



# **This Week at Fastkix**

**Saturday, June 25  
to**

**Saturday, July 2**

**REGULAR SCHEDULE  
SUNDAY through THURSDAY**

**We will be CLOSED  
Friday, July 1 through  
Monday, July 4th.**

**We reopen Tuesday, July 5th!**





**This week's taekwondo focus**  
**MONDAY-** Sparring/Breaking  
**TUESDAY -** Form/Self-Defense  
**WEDNESDAY -** Kicks/Sparring  
**THURSDAY -** Forms/Self-Defense

	<b>JUNE 2022 FOCUS SCHEDULE</b>						
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	
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) Regular class in Matawan</b>	
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!