

**THIS WEEK AT FASTKIX**

**March 23, 2024  
to March 30, 2024**



## **REGULAR SCHEDULE**

**Monday through Thursday**

**WE ARE CLOSED**

**FRIDAY, MARCH 29th**

**FOR GOOD FRIDAY.**

**REGULAR SCHEDULE**

**SATURDAY, MARCH 30th**





# Congratulations!



**CONGRATULATIONS**  
to all our students who  
tested today!  
You were incredible!





# IMPORTANT DATES

**Wednesday, March 27 - Brown & Red Belts Color Belt Forms Review Class with Master Sue 5:30 pm to 6:15 pm**

**Friday, March 29 - CLOSED for Good Friday (AM & PM)**

**Saturday, March 30 - OPEN regular schedule in Spotswood**

**Monday, April 1 - Forms Review Class with Master Sue 7:00 pm to 7:45 pm (open to all brown belts and higher)**

**Tuesday, April 9 - MINI MASTERS Testing in both locations (in class)**

**Friday, April 12 - MATAWAN Color Belt Test**  
**All afternoon and evening classes cancelled in both locations**

**Saturday, April 13 - SPOTSWOOD Color Belt Tests**  
**All classes cancelled in both locations**





# IMPORTANT DATES

**Friday May 3 - Parents Night Out!**

**6-9 PM in Spotswood. All afternoon/evening classes cancelled in both locations.**

**Thursday, May 9 - BRING YOUR MOM TO CLASS DAY!  
All classes**

**Saturday, May 11 - NJ AAU Championship at Teaneck Armory**

**Friday, May 24 through Monday, May 27  
CLOSED for Memorial Day Weekend**

**Saturday, June 8 - FASTKIX CHAMPIONSHIP!**

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

**Saturday, June 22 - NINJA SATURDAY**







# TAEKWONDO FOCUS

**MONDAY- Sparring/Forms/Low Rank Forms**

**TUESDAY - Sparring/Forms/Low Rank Forms**

**WEDNESDAY - Sparring/Forms/Low Rank Forms/Kicks**

**THURSDAY- Sparring/Forms/Low Rank Forms/Footwork**

**FRIDAY - CLOSED**

	MARCH 2024 FOCUS SCHEDULE					
	Mon 2/26	Tues 2/27	Weds 2/28	Thurs 2/29	Fri 3/1	Sat 3/2
RED & WHITE STRIPES SHOULD BE COMPLETE AND STUDENTS SHOULD KNOW SELF DEFENSE, BREAKING	RED & WHITE STRIPE REVIEW WEEK, EVALUATION PREP	RED & WHITE STRIPE REVIEW WEEK, EVALUATION PREP	RED & WHITE STRIPE REVIEW WEEK, EVALUATION PREP	RED & WHITE STRIPE REVIEW WEEK, EVALUATION PREP	RED & WHITE STRIPE REVIEW WEEK, EVALUATION PREP	RED & WHITE STRIPE REVIEW WEEK, EVALUATION PREP
	Mon 3/4	Tues 3/5	Weds 3/6	Thurs 3/7	Fri 3/8	Sat 3/9
WHITE STRIPES / Breaking	Kicks, Footwork, Breaking	Kicks, Footwork, Sparring	Kicks, Footwork, Forms, Low Rank Forms	Kicks, Footwork, Breaking	CLOSED FOR BOYS NIGHT	RED & WHITE STRIPE REVIEW
	Mon 3/11	Tues 3/12	Weds 3/13	Thurs 3/14	Fri 3/15	Sat 3/16
Blue Slashes / Evaluations Starting if attendance & curriculum met	Self Defense, Breaking	Self Defense, Forms, Low Forms	Self Defense, Sparring, Kicks	Self Defense, Breaking, Sparring	Self Defense, Forms, Low Rank Forms	RED & WHITE STRIPE REVIEW
	Mon 3/18	Tues 3/19	Weds 3/20	Thurs 3/21	Fri 3/22	Sat 3/23
Evaluation Week- BRING BOARDS	Evaluation Week / BREAKING	Evaluation Week / BREAKING	Evaluation Week / BREAKING	Evaluation Week / BREAKING	Evaluation Week / BREAKING	CLOSED FOR BLACK BELT TESTING
	Mon 3/25	Tues 3/26	Weds 3/27	Thurs 3/28	Fri 3/29	Sat 3/30
Sparring / Forms	Sparring, Forms Low Forms	Sparring, Forms, Low Forms	Sparring, Forms, Low Forms, Kicks	Sparring, Forms, Low Forms, Footwork	CLOSED for Good Friday	Sweaty Saturday

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!





# **FORMS PREP CLASSES in Spotswood!**

**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!**

**Wednesday, March 27**

**5:30 pm to 6:15 pm**

**FOR BROWN & RED BELTS**

**COLOR BELT FORMS REVIEW ONLY**

**Monday, April 1**

**7:00 pm to 7:45 pm**

**OPEN TO ALL STUDENTS BROWN**

**BELT AND HIGHER**

**COLOR BELT FORMS REVIEW ONLY**





# PARENTS NIGHT OUT



**FRIDAY, MAY 3 FROM 6-9 PM  
IN SPOTSWOOD**

**\$35 PER CHILD**

**(CASH ONLY PLEASE)**

**OPEN TO STUDENTS & SIBLINGS AGE 4 AND UP  
ALL TAEKWONDO CLASSES CANCELLED ON 5/3**

**PARENTS-ENJOY A KID-FREE NIGHT!  
GAMES, MOVIES, VIDEO GAMES, PIZZA,  
SNACKS & MORE WITH MASTER CHARLES!**

**PLEASE REGISTER AT  
[WWW.FASTKIX.COM/EVENTS](http://WWW.FASTKIX.COM/EVENTS)**





# FASTKIX CHAMPIONSHIP

**JUNE 8, 2024**

**ALL AGES + RANKS!**

**MINI-MASTERS EVENTS**

**GRAND CHAMPION AWARDS!**





# 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**





# 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](http://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.





# LOST & FOUND

**Are these items yours? Please claim them as soon as possible. Any items left as of April 15 will be donated!**







**FASTKIX**  
KICKBOXING



# MARCH BENCH PRESS CHALLENGE!

March 1 to 29, 2024

Perform 1 Bench Press rep  
using 75% of your body weight  
to win a prize!