



**THIS WEEK AT
FASTKIX
Saturday, July 30
to
Saturday, Aug. 6**

**Regular Schedule
all week *except*
*No classes Wednesday
NIGHT 8/3 in Spotswood for
our Women's Empowerment
Program!*
*Matawan is open 8/3***



IMPORTANT DATES

Wednesday, August 3- GIRLS ONLY special Self-Defense class from 6-8 pm. All Spotswood evening classes cancelled. (Matawan-regular schedule) More info to come! This class will be led by Miss Allie & Miss Siri and is open to all female students, family and friends!

Fridays starting August 5th from 4-5 pm in BOTH locations - SELF DEFENSE FOR REAL LIFE

Classes to prepare you for real life situations. No special skills needed. Open to all ages and abilities. \$99 per person. More info on page 4

Friday, September 2 through Monday September 5 CLOSED for Labor Day Weekend

Tuesday, September 6 - Full uniforms in class please

Friday, September 23 & Saturday, September 24 - Black Belt Testing (dates/times to be determined)

Saturday, October 1st - MATAWAN DAY! Come out and have a blast at this amazing event!



WOMEN'S EMPOWERMENT!

Wed., 8/3



WOMEN'S EMPOWERMENT NIGHT

Self-defense tips, tricks, and more!!



RSVP here!

tinyurl.com/fastkixwomen

Wednesday,
August 3rd, 6-8 pm

Self-defense helps:

- Decrease fear & anxiety
- Increase self-esteem & confidence

You will learn:

- How to assess and react to potential threats in different situations and locations
- Learn how to use your voice
- Identify your tools and targets
- Tackle your fears!



Fastkix Taekwondo,
100 Summerhill Rd,
Spotswood, NJ 08884



(732) 254-1214

WWW.FASTKIX.COM



SELF DEFENSE FOR REAL LIFE!

Join us for a four week series on



SELF-DEFENSE SKILLS FOR REAL LIFE

It's a scary world! Learn tips and tricks that everyone can use to keep yourself and your family safe.

Register
Here



Fridays from 4pm to 5pm starting August 5 through August 26th.
\$99 per person/pre-registration required please
Open to women & men of all ages & abilities!

**100 Summerhill Rd., Spotswood or
74 Freneau Avenue (Route 79) Matawan**
www.fastkix.com 732-254-1214

MATAWAN TAEKWONDO FOCUS



MATAWAN-This week's taekwondo focus

MONDAY- Forms, Self-defense

TUESDAY - Sparring, Footwork

WEDNESDAY - Stances, Hand & Foot Timing

THURSDAY - Kicks, Footwork, Self Defense

FRIDAY - Sparring, Kicks

	MATAWAN AUGUST 2022 FOCUS SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FLEXIBILITY	August 1 Self-Defense Forms	August 2 Sparring Footwork	August 3 Stances Hand & foot timing	August 4 Kicks Footwork Self-Defense	August 5 Sparring Kicks	August 6 Review
STAMINA	August 8 Footwork Self-Defense	August 9 Sparring Self-Defense	August 10 Sparring Footwork Self-Defense	August 11 Basics Forms Kicks	August 12 Forms Self-Defense	August 13
SPEED	August 15 Self-Defense Blocks	August 16 Footwork Sparring	August 17 Kicks Self-Defense	August 18 Forms Stances	August 19 Sparring	August 20
TIMING	August 22 Forms Stances Self-Defense	August 23 Self-Defense Footwork Kicks	August 24 Footwork Sparring Timing	August 25 Kicks Sparring Self-Defense	August 26 Forms Hand & foot timing	August 27
REVIEW	August 29 Sparring Self-Defense	August 30 Kicking basics Kicks	August 31 Forms Kicks Basics	September 1 Sparring Self-Defense	September 2 CLOSED	September 3 CLOSED

SPOTSWOOD TAEKWONDO FOCUS



SPOTSWOOD-This week's taekwondo focus

MONDAY- Self-Defense, Forms

TUESDAY - Sparring, Footwork, Breaking

WEDNESDAY - NO REGULAR TKD CLASSES

WOMEN'S EMPOWERMENT 6-8 PM!

THURSDAY - Kicks, Footwork, Self-Defense

FRIDAY - Kicks/Sparring

	SPOTSWOOD AUGUST 2022 FOCUS SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 8 FLEXIBILITY	August 1 Self-Defense Forms	August 2 Sparring Footwork Breaking	LADIES SELF- DEFENSE CLASS 6-8 PM All regular classes cancelled	August 4 Kicks Footwork Self-Defense	August 5 Sparring Kicks	August 6 Review
WEEK 9 STAMINA	August 8 Footwork Breaking Self Defense	August 9 Sparring Self-Defense	August 10 Sparring Footwork Self-Defense	August 11 Breaking Forms Kicks	August 12 Forms Self Defense	August 13
WEEK 10 SPEED	August 15 Self-Defense Breaking	August 16 Footwork Sparring	August 17 Kicks Self-Defense	August 18 Forms Sparring	August 19 Review	August 20
WEEK 11 TIMING	August 22 Forms Breaking Self-Defense	August 23 Self-Defense Footwork Kicks	August 24 Footwork Sparring	August 25 Kicks Sparring Self-Defense	August 26 Review	August 27
WEEK 12 REVIEW	August 29 Sparring Self-Defense	August 30 Kicks Breaking	August 31 Forms Kicks Breaking	September 1 Sparring Self-Defense	September 2 CLOSED	September 3 CLOSED



Competition Class News

NEW! Matawan Level 1 Competition Class on Tuesdays and Thursdays from 4:45 pm to 5:45 pm!

Classes resume August 9th

Remember for July & August, Level 1 Competition team members can come to Level 1 AND Level 2 times!

SCHEDULE

Tuesday 7/26 through Friday, 8/5 - NO CLASS

Saturday, 8/6 - 11:00 am - 3:00 pm in Spotswood

Monday, 8/8 - 3:30 pm to 5:30 pm in Spotswood

Tuesday, 8/9 - 4:45 pm to 5:45 pm in Matawan (Level 1 only)

Wednesday, 8/10 - 3:30 pm to 5:30 pm in Spotswood

Thursday, 8/11 - 4:45 pm to 5:45 pm in Matawan (Level 1 only)

Saturday, 8/13-11:00 am - 3:00 pm in Spotswood

Monday, 8/15-3:30 pm to 5:30 pm in Spotswood

Tuesday, 8/16-4:45 pm to 5:45 pm in Matawan (Level 1 only)

Wednesday, 8/17- 3:30 pm to 5:30 pm in Spotswood

Thursday, 8/18 through Saturday, 8/20 - NO CLASS

WELCOME

to our new
Taekwondo Students
Matthew Domingo
Grace Domingo
Richard Samuel
Sushen Thanneeru
Liana Jessup
Dominic Howley &
Luke Eskow