



THIS WEEK AT FASTKIX
November 9, 2024
to November 16, 2024

This week's schedule

Regular schedule all week!

**Please take a moment on
Monday, November 11th to honor our
veterans!**





IMPORTANT DATES

**Tuesday, November 12 - Forms Class with Master Sue
SPOTSWOOD 7:00 pm (Brown belts only)**

**Tuesday, November 12 - Spotswood Girl to Girl Mentor
Class 6:15 pm (during regular class-there IS class for the
boys)**

**Wednesday, November 14 - Matawan Girl to Girl Mentor
Class 6:15 pm (during regular class-there IS class for the
boys)**

**Tuesday, November 19 - Forms Class with Master Sue
MATAWAN 6:15 pm (Red & Senior Red belts only)**

Saturday, November 23 - FASTKIX CHAMPIONSHIP

**Thursday, November 28 through Sunday, December 1
CLOSED for Thanksgiving weekend**

**Monday, December 2 - Forms Class with Master Sue
SPOTSWOOD 6:15 pm (Brown belts and up-color belt forms
only)**

**Friday, December 6 - PARENTS NIGHT OUT with Master
Charles!**



IMPORTANT DATES

Thursday, December 12 - MINI MASTER TESTING in class in both locations

Friday, December 13 - Color Belt Test in Matawan Saturday, December 14 - Color Belt Test in Spotswood

Tuesday, December 17 - Spotswood Girl to Girl Mentor Class 6:15 pm (during regular class-there IS class for the boys)

Wednesday, December 18 - Matawan Girl to Girl Mentor Class 6:15 pm (during regular class-there IS class for the boys)

**Monday, December 23 through Wednesday, January 1
CLOSED for winter break We reopen on Thursday, January 2**



TAEKWONDO FOCUS

ALL WEEK - Tournament Sparring (Olympic Sparring and Padded Weapon Sparring & Red Stripe Review



NOVEMBER 2024 FOCUS SCHEDULE



	Mon 11/4	Tues 11/5	Wed 11/6	Thurs 11/7	Fri 11/8	Sat 11/9
Tournament prep-focus on forms. Still reviewing low forms with higher ranks	Tournament forms / Low rank forms review for higher ranks	Tournament forms / Low rank forms review for higher ranks	Tournament forms / Low rank forms review for higher ranks	Tournament forms / Low rank forms review for higher ranks	CLOSED for Girls Spa Night 6:00 pm to 8:30 pm	Tournament forms / Low rank forms review for higher ranks
	Mon 11/11	Tues 11/12	Wed 11/13	Thurs 11/14	Fri 11/15	Sat 11/16
Tournament prep-focus on sparring / padded weapon sparring. Still review low rank forms with those without stripes.	Tournament sparring / padded weapon sparring. Review forms with those without stripes	Tournament sparring / padded weapon sparring. Review forms with those without stripes	Tournament sparring / padded weapon sparring. Review forms with those without stripes	Tournament sparring / padded weapon sparring. Review forms with those without stripes	Tournament sparring / padded weapon sparring. Review forms with those without stripes	Tournament sparring / padded weapon sparring. Review forms with those without stripes
	Mon 11/18	Tues 11/19	Wed 11/20	Thurs 11/21	Fri 11/22	Sat 11/23
Tournament prep focus on breaking / forms	Tournament prep-speed breaking / power breaking / forms	Tournament prep-speed breaking / power breaking / forms	Tournament prep-speed breaking / power breaking / forms	Tournament prep-speed breaking / power breaking / forms	Tournament prep- speed breaking / power breaking / forms	FASTKIX CHAMPIONSHIP
	Mon 11/25	Tues 11/26	Wed 11/27	Thurs 11/28	Fri 11/29	Sat 11/30
Blue Stripe Review	Self defense / Testing breaks	Self defense / Testing breaks	Self defense / Testing breaks / Low forms review	CLOSED HAPPY THANKSGIVING!	CLOSED	CLOSED
	Mon 12/2	Tues 12/3	Wed 12/4	Thurs 12/5	Fri 12/6	Sat 12/7
Sparring, Breaking, Self Defense	Sparring, Breaking	Self Defense, Breaking	Self Defense, Breaking, Footwork, Kicks	Forms, Sparring, Breaking	Review	Review

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!



THANK YOU!

Thank you to everyone who ordered Fastkix Kicks Breast Cancer merchandise in October!

Fastkix made a donation of \$50 to the American Cancer Society to help with breast cancer research. This represented our profit on the items rounded up to an even number.

Together, we will help wipe out this disease!

Donation Receipt



Donor Name	Fastkix Taekwondo
Date	2024-11-06
Gift Type	General
Amount	\$52.75
Frequency	One Time



FASTKIX CHAMPIONSHIP

SATURDAY, NOVEMBER 23, 2024



ALL AGES & RANKS
MINI MASTER EVENTS
GRAND CHAMPION TROPHIES!

HER CHANCE TO MAKE YOUR DREAMS COME TRUE



FASTKIX GIRL TO GIRL MENTOR PROGRAM

Every month, we'll be meeting in both locations so our older female students can be mentors to our younger female students! It's a fun class to support and encourage our females!

SPOTSWOOD

THURSDAY, NOVEMBER 12 6:15 PM TO 7:00 PM

MATAWAN

WEDNESDAY, NOVEMBER 13 6:15 PM TO 7:00 PM



Forms Classes

**FREE low rank forms review classes with
Master Sue**

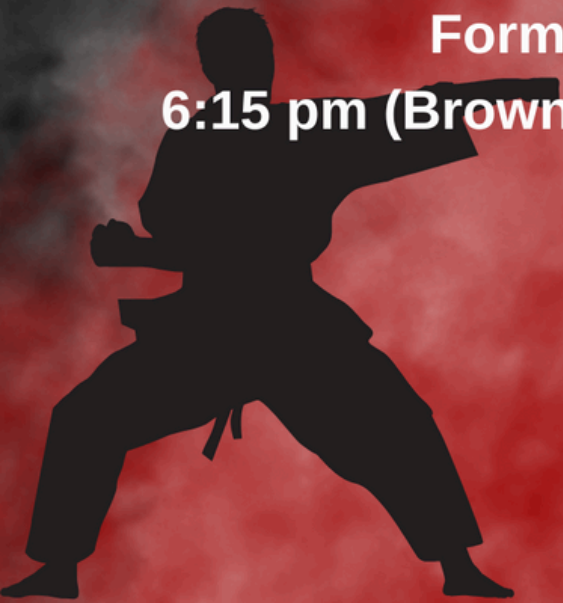
**Monday, November 4 - SPOTSWOOD
Forms Class with Master Sue
7:00 pm (Red belt and up)**

**Wednesday, November 6 - MATAWAN
Forms Class with Master Sue 6:15 pm
(Brown belts only)**

**Tuesday, November 12 - SPOTSWOOD
Forms Class with Master Sue
7:00 pm (Brown belts only)**

**Tuesday, November 19- MATAWAN
Forms Class with Master Sue
6:15 pm (Red & Senior Red belts only)**

**Monday, December 2 - SPOTSWOOD
Forms Class with Master Sue
6:15 pm (Brown belts and up-color belt forms only)**



Thank you so much to
everyone who helped
make my Toy Drive a
success



The kids at St. Peters
will be so happy



COLOR BELT TESTING

Friday, December 13, 2024 IN MATAWAN

6:00 pm - Childrens White through Senior Green Belts

7:30 pm - Childrens Blue and higher belts & Young Adult/Adult all ranks

Saturday, December 14 2024 IN SPOTSWOOD

9:00 am Childrens White through Senior Green Belts

11:00 am Childrens Blue and higher belts

1:00 pm Young Adult/Adult White through Senior Green Belts

2:30 pm Young Adult/Adult Blue and higher belts

Makeup Testing

Wednesday, December 11 at 4:30 pm in Spotswood (extra fee)