

THIS WEEK AT FASTKIX

April 20, 2024 to
April 27, 2024



REGULAR SCHEDULE

ALL WEEK!





FASTKIX
KICKBOXING



CONGRATULATIONS TO

**SPRING 2024
OUTSTANDING
KICKBOXER**

HALEY ORMROD



**THESE
LADIES
ROCK!**



CONGRATULATIONS TO

**SPRING 2024
OUTSTANDING
KICKBOXER**

KAREN DICICCO



FIRST EVER!



CONGRATULATIONS TO OUR

SPRING 2024

OUTSTANDING STRENGTH TRAINING

MEMBERS

JOELLEN & DENISE!





IMPORTANT DATES

Friday May 3 - Parents Night Out!

6-9 PM in Spotswood. All afternoon/evening classes cancelled in both locations.

Tuesday, May 7 - Matawan Girl to Girl Mentor Class

6:15 pm

Wednesday, May 8 - Spotswood Girl to Girl Mentor Class

6:15 pm

Thursday, May 9 - BRING YOUR MOM TO CLASS DAY!

All classes

Saturday, May 11 - NJ AAU Championship at Teaneck Armory

ALL CLASSES CANCELLED





IMPORTANT DATES

Wednesday, May 15 - Matawan Instructor Class 5:30 pm

Tuesday, May 21 - Spotswood Instructor Class 5:30 pm

Friday, May 24 through Monday, May 27

CLOSED for Memorial Day Weekend

Saturday, June 8 - FASTKIX CHAMPIONSHIP!

Thursday, June 13 - BRING YOUR DAD TO CLASS DAY!

All Classes

Saturday, June 22 - NINJA SATURDAY

Thursday, July 4 through Sunday, July 7

CLOSED for 4th of July Weekend

Sunday, August 18 - 11:00 am to 2:00 pm

Fastkix Picnic at Thompson Park, Monroe Twp.



TAEKWONDO FOCUS



MONDAY- Start learning forms/ #1 and 2 kicks

TUESDAY - Start learning forms/Sparring

WEDNESDAY - Start leaning new forms & breaking techniques, # 1 and 2 kicks/Sparring

THURSDAY - Start learning forms/ #1 and 2 kicks

FRIDAY - Review forms/ #1 and 2 kicks/Sparring

		APRIL 2024 FOCUS SCHEDULE						
	Mon	Tues 4/2	Weds 4/3	Thurs 4/4	Fri 4/5	Sat 4/6		
Blue Stripes / Evaluations Finalized, Testing Review, Breaking	Self Defense, Breaking	Forms, Breaking, Self Defense	Kicks, Breaking, Self Defense	Sparring, Breaking	Review	Review		
	Mon 4/8	Tues 4/9	Weds 4/10	Thurs 4/11	Fri 4/12	Sat 4/13		
Testing Review, Breaking practice until Wednesday	Testing Practice	Testing Practice	Testing Practice	Testing Practice	School Closed Matawan Testing	School Closed Spotswood Testing		
	Mon 4/15	Tues 4/16	Weds 4/17	Thurs 4/18	Fri 4/19	Sat 4/20		
Intro to new New Techniques (forms, kicks, footwork)	Introduce new techniques, stances, kicks with floor drills	Introduce new techniques, stances, kicks with stations	Introduce new techniques, stances, kicks with sparring	Introduce new techniques, stances, kicks with floor drills	Introduce new techniques, stances, kicks	Introduce new techniques, stances, kicks		
	Mon 4/22	Tues 4/23	Weds 4/24	Thurs 4/25	Fri 4/26	Sat 4/27		
Start learning first form sequence	Start learning form, #1 & #2 Kicks	Start learning form, Sparring	Start learning form, Thinking of new breaking techniques, #1, #2 Kicks, Sparring	Start learning form, #1 & #2 Kicks	Review first forms sequence, #1, #2 Kicks, Sparring	Review first forms sequence, #1, #2 Kicks, Sparring		
	Mon 4/29	Tues 4/30	Weds 5/1	Thurs 5/2	Fri 5/3	Sat 5/4		
Second Forms Sequence, #1-#3 Kicks, Self Defense Intro	Second Forms Sequence, #1-#3 Kicks, Self Defense Intro	Second Forms Sequence, #1-#3 Kicks, Self Defense Intro	Second Forms Sequence, #1-#3 Kicks, Self Defense Intro	Second Forms Sequence, #1-#3 Kicks, Self Defense Intro	Second Forms Sequence, #1-#3 Kicks, Self Defense Intro	Second Forms Sequence, #1-#3 Kicks, Self Defense Intro		

Please note: We follow this schedule as much as possible, but there are some days that the student's needs mean we have to focus on another topic. We appreciate your understanding!

PARENTS NIGHT OUT



FRIDAY, MAY 3 FROM 6-9 PM

IN SPOTSWOOD

\$35 PER CHILD

(CASH ONLY PLEASE)

**OPEN TO STUDENTS & SIBLINGS AGE 4 AND UP
ALL TAEKWONDO CLASSES CANCELLED ON 5/3**

**PARENTS-ENJOY A KID-FREE NIGHT!
GAMES, MOVIES, VIDEO GAMES, PIZZA,
SNACKS & MORE WITH MASTER CHARLES!**

**PLEASE REGISTER AT
WWW.FASTKIX.COM/EVENTS**



FASTKIX CHAMPIONSHIP

JUNE 8, 2024

ALL AGES + RANKS!

MINI-MASTERS EVENTS

GRAND CHAMPION AWARDS!



NINJA SATURDAY

**SATURDAY, JUNE 22, 2024
IN SPOTSWOOD**

**10:00 AM
MINI MASTERS
10:30 AM - 12:00 PM
TAEKWONDO
STUDENTS
ALL AGES/RANKS
ALL SATURDAY
KICKBOXING, MINI
MASTERS & TAEKWONDO
CLASSES CANCELLED**





FASTKIX GIRL TO GIRL MENTOR PROGRAM

Every second week of the month, we'll be meeting so our older female students can be mentors to our younger female students! We'll meet, explain the program, and catch up!

MATAWAN

TUESDAY, MAY 7TH 6:15 PM TO 7:00 PM

SPOTSWOOD

WEDNESDAY, MAY 8TH FROM 6:15 PM TO 7:00 PM





Celebrate Mother's Day at Fastkix



BRING YOUR MOM TO CLASS DAY
Thursday, May 9th - All Classes!
Every mom who attends class with their child
will receive a gift certificate to train for free ❤️

BRING YOUR DAD TO CLASS DAY!

Thursday, June 13th
ALL CLASSES



EVERYDAY IS ANOTHER CHANCE TO



We have a great day planned with
special training gifts for all our dads!

NEXT CLASS

MATAWAN

MAY 15

SPOTSWOOD

MAY 21



INSTRUCTOR CLASS

Instructor Class will be held
EVERY MONTH!

**MATAWAN - Every third Wednesday
from 5:30 pm to 6:15 pm**

**SPOTSWOOD - Every third Tuesday
from 5:30 pm to 6:15 pm**

**Are you 11 or younger and at least a brown belt
-OR- age 12 and up and at least a green belt?
THEN YOU CAN BE AN INSTRUCTOR!**

**ALL INSTRUCTORS
MUST ATTEND!**

**New Trainees are welcome
to try out in this class!**



FASTKIX PICNIC

Sunday, August 18, 2024

11:00 am - 2:00 pm

THOMPSON PARK GROVE 4A
1682 Perrineville Road
Monroe Twp., NJ 08831

Starting May 6th,

students may wear

**Summer
Uniforms!**

Summer uniform is a Fastkix T-shirt (no other shirts please), uniform pants & belt

Easy Ordering at

www.fasktix.com/pro-shop



GET YOUR ORDERS IN TODAY!

Orders take a couple weeks and we order when we have the minimum quantity of 6 items needed.

SUMMER SPECIAL



**Home for Summer?
Come back to Fastkix to train!
RETURNING STUDENTS ONLY
SUMMER SPECIAL**

1 month of unlimited taekwondo classes \$200

2 months of unlimited classes \$350

3 months of unlimited classes \$500



COLOR BELT TESTING PARENT FEEDBACK



VIVAAN GUPTA

Vivaan takes pride in learning taekwondo. Over the years, he has learned the importance of sharing and guiding. At school his teachers are thankful for the support he has been to them. He loves sharing with and guiding his fellow classmates. He aspires to be taekwondo instructor, following footsteps of his seniors. We want to thank all the instructor.

LILIAN ZANKO

Lily has become more confident as I see her sparring with boys who are bigger than she and really listening to the feedback from her instructors. At home Lily is more attentive to completing her chores and is always willing to help with her sister. Lily enjoys coming to class because she likes learning new kicks and forms. Lily always likes to see Mr. JT and finds his instruction very easy to understand.

AVYAN MATHUR

Avyan started showing interest in house chores which definitely was much needed. And he now finishes his school work as well without a reminder, so Mom can't be more happy!

ZACHARY MADNICK

Taekwondo gives Zachary a sense of accomplishment and confidence that he can do well if he works hard. However, Zachary still had a lot of work to do on talking respectfully to his parents and doing his chores (homework, bedtime, etc.) after the first time he's told not the 10th time. He also needs to work on getting himself ready to be at Taekwondo class on time every Monday and Thursday.

JOEY GIGLIO

Taekwondo helps Joeys confidence! Honestly all the staff members go above and beyond to help Joey! He has learned so much.

ROBERT D'AMODIO

Robbie loves coming to Taekwondo and seeing his best friends, the friends he made and all the staff. He has been studying harder in school and all of his grades have gone up a great amount this last marking period. It's a pleasure to see him so happy doing what he enjoys to do so much. Robbie displays more confidence because of Taekwondo. He is looking forward to participating in being a mentor and Jr. instructor when he is eligible to do so.

We love you Robbie & super proud of you... Keep up the amazing work you're doing!!!

Miss Isabella helps Robbie feel more confident and has been helping him grow in everything he needs to know.

PRIT GHEEWALA

Prit has shown improvement with self control, concentration and attention. He demonstrated improvement with strength which helped with his confidence.

RITVIK TUTEJA

Taekwondo is liked by both my kids for forms, exercise and games. We want to give a shout-out to Master Charles.

FATIMA ZAHRA

Taekwondo has helped her improve her strength and stamina. We are grateful for Miss Isabella because I feel my daughter feels comfortable with her.

ASHER TA

He loves taekwondo and has made lots of new friends. Taekwondo has helped him open up and come out of his shell more. He used to be more quiet and timid, and would always follow his brother and his brothers friends. At taekwondo I have seen him make his own friends and be willing to talk with kids. Master Charles has done an amazing job and boosting Asher's confidence. Even though Asher is tiny, he is mighty and I think master Charles has really seen the potential in Asher despite his petite size and encourages him especially in sparring.

PRAGATHI SAI

Taekwondo has made a HUGE impact on pragathi over the years she has become more stronger and independent. Ms.Isabella is soo nice and has been training my daughter in a very gentle way her smile lights up Pragathi.

NIKO MOUSOUROULIS

I think taekwondo has helped with his self confidence. Master Charles has been such an incredible role model and has been there for Niko in regards to Tae Kwon do but also personally. He is very supportive and I am so grateful that Niko feels comfortable talking to him about anything that is bothering him. He has helped Niko in so many ways and I am forever grateful he has him in his life!

JACOB VAN WAGNER

Jake, it has been wonderful to see how you have matured and how seriously you are taking your lessons at Fastkix and school.

JACKSON TIRADO

Jackson has matured since he first stepped foot in Fastkix in early 2022 and is showing maturity very rare of someone so young. I attribute it to his dedication to his practice and his lessons in focus. He is also learning how to complete what he starts, and understands how far he has come. Congratulations Jackson! We are so proud of you! Everyone is doing a great job!

DYLAN ESKOW

Dylan has shown increased confidence and responsibility. We'd like to thank the Fastkix instructors who have been giving Dylan the confidence to face any challenge.

RICHARD SAMUEL

I've seen a lot of improvement in Richard this past year. He strives to be kind and giving and is much better at following directions. He is also less shy and has become a lot more open with classmate. The entire team has done a great job with both my kids. I can't thank them enough.

EMIL & MURAD AZIMLI

They became more energetic and active. Before they started to Taekwondo they used to be tired after school. But now they are more energetic than before. All staff members are excellent. My kids loves all of them. So that's why we try to come every day and it doesn't matter which Master is there. Thank to to everyone!

JADE SERRA

Miss Isabella deserves a shout out for her motivation, good humor and my daughter Jade admires her very much and I do too!

Master Sue deserves a thank you from Jade and the entire Serra family for always going above and beyond in every possible area. Jade says you are always there for her! Mr. Balon always cheers my daughter up and is a funny, positive role model.

Mr. Charles has been there with Jade since her very first day and while he runs an entire class he somehow finds the time to help and work individually with each student, help improve their skill set and tells it like it is. He is an outstanding teacher and is persistent with Jade as well as other students until they accomplish their goal. Master Nick is a wonderful teacher. His skill, talent, dedication and positive reinforcement is just amazing and it's easy to see how he helps my daughter attempt to reach her full potential. The young assistants (Mr. Aaron, Mr. JT and Mr. Connor) always manage to keep Jade on task and make class fun. You can tell they are hard workers and are extremely patient with my daughter as well as their students.

Thank you to the entire staff for promoting strength, grit, speaking up, respect, self defense, confidence and knowledge. We appreciate all you do. We are lucky to be a part of the Fastkix family. Jade, We are so proud of you. When you think you can't do it, you do it. You have grown in strength, self confidence, skill and experience. You have improved with each week, class, month and year. As I watch your kicks, punches, forms, techniques, exercises and drills I am extremely impressed. I don't think I tell you that enough but it is very true. I know I don't watch as much as I should at your classes but when I do I am truly amazed by you. Keep up the excellent work, stay strong, stay safe stay respectful and know that we love you and couldn't not be any more prouder than you than we are! Love, Mom, Dad, Jason and Jaxon

OLIVIA GIURATO

We see a big improvement in Olivia's confidence and resilience. She also puts clear effort into making to class, keeping track of time, focusing and self control. We are grateful to Miss Isabella because she is really nice and sweet (Olivia's words and we agree). Special shout out to Master Sue too! The girls in Taekwondo rock!

TYLER HARTMAN

Taekwondo has helped Tyler with confidence and strength. His focus in class and at school has improved. Coach Charles and Master Sue are the ones who make Tyler light up and want to do his very best!

MAXIMILIAN LEWCZUK

Max has grown a lot since his first class. Taekwondo helped him to be more focused and self controlled. He follows the instructions, sets goals and tries to achieve them. We want to give a shout-out to Master Sue.

JOSHUA VAN WAGNER

Josh is doing so well. Being at Fastkix has helped him become more active and more willing to do more activities.

MARVIN LOPEZ

Marvin has been more confident and happy with himself!

LUCA VITACCO

Luca is more focused and disciplined.

MICHAEL VERGARA

Taekwondo has help Michael to be more focus in school. He now follows his schedule without complaining and always making his best effort on doing his homework by himself. We want to thank Master Nick for pushing Michael to the max on breaking his boards. He had some trouble last time and he helped him improve.

DRISHTI TUTEJA

Both my kids like to attend taekwondo.

NIRVI PALIWAL

It's has helped her with socializing with others. We want to thank Miss Isabella because Nirvi says that she is very nice and understanding.

JOAQUIN MARQUEZ

His homeroom teacher told us that in class he is a good listener and is a great leader. He also helps out his classmates if they are having a hard time in math. We would like to thank Master Sue for helping him polish up his form.

GIOVANNA DeSENA

Giovanna has been doing awesome with everything! We are very proud of her on how far she has come! We are excited to see her test and kill it with all! All staff has been great with Giovanna - patient and encouraging to her.

JOSEPH MARRETTA

Joseph has been thriving at Fastkix, gaining new skills, boosting his confidence, and forming meaningful connections. In addition to the valuable skills he's learning, Joey has also made new friends, further enriching his overall experience. He speaks highly of the instructors, particularly Mr. J.T. - who teaches him self-defense, Miss Isabella - she helps him learn the concept of his form, Master Balon helps him push to exceed through his limits and Master Sue - helps him have a good time learning in class.

PREM GHEEWALA

Prem has improved his concentration and attention. He also demonstrated improvement in strength which helped build his confidence.

ZURIKA SAMUEL

Zurika's behavior is so much better. She listens better and has been steadfast in her chores. She is becoming a great leader. I would like to thank all the staff at Fastkix for the great job they have done with my kids. I really appreciate them.

MIA SHAMAILOV

Mia learned how to control her emotions. With every step of learning we want to note Mia has increased her character with discipline and motivation. As parents, noticing your child growing and becoming a disciplined, but yet such happy person brings a priceless joy. Thank you, Fastkix family for helping our child advance in such ways. We appreciate the entire staff.

BRIAN SHAMAILOV

Brian has become more aware of his surroundings and has built a great sense of discipline which has shown in his daily routines between school, homework & at home. We're super proud of him as he continues to work hard. Thank you Fastkix. We appreciate the entire staff.

OPHELIA BALDWIN

Ophelia has been exceeding in school and her listening skills. We are extremely proud of the young girl she is becoming!

AMYRA THAKUR

Taekwondo has benefited Amyra in various ways, such as improving her physical fitness, to be more disciplined, boosted self-confidence, and promoted respect for others. This class makes her understand the importance of commitment and respect of time. Amyra wants to give a special shout out to Master Balon. She likes him, because she thinks he is very kind and makes learning fun. He makes everyone laugh and keeps encouraging everyone. Kudos to him!!

LUKE ESKOW

We have seen a big difference in Luke's focus and motivation this year. There's no doubt that taekwondo and the instructors at Fastkix have contributed to this improvement! We would like to thank the entire Fastkix staff for motivating and inspiring Luke.

JACY LOPEZ

Yes, taekwondo has helped Jacy a lot. She received progress all the way! We appreciate you all, especially Master Sue.

PAIGE HOGAN

Paige has always been a respectful and a kind person and in the past six months we have seen her grow into a more responsible and socially aware young girl. She is always sticking up for her friends and any injustice she sees. She is learning to be more vocal at school amongst peers when she is being mistreated or sees someone else being mistreated. She is getting better at choosing her words wisely and expressing her feelings when she feels hurt. We are very proud of our Paigey! Paige really looks up to Isabella and loves when she is teaching class. She strives to be more like her and in turn works harder!

ALI MUSA

Taekwondo has helped Ali with his confidence and respect. My son is happy with all staff members.

ELI SHAMAILOV

Eli has grown a lot since starting taekwondo. With every belt he has earned he's become more motivated & eager to continue learning. He's a wonderful student at school. Eli shows us he is capable of many great things. Eli we are proud of you. We are thankful for fastkix for helping our child improve in so many amazing ways. We appreciate the entire staff.

MACKENZIE APPELL

We have seen a major improvement in her timidness. Mackenzie is less shy. We are also very pleased with her focus! Master Charles is always phenomenal with Mackenzie! A special shout out to Miss Isabella, who Mackenzie simply adores! We can tell that Mackenzie really looks up to Miss Isabella! She is always so encouraging with Mackenzie!

LINCOLN ANDUAGA

Lincoln has had more self confidence and discipline. I've also noticed he's been more focused in his school work. Master Charles has pushed him and continues to bring out the best in him

GIGI SMITH

Gigi always tries to do her best in everything she does. TKD helped her to be dedicated and focused on any goal she has, not just Taekwondo. All the staff are supportive and encouraging. They go the extra mile.

KIYAN PATEL

Kiyan's listening skills have gotten better, but I would still like to work on his listening and paying attention. His discipline has gotten better. Thank you! Taekwondo has made him more attentive

LUKE KNUPP

Luke has shown more self control and discipline which I believe is in part thanks to taekwondo. I know he does not want to disappoint Master Nick and Charles with poor behavior and can see that he changes his actions when reminded of such. Master Nick has been very patient and helpful with Luke especially on days with only a few students present.

LYRA STRAETER

Lyra is more confident in her own abilities

MELONY STRAETER

Melony is more focused and determined to succeed.

TYLER HARTMAN

Taekwondo has helped Tyler with confidence and strength. His focus in class and at school has improved. Coach Charles and Master Sue are the ones who make Tyler light up and want to do his very best!

ELLIANNA JANKE

Ellianna has an obvious love for Master Charles, not only in class but during her weekly Mini Masters program. She also really loves Mr. Aaron and retains so much of what he teaches her in such a short time. Thank you Charles and Aaron and the rest of the Fastkix instructors for making taekwondo something our girls truly look forward to each class! It has been amazing to watch Ellianna set her mind to something and accomplish it. She can be very hard on herself when she is struggling, however, learning her form has shown a perseverance in her we haven't seen before. She has improved her focus and we love that taekwondo gives her so much more to continue setting her sights on and forcing her to work at reaching her goals. She is only 5 now, but these skills will be so useful for her in public school and beyond!

MIA SHAMAILOV

Mia learned how to control her emotions. With every step of learning we notice Mia has increased her character with discipline and motivation. As parents, noticing your child growing and becoming a disciplined, but yet such happy person brings a priceless joy. Thank you, Fastkix family for helping our child advance in such ways. We appreciate the entire staff.

JAYDEN DASTI

Taekwondo has helped Jayden in both mind and body, making him stronger, more confident, giving him more work ethic and making him more serious with everything. It has made him more responsible with chores at home as well as his school work. Jayden is more focus and is a straight A student, who was just accepted into a gifted math program. It also taught him to have perseverance, and to never give up. Taekwondo also taught him how to respect others and be respectful around them, no matter the situation is. It also, helps him physically, it made him stronger and more flexible. Taekwondo keeps Jayden happy. Classes give him a workout, and stimulate his mind while learning new things. Taekwondo and all his teachers at Fastkix has made him who he is today. Jayden looks up to and loves all his instructors, however Master Charles makes Jayden believe in himself when he was full of doubts especially in tournaments. Jayden is more confident now in himself during tournaments. Not only is Master Charles a mentor but is someone Jayden looks up to. He is always testing Jayden because he wants him to be the best student he can be, and Master Charles believe in Jayden's potential. Master Charles's warmth and personal nature has always been an inspiration in guiding Jayden on his path through life.

JOAQUIN MARQUEZ

His homeroom teacher told us that in class he is a good listener and is a great leader. He also helps out his classmates if they are having a hard time in math. We would like to thank Master Sue for helping him polish up his form.

ELI SHAMAILOV

Eli has grown a lot since starting taekwondo. With every belt he has earned he's become more motivated & eager to continue learning. He's a wonderful student at school. Eli shows us he is capable of many great things. Eli we are proud of you. We are thankful for fastkix for helping our child improve in so many amazing ways. We appreciate the entire staff.

HUDSON SHNITSER

Taekwondo has helped with focus and discipline. He understands hard work is required to achieve his next goal - no short cuts! We really appreciate Master Nick! We only recently started attending Wednesdays with Coach Nick and I really love his interactions with the kids, how he breaks down the Chon-Ji so that the kids can follow it and I love the conditioning skills he has the kids do at the start of class! They are working very hard but so many giggles along the way. Awesome to see as a parent!

XAVIER JOHNSTON

Xavier continues to show great enthusiasm and confidence in school. We are so proud to hear the feedback from his teachers - that he is a natural leader and kind friend to all in class. We truly think he gains so much from being a part of the Fastkix family. There was a great recent story I can share from his computer class. Xavier and a friend noticed the teacher was struggling trying to carry a bunch of laptops at the start of class. Without any hesitation Xavier and his friend were the first ones to stand up and assist the teacher. When Xavier notices someone in need of help he's always willing to lend a hand. Everyone from the Fastkix staff always encourages and is so kind to Xavier and his peers. He always feels so energized after a practice and he continues to push himself. No matter who the instructor is for class - when he returns home his smile is always shining.

JAXON APONTE

Taekwondo has helped build my child's confidence as well as social skills. We appreciate Master Charles because he encourages Jaxon and this helps him build his self-confidence. He creates a secure and engaging environment which makes Jaxon want to continue learning taekwondo.

MATTHEW DOMINGO

Taekwondo helps Matthew get out of his comfort zone and be brave to do new challenges. Fastkix has given Matthew an amazing social environment where he confidently connects with his fellow students. Shout-out to Master Balon because he makes learning Taekwondo more fun with his exciting activities!

BRIAN SHAMAILOV

Brian has become more aware of his surroundings and has built a great sense of discipline which has shown in his daily routines between school, homework & at home. We're super proud of him as he continues to work hard. Thank you Fastkix. We appreciate the entire staff.