

**THIS WEEK AT FASTKIX**

**July 20, 2024 to  
July 27, 2024**



**Regular Schedule this week**

***EXCEPT***

***No Kickboxing or Strength  
Training on Wednesday, Aug. 24  
in either location***

**All Taekwondo & Mini Master  
classes will be held on regular  
schedule.**



# IMPORTANT DATES

**Monday, July 22 - SPOTSWOOD Low Rank Forms Review Class for BLACK BELTS ONLY 7:00 pm to 7:45 pm (review of black belt forms only)**

**Wednesday, July 24 - NO MORNING KICKBOXING OR STRENGTH TRAINING  
NO NIGHT KICKBOXING IN MATAWAN**

**Wednesday, July 24 - SPOTSWOOD Low Rank Forms Review Class for All ranks (review of color belt forms only) with Master Sue 7:00 pm to 7:45 pm**

**Monday, July 29 - SPOTSWOOD Low Rank Forms Review Class for All Ranks with Master Sue 7:00 pm to 7:45 pm**

**Friday, August 2 - Matawan Color Belt Test**

**Saturday, August 3 - Spotswood Black Belt Test**

**Wednesday, August 7 - Makeup Color Belt test 4pm in Spotswood**

**Thursday, August 8 - Mini Masters Test (in class)**



# IMPORTANT DATES

**Tuesday, August 13 - Girl to Girl Mentor Class meets in MATAWAN 6:15 pm - 7:00 pm during regular class**

**Wednesday, August 14 - Girl to Girl Mentor Class meets in SPOTSWOOD 6:15 pm to 7:00 pm during regular class**

**Friday, August 16 - GIRLS OLYMPICS 6-8 pm in Spotswood**

**All afternoon/evening classes cancelled in both locations**

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

**Fastkix Picnic at Thompson Park, Monroe Twp.**

**Friday, September 20 & Saturday, September 21**

**Black Belt Testing**



# GIRL OLYMPICS!



**Friday, August 16, 2024  
from 6-8 PM**

**At our Spotswood location!**



**PLEASE FILL OUT THE  
GOOGLE FORM TO RSVP  
ALL ATHLETES MUST  
PRE-REGISTER!**

**Open to girls of all ages!**



**Everyone gets a medal!  
Don't forget to wear your teams color!**





# TESTING SCHEDULE

## FRIDAY, AUGUST 2

### MATAWAN

- 6:00 PM FOR CHILDRENS' WHITE, YELLOW & SENIOR YELLOW BELTS
- 7:30 PM FOR CHILDRENS' GREEN BELTS AND HIGHER AND ALL RANK YOUNG ADULTS

## SATURDAY, AUGUST 3

### SPOTSWOOD

- 9:00 AM FOR CHILDRENS' WHITE, YELLOW, SENIOR YELLOW AND GREEN BELTS
- 11:00 AM FOR ALL CHILDRENS' SENIOR GREEN, BLUE, SENIOR BLUE, BROWN, SENIOR BROWN AND RED BELTS
- 1:00 PM FOR ALL AGE 11 AND UP WHITE, YELLOW, GREEN AND SENIOR GREEN BELTS
- 2:30 PM FOR ALL AGE 11 AND UP BLUE BELTS AND HIGHER

## WEDNESDAY, AUGUST 7

### MAKEUP TEST

- 4:00 PM IN SPOTSWOOD FOR ALL AGES/RANKS

## THURSDAY, AUGUST 8

### MINI MASTERS TEST

- 5:00 PM IN SPOTSWOOD
- 5:45 PM IN MATAWAN





# FASTKIX PICNIC

# SIGNUP



We provide the hot dogs & hamburgers & everyone pitches in with sides, snacks, drinks, etc. Sign up by scanning the code above to avoid duplicate items!

**Sunday, August 18, 2024**

**11:00 am - 2:00 pm**

**THOMPSON PARK GROVE 4**

**1682 Perrineville Road**

**Monroe Twp., NJ 08831**



# FORMS PREP CLASSES

Low Rank Forms Review Classes for Brown belts and higher FREE  
with Master Sue!

**DON'T WAIT UNTIL RIGHT BEFORE TESTING TO REVIEW LOW  
RANK FORMS!**

**Wednesday, July 17**

**MATAWAN 6:15 pm to 7:00 pm**

**Color Belt Forms**

**(for Brown & Red Belts)**

**Monday, July 22**

**SPOTSWOOD 7:00 pm to 7:45 pm**

**Black Belt Low Rank forms**

**(for 1st Degree Senior Black Belts & higher)**

**Wednesday, July 24**

**SPOTSWOOD 7:00 pm to 7:45 pm**

**Color Belt Low Rank Forms**

**(for brown belts & higher)**

**Monday, July 29**

**SPOTSWOOD 7:00 pm to 7:45 pm**

**Color Belt Forms**

**(for Brown belts and higher)**





# TAEKWONDO FOCUS

**MONDAY & TUESDAY - Kicks/Breaking/Self Defense/Footwork**

**WEDNESDAY - Kicks/Breaking/Sparring/Footwork**

**THURSDAY - Kicks/Breaking/Forms**

**FRIDAY - Forms/Sparring/Kicks/Footwork**



## JULY 2024 FOCUS SCHEDULE



	<b>Mon 7/1</b>	<b>Tues 7/2</b>	<b>Weds 7/3</b>	<b>Thurs 7/4</b>	<b>Fri 7/5</b>	<b>Sat 7/6</b>
Finish all Red & White Stripes	Review	Review	Review	CLOSED	CLOSED	CLOSED
	<b>Mon 7/8</b>	<b>Tues 7/9</b>	<b>Weds 7/10</b>	<b>Thurs 7/11</b>	<b>Fri 7/12</b>	<b>Sat 7/13</b>
Evaluations begin for those with enough classes. Breaking- STUDENTS PLEASE BRING BOARDS	Breaking / Sparring	Breaking/ Self Defense	Breaking / Kicks / Forms	Breaking / Self Defense / Sparring	Breaking / Sparring / Footwork	Review
	<b>Mon 7/15</b>	<b>Tues 7/16</b>	<b>Weds 7/17</b>	<b>Thurs 7/18</b>	<b>Fri 7/19</b>	<b>Sat 7/20</b>
Self Defense / Low Rank Forms	Self Defense / Forms / Low Forms	Self Defense / Forms / Low Forms	Self Defense / Forms / Low Forms	Self Defense / Forms / Low Forms	Self Defense / Forms / Low Forms	Self Defense / Forms / Low Forms
	<b>Mon 7/22</b>	<b>Tues 7/23</b>	<b>Weds 7/24</b>	<b>Thurs 7/25</b>	<b>Fri 7/26</b>	<b>Sat 7/27</b>
White / Blue Stripe Practice	Kicks / Breaking / Self Defense / Footwork	Kicks / Breaking / Self Defense / Footwork	Kicks / Breaking / Sparring / Footwork	Kicks/ Breaking / Forms	Forms Review / Sparring / Kicks / Footwork	Forms Review / Kicks
	<b>Mon 7/29</b>	<b>Tues 7/30</b>	<b>Weds 7/31</b>	<b>Thurs 8/1</b>	<b>Fri 8/2</b>	<b>Sat 8/3</b>
Review / Catch Up Week white & blue stripe material	testing Review	Testing Review	Testing Review	Testing Review	CLOSED (TESTING)	CLOSED (TESTING)

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 First INSTRUCTOR CAMP was a huge success! We have the best team and are so grateful to them for giving their time to learn and grow!





**DID YOU KNOW THAT**

**TAEKWONDO IS AN OLYMPIC SPORT?**

**OLYMPIC TAEKWONDO TRIVIA:**

Anastasija Zolotic is an American taekwondo athlete and Olympic gold medalist. She won the silver medal at the 2018 Summer Youth Olympics in the girls 49 kg weight class. She qualified to represent the United States at the 2020 Summer Olympics. On July 25, 2021, she became the first American woman to win Olympic gold in taekwondo, defeating Tatiana Minina of Russia 25 to 17.





# OLYMPIC TAEKWONDO SCHEDULE

## Wednesday, August 7, 2024

### Taekwondo:

- **Women -49kg Round of 16:** 3 a.m. ET on Peacock and NBCOlympics.com.
- **Men -58kg Round of 16:** 3:10 a.m. ET on Peacock and NBCOlympics.com.
- **Women -49kg Quarterfinals:** 8:30 a.m. ET on Peacock and NBCOlympics.com.
- **Men -58kg Quarterfinals:** 8:40 a.m. ET on Peacock and NBCOlympics.com.
- **Women -49kg Semifinals:** 10:11 a.m. ET on Peacock and NBCOlympics.com.
- **Men -58kg Semifinals:** 10:24 a.m. ET on Peacock and NBCOlympics.com.
- **Women -49kg Repechage:** 1:30 p.m. ET on Peacock and NBCOlympics.com.
- **Men -58kg Repechage:** 1:40 p.m. ET on Peacock and NBCOlympics.com.
- **Women -49kg Bronze Medal Contests:** 2:19 p.m. ET on Peacock and NBCOlympics.com.
- **Men -58kg Bronze Medal Contests:** 2:35p.m. ET on Peacock and NBCOlympics.com.
- **Women -49kg Bronze Medal Contests:** 2:51 p.m. ET on Peacock and NBCOlympics.com.
- **Men -58kg Bronze Medal Contests:** 3:07 p.m. ET on Peacock and NBCOlympics.com.
- **Women -49kg Gold Medal Contest:** 3:23 p.m. ET on Peacock and NBCOlympics.com.
- **Men -58kg Gold Medal Contest:** 3:39 p.m. ET on Peacock and NBCOlympics.com.



# OLYMPIC TAEKWONDO SCHEDULE

## Thursday, August 8, 2024

### Taekwondo:

- **Men -68kg Round of 16:** 3 a.m. ET on Peacock and NBCOlympics.com.
- **Women -57kg Round of 16:** 3:10 a.m. ET on Peacock and NBCOlympics.com.
- **Men -68kg Quarterfinals:** 8:30 a.m. ET on Peacock and NBCOlympics.com.
- **Women -57kg Quarterfinals:** 8:40 a.m. ET on Peacock and NBCOlympics.com.
- **Men -68kg Semifinals:** 10:11 a.m. ET on Peacock and NBCOlympics.com.
- **Women -57kg Semifinals:** 10:24 a.m. ET on Peacock and NBCOlympics.com.
- **Men -68kg Repechage:** 1:30 p.m. ET on Peacock and NBCOlympics.com.
- **Women -57kg Repechage:** 1:40 p.m. ET on Peacock and NBCOlympics.com.
- **Men -68kg Bronze Medal Contests:** 2:19 p.m. ET on NBC, Peacock and NBCOlympics.com.
- **Women -57kg Bronze Medal Contests:** 2:35 p.m. ET on NBC, Peacock and NBCOlympics.com.
- **Men -68kg Bronze Medal Contests:** 2:51 p.m. ET on NBC, Peacock and NBCOlympics.com.
- **Women -57kg Bronze Medal Contests:** 3:07 p.m. ET on NBC, Peacock and NBCOlympics.com.
- **Men -68kg Gold Medal Contest:** 3:23 p.m. ET on NBC, Peacock and NBCOlympics.com.
- **Women -57kg Gold Medal Contest:** 3:39 p.m. ET on NBC, Peacock and NBCOlympics.com.



# OLYMPIC TAEKWONDO SCHEDULE

## Friday, August 9, 2024

### Taekwondo:

- **Women -67kg Round of 16:** 3 a.m. ET on Peacock and NBCOlympics.com.
- **Men -80kg Round of 16:** 3:10 a.m. ET on Peacock and NBCOlympics.com.
- **Women -67kg Quarterfinals:** 8:30 a.m. ET on Peacock and NBCOlympics.com.
- **Men -80kg Quarterfinals:** 8:40 a.m. ET on Peacock and NBCOlympics.com.
- **Women -67kg Semifinals:** 10:11 a.m. ET on Peacock and NBCOlympics.com.
- **Men -80kg Semifinals:** 10:24 a.m. ET on Peacock and NBCOlympics.com.
- **Women -67kg Repechage:** 1:30 p.m. ET on Peacock and NBCOlympics.com.
- **Men -80kg Repechage:** 1:40 p.m. ET on Peacock and NBCOlympics.com.
- **Women -67kg Bronze Medal Contests:** 2:19 p.m. ET on USA Network, Peacock and NBCOlympics.com.
- **Men -80kg Bronze Medal Contests:** 2:35 p.m. ET on USA Network, Peacock and NBCOlympics.com.
- **Women -67kg Bronze Medal Contests:** 2:51 p.m. ET on USA Network, Peacock and NBCOlympics.com.
- **Men -80kg Bronze Medal Contests:** 3:07 p.m. ET on USA Network, Peacock and NBCOlympics.com.
- **Women -67kg Gold Medal Contest:** 3:23 p.m. ET on USA Network, Peacock and NBCOlympics.com.
- **Men -80kg Gold Medal Contest:** 3:39 p.m. ET on USA Network, Peacock and NBCOlympics.com.



# OLYMPIC TAEKWONDO SCHEDULE

## Saturday, August 10, 2024

### Taekwondo:

- **Men +80kg Round of 16:** 3 a.m. ET on Peacock and NBCOlympics.com.
- **Women +67kg Round of 16:** 3:10 a.m. ET on Peacock and NBCOlympics.com.
- **Men +80kg Quarterfinals:** 8:30 a.m. ET on Peacock and NBCOlympics.com.
- **Women +67kg Quarterfinals:** 8:40 a.m. ET on Peacock and NBCOlympics.com.
- **Men +80kg Semifinals:** 10:11 a.m. ET on Peacock and NBCOlympics.com.
- **Women +67kg Semifinals:** 10:24 a.m. ET on Peacock and NBCOlympics.com.
- **Men +80kg Repechage:** 1:30 p.m. ET on Peacock and NBCOlympics.com.
- **Women +67kg Repechage:** 1:40 p.m. ET on Peacock and NBCOlympics.com.
- **Men +80kg Bronze Medal Contests:** 2:19 p.m. ET on USA Network, Peacock and NBCOlympics.com.
- **Women +67kg Bronze Medal Contests:** 2:35 p.m. ET on USA Network, Peacock and NBCOlympics.com.
- **Men +80kg Bronze Medal Contests:** 2:51 p.m. ET on USA Network, Peacock and NBCOlympics.com.
- **Women +67kg Bronze Medal Contests:** 3:07 p.m. ET on USA Network, Peacock and NBCOlympics.com.
- **Men +80kg Gold Medal Contest:** 3:23 p.m. ET on USA Network, Peacock and NBCOlympics.com.
- **Women +67kg Gold Medal Contest:** 3:39 p.m. ET on USA Network, Peacock and NBCOlympics.com.

**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](http://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.**