



THIS WEEK AT FASTKIX

**June 8, 2024 to
June 15, 2024**

**Regular Schedule all week
CONGRATULATIONS TO ALL OF
OUR
ATHLETES WHO COMPETED IN
OUR FASTKIX CHAMPIONSHIP!
Pictures and Results to come!**



**This Thursday, June
13 is
BRING YOUR DAD TO
CLASS DAY!
All Classes!**



IMPORTANT DATES

Tuesday, June 11 - Matawan Girl to Girl Mentor Class 6:15 pm (there is regular taekwondo class at the same time!)

Wednesday, June 12 - Spotswood Girl to Girl Mentor Class 6:15 pm (there is regular taekwondo class at the same time!)

**Thursday, June 13 - BRING YOUR DAD TO CLASS DAY!
All Classes**

Monday, June 17 - Saturday, June 22 SPIRIT WEEK!

Monday, 6/17- COLOR WARS! Wear your rank's colors for some cool challenges. Any type of T-shirts are OK for this class (doesn't have to be a Fastkix shirt). No temporary hair dye please.

Tuesday, 6/18 - BUDDY DAY! Bring a friend to class

Wednesday, 6/19 - WACKY WEDNESDAY! Wear your craziest workout outfit!

Thursday, 6/20 - FAVORITE SPORTS TEAM DAY!

Represent your favorite sports team by wearing their gear or colors.

Friday, 6/21 - PAJAMA DAY! Wear your pajamas to class



IMPORTANT DATES

Saturday, June 22 - NINJA SATURDAY in Spotswood

Tuesday, June 25 - Spotswood Instructor Class

5:30 pm-6:15 pm*

Wednesday, June 25 - Matawan Instructor Class

5:30 pm-6:30 pm*

Date change from usual rotation due to spirit week

Thursday, July 4 through Sunday, July 7

CLOSED for 4th of July Weekend

Tuesday, July 16 & Wednesday, July 17

INSTRUCTOR CAMP 12-3pm every day!

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

All week - Kicks & Footwork
 Monday & Tuesday - Kicks/Footwork
 Wednesday - Forms/Kicks
 Thursday - Bring Dad to Class Day
 Friday - Kicks/Self-Defense



JUNE 2024 FOCUS SCHEDULE



	Mon 6/3	Tues 6/4	Weds 6/5	Thurs 6/6	Fri 6/7	Sat 6/8
FASTKIX CHAMPIONSHIP PREP	Padded Weapon Sparring / Sparring	Forms	Breaking	Speed Kicking	Tournament Practice	FASTKIX CHAMPIONSHIP
	Mon 6/10	Tues 6/11	Weds 6/12	Thurs 6/13	Fri 6/14	Sat 6/15
Learning new kicks & Footwork (Put it together)	Kicks / Footwork	Kicks / Footwork	Form / Kicks	Bring Dad to Class!	Kicks / Self Defense Intro	Kicks
	Mon 6/17	Tues 6/18	Weds 6/19	Thurs 6/20	Fri 6/21	Sat 6/22
Spirit Week! Represent your Fastkix Spirit!	Color Wars	Buddy Day	Wacky Wednesday	Favorite Sports Team	Pajama Day	Ninja Saturday
	Mon 6/24	Tues 6/25	Weds 6/26	Thurs 6/27	Fri 6/28	Sat 6/29
White Stripe Testing - Breaking & Self Defense	Kicks / Breaking / Self Defense	Kicks / Breaking / Self Defense	Kicks / Breaking / Self Defense	Kicks/ Breaking / Form	Forms Review / Sparring / Kicks	Forms Review / Kicks
	Mon 7/1	Tues 7/2	Weds 7/3	Thurs 7/4	Fri 7/5	Sat 7/6
Review Week - Forms, Kicks, Footwork, Breaking	Review	Review	Review	CLOSED	CLOSED	CLOSED

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!

LET'S
GO!

CONGRATULATIONS TO OUR
APRIL STUDENTS OF THE MONTH!



Mackenzie A.

JJ

Ryan

Jayden

CONGRATULATIONS TO OUR
APRIL STUDENTS OF THE MONTH!



Jackson

Colt

Joey

Jacy

Anika



BRING YOUR DAD TO CLASS DAY!

Thursday, June 13th
ALL CLASSES



EVERYDAY IS ANOTHER CHANCE TO



We have a great day planned with
special training gifts for all our dads!

NINJA SATURDAY

**SATURDAY, JUNE 22, 2024
IN SPOTSWOOD**

**10:00 AM
MINI MASTERS
10:30 AM - 12:00 PM
TAEKWONDO
STUDENTS
ALL AGES/RANKS
ALL SATURDAY
KICKBOXING, MINI
MASTERS & TAEKWONDO
CLASSES CANCELLED**





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, JUNE 11TH 6:15 PM TO 7:00 PM

SPOTSWOOD

WEDNESDAY, JUNE 12TH 6:15 PM TO 7:00 PM



SPIRIT WEEK



June 17-22, 2024

Monday, June 17 - Color Wars



Wear your rank's colors for some cool challenges. Any type of T-shirts are OK for this class (doesn't have to be a Fastkix shirt) No temporary hair dye please!



Tuesday, June 18 - Buddy Day

Bring a Friend to Class!



Wednesday, June 19 - Wacky Wednesday!

Come to class in your craziest, mismatched workout clothes!



Thursday, June 20

Favorite Sports Team Day

Represent your favorite sports team by wearing their gear or colors!

Friday, June 21 - Pajama Day

Wear your pajamas to class



Saturday, June 22- NINJA SATURDAY!

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**

INSTRUCTOR CLASS

NEXT CLASS SPOTSWOOD

**Tuesday, June 25
5:30 pm–6:15 pm**

MATAWAN

**Wednesday, June 25
5:30 pm–6:15 pm**

**ALL INSTRUCTORS
MUST ATTEND!**

**New Trainees are welcome
to try out in this class!**

**Age 11 or younger and at least a brown belt
-OR- age 12 and up and at least a green belt**





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.

SUMMER SPECIAL



Home for Summer?
Come back to Fastkix to train!
RETURNING STUDENTS ONLY
SUMMER SPECIAL

- 1 month of unlimited taekwondo classes \$200**
- 2 months of unlimited classes \$350**
- 3 months of unlimited classes \$500**