



# **This Week at Fastkix**

**Saturday, June 18  
to**

**Saturday, June 25**

## **REGULAR SCHEDULE ALL WEEK!**

### **IMPORTANT DATES**

**Saturday, June 25 - Ninja Saturday in Spotswood**

**July & August - No Demo Team practice**

**We will resume in September**



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CONGRATULATIONS



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## This week's taekwondo focus


MONDAY- Forms/Breaking

TUESDAY - Forms/Kicks

WEDNESDAY - Forms/Self-Defense

THURSDAY - Sparring/Breaking

FRIDAY - Self-Defense/Sparring

<div>  <b>JUNE 2022 FOCUS SCHEDULE</b>  </div>						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 10			June 1 Self-Defense Sparring	June 2 Self-Defense Breaking	June 3 Review <b>MATAWAN CLOSED</b>	June 4 Review <b>MATAWAN CLOSED</b>
WEEK 11 - TESTING PREP	6 Testing Prep Breaking	7 Testing Prep Breaking	8 Testing Prep Breaking	9 Testing Prep No breaking	10 Testing Prep No Breaking	<b>11 COLOR BELT TEST ALL CLASSES CANCELLED</b>
WEEK 1 - BASICS	13 Form/Low Rank Forms Black Belt Breaking	14 Form/Low Rank Forms Black Belt Breaking	15 Form/Low Rank Forms Sparring	16 <b>BRING YOUR DAD TO CLASS DAY!</b>	17 Introduce Form/ Low Rank Forms	18 Review
WEEK 2 - BASICS	20 Forms Breaking	21 Forms Kicks	22 Forms Self Defense	23 Sparring Breaking	24 Self Defense Sparring	<b>25 NINJA SATURDAY!!! (Spotswood)</b> Regular class in Matawan
WEEK 3 - BASICS	27 Sparring Breaking	28 Forms Self Defense	29 Kicks Sparring	30 Self-Defense Forms		

PLEASE NOTE: There are some days that we deviate from the printed schedule for various reasons, but you have our promise that we will do our best to follow this schedule as much as possible. As our tournament gets closer, we'll be spending more class time working on tournament preparation for forms and sparring competition while still balancing regular curriculum instruction. Thank you!