



**FASTKIX**

**THIS WEEK AT FASTKIX**

**July 27, 2024 to  
August 3, 2024**

**Regular Schedule this week**

***EXCEPT***

***NO FRIDAY***

***AFTERNOON/EVENING OR  
SATURDAY CLASSES due to  
Testing***

***There IS morning kickboxing &  
strength training on Friday***





# IMPORTANT DATES

**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 Color Belt Test**

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

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

**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 - 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 - THURSDAY**

**Testing Review**

**BREAKING Monday, Tuesday & Wednesday only**

**CLOSED FRIDAY & SATURDAY for testing**



## 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!

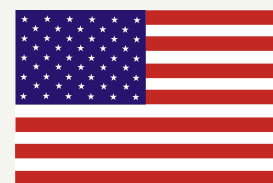
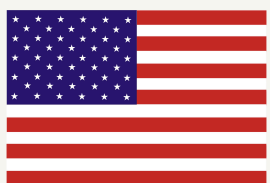


## USA 2024 OLYMPIC ATHLETES



JONATHAN HEALY (80+kg)  
KRISTIN TEACHOUT (67 kg)

FAITH DILLON (57 kg)  
CJ NICKOLAS (80kg)







# 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.