



THIS WEEK AT FASTKIX!

CONGRATULATIONS to all our athletes who competed at the AAU National Taekwondo Championship this week! We'll have results, pictures and video posted soon!

We are so proud to have you represent our school!



Regular schedule all week.

Saturday, October 31st will be a special HALLOWEEN family taekwondo class! Students are welcome to wear their costumes to class☺

CLASS FOCUS This week's class focus is POWER!

- Monday, October 26th - Forms
- Tuesday, October 27th - Board Breaking and Sparring for all students. Please bring your gear to class! REMOTE STUDENTS MUST HAVE GEAR READY FOR CLASS! You will train with gear on!
- Wednesday, October 28st - Footwork and Sparring for all students. Please bring your gear to class. REMOTE STUDENTS MUST HAVE GEAR READY FOR CLASS! You will train with gear on!
- Thursday, October 29th - Kicks and Sparring. Please bring your gear to class. REMOTE STUDENTS MUST HAVE GEAR READY FOR CLASS! You will train with gear on!
- Friday, October 30th - Practice Testing for Color Belts and Forms for Black Belts. (color belts can bring boards to Friday's class and we will break if time allows)
- Saturday, October 31st – Halloween taekwondo class! (Please wear your usual mask under any costume masks)

Our next color belt test will be Saturday, November 7th, so we'll be completing evaluations for everyone who's eligible and ready.

STRIPE TESTING/BOARD BREAKING LESSONS

Starting this week, all stripe testing and board lessons will be done inside due to the uncertainty of the weather and how early it gets dark. Please email us to make an appointment for your stripe testing and lessons today!

AAU MEMBERSHIP RENEWALS

Membership renewal time is here! Membership ends October 31st, so please renew today at www.aautaekwond.org.

Emails went out this week to anyone who hasn't yet renewed and a HUGE THANK YOU to those who have!

Here's to a great week!