



THIS WEEK AT FASTKIX JANUARY 21-29, 2022

REGULAR SCHEDULE ALL WEEK

THIS WEEK'S TAEKWONDO FOCUS:

Monday, January 24 – Footwork/Breaking/Self Defense
Tuesday, January 25 – Kicks/Breaking/Self Defense
Wednesday, January 26 – Sparring/Footwork/Self-Defense
Thursday, January 27 – Breaking/Forms/Kicks
Friday, January 28 – Forms/Sparring

IT'S WHITE STRIPE TESTING WEEK IN SPOTSWOOD
Students must come to live class to test for stripes please.

IMPORTANT DATES

- Thursday, January 28 – Last day of remote taekwondo
REMOTE KICKBOXING WILL CONTINUE Mon.-Thurs.
- Week of February 7th - SPIRIT WEEK!
Get ready for Buddy Day, Color Wars and a great week of Theme classes!
- Saturday, February 26, 2022 Spotswood Color Belt Testing
- Friday, March 25 & Saturday, March 26 – Black Belt Testing
- Saturday, May 21, 2022- NJ District AAU Championship

REMOTE TAEKWONDO
ENDS JANUARY 28TH

(REMOTE KICKBOXING WILL
CONTINUE!)

We will offer remote taekwondo classes Monday through Thursday this week. Zoom links are posted on our website and passwords were emailed. There is no remote class Friday, Saturday or Sunday and no remote Mini Masters class.

Due to decreasing covid transmission rates and a significant decrease in the amount of students taking remote class, we will discontinue remote taekwondo class as of Friday, January 28th.

Even after students returned to in-person learning in their schools, we felt it prudent to continue to offer the remote classes for a few additional weeks for the comfort of our members. We appreciate everyone's diligence and concern for others when they stayed home due to quarantine or illness. It's only because of your kindness and concern for your fellow classmates that we've been able to remain open, so thank you! After January 28th any taekwondo student who is required to quarantine will be offered private remote lesson(s) to keep them current while at home.

LIVE classes are still running 7 days/week, and we currently require all staff, instructors and guests to wear masks while inside. Masks are strongly recommended for all students, but are not required.

Please note that student stripe testing can only be done properly in person. Part of white stripe testing for yellow belts and higher is sparring, which can also only be done in person. Please reach out to us to schedule an in person evaluation for your stripes.

**IMPORTANT UPDATE FOR OUR FASTKIX CHAMPIONSHIP ON
JANUARY 29TH**

Dear members,

Unfortunately after a long deliberation, we are postponing our In School Championship. Your comfort and safety is our main concern, and to have a proper event with great competition and spectators we feel that it's best to postpone until a later date.

We'll keep you updated on a new date!

Grandmaster Balon, Master Charles, Master Gabe & Master Sue

WELCOME NEW MEMBERS

Hudson Schnitser

Zachary Madnick

Michael Sinatra

We're so excited you chose us!