



## **THIS WEEK AT FASTKIX**

### **June 12, 2021-June 20, 2021**

## **REGULAR SCHEDULE ALL WEEK!**

### **THIS WEEK'S TAEKWONDO FOCUS IS TECHNIQUE**

Monday, June 14 – Forms/Kicks/Breaking  
Tuesday, June 15 – Self-Defense/Sparring  
Wednesday, June 16 – Forms/Self-Defense  
Thursday, June 17- Kicks/Sparring/Breaking  
Friday, June 18 – Review

### **IMPORTANT DATES**

**-Sunday, June 13<sup>th</sup> – BLACK BELT MASTER CLASS**

**10:00 am – 11:00 am**

Self Defense and Weapons training

FREE for all black belts-Registration is on our website at

[www.fastkix.com/events](http://www.fastkix.com/events)

**-Sunday, July 4 – CLOSED**

**-Thursday, July 8 & Friday, July 9 – CLOSED**

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

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

### **WELCOME NEW MEMBERS**

**Prem Gheewala  
Vadit Shah  
Prince Harewood**

**Prit Gheewala  
Tanay Shah  
Shrey Patel  
Sarrah Tasnim**

**Jia Gheewala  
Pragathi Sai  
Zayne Siddique**

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

# Meet our MAY, 2021 STUDENT OF THE MONTH MISS PERSIS GARG



CONGRATULATIONS TO Miss Persis Garg! She is a 1st Degree black belt, Instructor and member of our Competition Team. This July she will compete at her first AAU National Tournament!

## **What is your favorite Taekwondo memory?**

My favorite taekwondo memory is my second tournament, that I went to as a green belt. During my first tournament as a yellow belt, I remember getting on the mat to spar a girl, and I was so confident that I would beat her. Yet, I went home that day crying, disappointed, with no medal around my neck. What makes my second tournament so special to me is winning it after having done so poorly in my first. I won my sparring bracket that day, and I learned that at the end of the day, it is my skill and effort that will put me in first place. It also felt pretty good beating 2 girls.

## **Is all the hard work and training worth it?**

All the hard work that I put in taekwondo is definitely worth it. Because of the work, I am able to get results I love. The sweat, injuries, and soreness are all worth to me.

## **Where do you see yourself in Taekwondo 5 years from now?**

I haven't really thought about this. I don't know if I will stop or continue 5 years from now. I might be a 3rd degree black belt! Who knows! I do know that I will continue to use the lessons my instructors taught me at taekwondo in my everyday life.

**Congratulations Persis!**  
**We love you and are so glad you're part of our family!**



# KICKBOXING NEWS

**Welcome back Jennifer Pavlichko &  
Kristen Schaffter!**

**Welcome to our new members  
Keri Frazer  
Aaron Friedman  
Tatyana Cardoso  
Stephanie Antunes  
Sumita Agarwal**

## KICKBOXING SHIRTS NOW AVAILABLE!

Check out our awesome NEW kickboxing shirts. Represent Fastkix in style. Beautiful dri-fit T-shirts with your choice of logo and optional name on the back. Available in White, Red or Black! Easy ordering on our website's pro shop!

