense	Forms/Sparring	Review	Closed (Regular class in Spotswood)
	January 9	January 10	January 11	January 12	January 13	January 14
REVIEW BLUE STRIPE TESTING & EVALUATIONS	Forms/Kicks	Sparring/Self- Defense	Sparring/Kicks	Kicks/Forms	Review	Closed (Regular class in Spotswood)
	January 16	January 17	January 18	January 19	January 20	January 21
REVIEW BLUE STRIPE TESTING & EVALUATIONS	Sparring/Forms	Forms/Kicks	Self- Defense/Sparring	Sparring/Footwork/ Kicks	Review	Closed (Regular class in Spotswood)
	January 23	January 24	January 25	January 26	January 27	January 28
REVIEW BLUE STRIPE TESTING & EVALUATIONS	Forms/Breaking	Kicks/ Self- Defense	Self-Defense Forms	Review	Review	CLOSED SPOTSWOOD COLOR BELT TESTING
	January 30	January 31	February 1	February 2	February 3	February 4
FORMS	Introduce Form/ Low Rank Forms	Introduce Form/ Low Rank Forms	Introduce Form/ Low Rank Forms	Introduce Form/ Low Rank Forms	Introduce Form/ Low Rank Forms	Closed (Regular class in Spotswood)

SPOTSWOOD TAEKWONDO FOCUS



SPOTSWOOD-This week's taekwondo focus

MONDAY-Forms/Breaking

TUESDAY - Kicks/Self Defense/Col.Belt Breaking

WEDNESDAY- Self-Defense/Breaking

THURSDAY - Review

FRIDAY - Review



SPOTSWOOD JANUARY 2023 FOCUS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOCUS	January 2	January 3	January 4	January 5	January 6	January 7
SPEED STRIPE TESTING	Self-Defense/ Breaking	Footwork/Sparring	Kicks/Self-Defense	Forms/Sparring Breaking	Review	Sweaty Saturday
	January 9	January 10	January 11	January 12	January 13	January 14
REVIEW BLUE STRIPE TESTING & EVALUATIONS	Forms/Kicks Breaking	Sparring/Breaking	Sparring/Kicks	Breaking/Forms	CLOSED FOR GIRLS NIGHT 6-8 PM	Review
	January 16	January 17	January 18	January 19	January 20	January 21
REVIEW BLUE STRIPE TESTING & EVALUATIONS	Sparring/Breaking	Forms/Kicks Col Belt Breaking	Self- Defense/Sparring	Sparring/Breaking	Review	Review
	January 23	January 24	January 25	January 26	January 27	January 28
REVIEW BLUE STRIPE TESTING & EVALUATIONS	Forms/Breaking Col Belt Breaking	Kicks/ Self- Defense Col. Belt breaking	Self-Defense/ Breaking	Review	Review	CLOSED SPOTSWOOD COLOR BELT TESTING
	January 30	January 31	February 1	February 2	February 3	February 4
FORMS	Introduce Form/ Low Rank Forms	Introduce Form/ Low Rank Forms	Introduce Form/ Low Rank Forms	Introduce Form/ Low Rank Forms	Introduce Form/ Low Rank Forms	Review

MINI MASTERS NEWS



Week	FOCUS 1	FOCUS 2	SLASH/STRIPE
Week 1 Week of 12/19/22	KICKING	CRAWLING	Slash
Week 2 Week of 1/2/23	STRIKING	BALANCE	Slash
Week 3 Week of 1/9/23	BLOCKING	ROLLING	Slash
Week 4 Week of 1/16/23	RUNNING	LIFE SKILLS	Slash
CONGRATULATIONS! Your child should have 8 slashes. If you need any makeup sessions to earn any of the 8 slashes, please reach out to us to schedule a makeup lesson.			
Week 5 Week of 1/23/23	KICKING	CRAWLING	Stripe
Week 6 Week of 1/30/23	STRIKING	BALANCE	Stripe
Week 7 Week of 2/6/23	BLOCKING	ROLLING	Stripe
Week 8 Week of 2/13/23	RUNNING	LIFE SKILLS	Stripe



WINTER WEATHER CLOSURES

Please check for a text & email from us for any winter weather closures.

Our general rule is that if the Spotswood and Manalapan schools close, then we also close BUT sometimes we close even if the schools don't because of the conditions of the parking lots.

We will send a text/email blast to everyone



**IT'S
ON!**



2023

**NJ STATE AAU TAEKWONDO
CHAMPIONSHIP**

Saturday, May 20, 2023

**Rider University
Lawrenceville, NJ**