



WEEK OF SEPTEMBER 20TH UPDATES

Thank you for all for your feedback about our focus classes. Because of your comments, we've adjusted our weekly topics to give you the best possible training!

**REGULAR CLASS MONDAY THROUGH THURSDAY
ALL CLASSES CANCELLED FRIDAY, Sept. 25 and
SATURDAY, Sept 26 for our Black Belt Test**

This week's focus schedule is:

BLACK BELTS

Testing preparation including forms, footwork, kicks. We will do board breaking Monday, Tuesday and Wednesday ONLY.

THERE IS NO BOARD BREAKING FOR BLACK BELTS ON THURSDAY!

GOOD LUCK TO EVERYONE WHO IS TESTING THIS WEEKEND!

COLOR BELTS

Forms for Red Stripe, Tournament Forms Practice and Tournament Breaking practice. We will NOT be doing any color belt testing board breaking in class, so please don't bring boards this week.

This week is also RED STRIPE TESTING WEEK! All students who have at least 8 classes (you can check your attendance on your kicksite account!) and know their form(s) can test for their red stripe this week. Please remember that brown belts and higher must also know specific low rank forms. You can find your rank information in the document library in kicksite. Testing will be in regular class.

REMOTE STUDENTS -please make an appointment to come to the school to test for your stripe by emailing us or reaching out to Ms. Sue

BLACK BELT TESTING

Friday, Sept. 25 and Saturday, Sept 26

A separate email will go out Monday or Tuesday with all testing details

FASTKIX CHAMPIONSHIP Saturday October 3

Forms competition and 3 board breaking events! Remote competition! Cool trophies! Great practice for AAU Nationals!

REGISTRATION ENDS OCTOBER 1ST

Check your email for registration details

AAU NATIONALS Saturday October 24th

Such exciting news that AAU Nationals will be VIRTUAL this year! You can be a national champion without ever leaving home!

Fastkix is one of only 12 school selected to be a HOST school for this event!

EARLY REGISTRATION (saves you money) deadline is September 30.

Regular Registration October 1-7 and Late Registration (pay additional fee) is Oct 8-14.

Athletes can compete in Forms (2 divisions - ITF Forms, which is our style of forms, and OPEN division which includes all styles. Forms competitors should compete in BOTH events!) and Board Breaking (10 board repeat side kick timed division, 10 board repeat spin hook kick timed division and 15 board repeat hand technique timed division)

Go to www.aautaekwondo.org