



**THIS WEEK AT FASTKIX**  
**July 31, 2021-Aug. 7, 2021**



**USA HAS OUR FIRST FEMALE OLYMPIC GOLD MEDALIST!**

**Congratulations to Anastasija Zolotic who won gold! You were AMAZING!**

**Our 2<sup>nd</sup> US Olympian, Paige McPherson came up short in the bronze medal match, but fought amazingly well! She is the 2012 Olympic Bronze Medalist and an incredible role model!**

**We ARE SO PROUD OF BOTH OF THESE ATHLETES!**

You can catch their fights online! Go to [nbcolympics.com](https://www.nbcolympics.com)



**THIS WEEK'S TAEKWONDO FOCUS IS TESTING PREP**

**All eligible students will be tested for their blue stripe this week.**

This week's curriculum will focus primarily on Self Defense.

Board Breaking will be Monday and Wednesday only.

**PLEASE BRING SPARRING GEAR TO CLASS EVERY DAY!**

**IMPORTANT DATES**

**-NO Competition Class Mon, 8/2, Wed, 8/4, Sat, 8/7 & Mon, 8/9**

**GOOD LUCK TO OUR ATHLETES COMPETING AT  
AAU NATIONAL TEAM TRIALS AND USAT NATIONALS!**

**-Saturday, August 14 – Color Belt Testing \*\*All classes cancelled\*\***

**-Friday, September 24 & Saturday, September 25 – Black Belt Testing**

**PLEASE WELCOME OUR NEW MEMBER**

**Angela Bardon – Taekwondo**

**WE'RE SO HAPPY YOU'RE HERE!**