



THIS WEEK AT FASTKIX
April 9-April 16, 2021
REGULAR SCHEDULE ALL WEEK!

TAEKWONDO FOCUS

This week we are working on SPEED!
Monday 4/12 – Self-Defense/Sparring
Tuesday 4/13-Self-Defense/Kicks
Wednesday 4/14-Kicks/Breaking
Thursday 4/15-Forms/Sparring
Friday 4/16-Self-Defense/Review



UPCOMING EVENTS

Sunday, April 11th 10:00 am to 10:45 am
INSTRUCTOR CLASS (by invitation please)
Please wear full instructor uniform and belt

Wednesday, April 21st 7:00 pm to 8:30 pm
LADIES ONLY TAEKWONDO NIGHT!

Join our amazing team of Miss Anya, Miss Sofia, Miss Allie and Miss Persis for a fun night with just the girls! Sparring, self-defense, real-life tips and MORE! LIVE ONLY. Pre-registration required!

Saturday, May 8th – Color Belt Testing

PLEASE NOTE: Evaluations will start this week. Remote students will need a partner to demonstrate self-defense in remote class, or must come in for a lesson to demonstrate to earn their blue stripe.

STARTING APRIL 19TH, Students may wear Fastkix T-shirts to class, along with their taekwondo pants and belt. Only Fastkix school shirts are permitted (no other types please), and you can order yours on our website's pro shop.

REMOTE STUDENTS – Please make sure you have a partner on self-defense days, since it isn't possible to practice self-defense alone.