

THIS WEEK AT FASTKIX

**July 6, 2024 to
July 13, 2024**



Regular Schedule this week

Congratulations!

to our AAU National Championship Competitors!

7 athletes are bringing home

1 Gold, 1 Silver and 3 Bronze medals

OVER 3600 competitors!

All of you made us very proud!



2024 AAU NATIONALS TEAM



JAKE



JORGE



ANVI



GIGI



NIKO



CAMERON



AARON

COACH

MASTER CHARLES FERRONE



Bronze for Anvi in ITF Forms!
Gigi and Jake finalists!
Way to go!! 🥊👏



Olympic Sparring
Anvi- Gold
Gigi- Bronze
Niko- Finalist
Way to go!



Olympic Sparring
Bronze for Aaron
Silver for Cameron
Jorge finalist
Way to go!



**Congratulations to Joey G. and his
sister Lilly - FIRST PLACE for best
decorated bikes in the Milltown 4th of
July Parade!**





IMPORTANT DATES

Monday, July 8 - SPOTSWOOD Low Rank Color Belt Forms Review Class 7:00 pm to 7:45 pm with Master Sue (for Brown Belts & up)

Tuesday, July 9 - Matawan Girl to Girl mentor program 6:15-7:00 pm (during regular class)

Wednesday, July 10 - Spotswood Girl to Girl mentor program 6:15-7:00 pm (during regular class)

**Tuesday, July 16 & Wednesday, July 17
INSTRUCTOR CAMP 12-3pm every day!**

Wednesday, July 17 - MATAWAN Forms Review Class 6:15 pm to 7:00 pm with Master Sue (for Brown & Red belts)



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 - 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**

Thursday, August 1 - Mini Masters Test (in class)

Friday, August 2 - Matawan Color Belt Test

Saturday, August 3 - Spotswood Black Belt Test

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**



TAEKWONDO FOCUS

MONDAY - Breaking/Sparring

TUESDAY - Breaking/Self-Defense

WEDNESDAY - Breaking/Forms

THURSDAY - Breaking/Self-Defense/Sparring

FRIDAY - Breaking/Sparring/Footwork



JULY 2024 FOCUS SCHEDULE



	Mon 7/1	Tues 7/2	Weds 7/3	Thurs 7/4	Fri 7/5	Sat 7/6
Finish all Red & White Stripes	Review	Review	Review	CLOSED	CLOSED	CLOSED
	Mon 7/8	Tues 7/9	Weds 7/10	Thurs 7/11	Fri 7/12	Sat 7/13
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
	Mon 7/15	Tues 7/16	Weds 7/17	Thurs 7/18	Fri 7/19	Sat 7/20
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
	Mon 7/22	Tues 7/23	Weds 7/24	Thurs 7/25	Fri 7/26	Sat 7/27
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
	Mon 7/29	Tues 7/30	Weds 7/31	Thurs 8/1	Fri 8/2	Sat 8/3
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!

INSTRUCTOR CAMP

TUESDAY, JULY 16 &

WEDNESDAY, JULY 17

**12:00 Noon to 3:00 pm both days
in Spotswood**

**All Current instructors must attend
BOTH DAYS PLEASE!**

New Trainees Welcome!

**Get in-depth specialized training on how
to make our classes amazing and
developing your teaching skills.**

REGISTER AT

WWW.FASTKIX.COM/EVENTS



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!**

Monday, July 8

SPOTSWOOD 7:00 pm to 7:45 pm

Color Belt Forms

(for Brown belts and higher)

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)





FASTKIX GIRL TO GIRL MENTOR PROGRAM

Every second week of the month, we'll be meeting so our older female students can be mentors to our younger female students! We'll meet, explain the program, and catch up!

MATAWAN

TUESDAY, JULY 9TH 6:15 PM TO 7:00 PM

SPOTSWOOD

WEDNESDAY, JULY 10TH 6:15 PM TO 7:00 PM





FASTKIX PICNIC

Sunday, August 18, 2024

11:00 am - 2:00 pm

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

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.