



**THIS WEEK AT**

**FASTKIX**

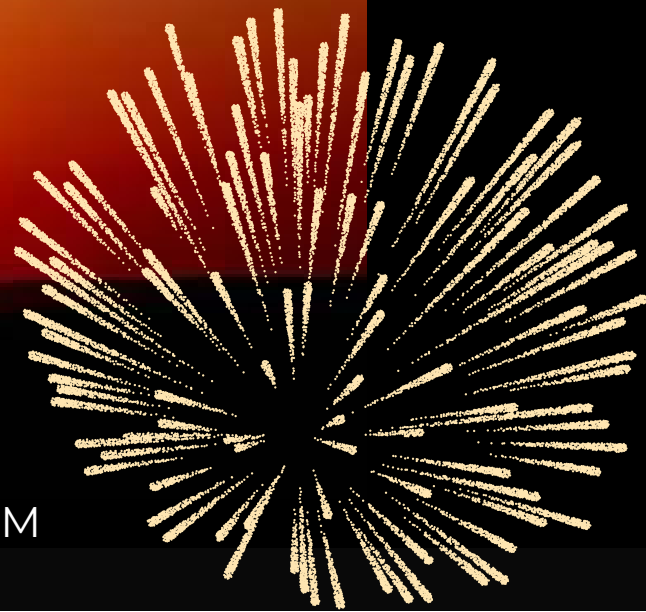
**Saturday, Sept. 24**

**to**

**Saturday, October 1**

**CONGRATULATIONS**

**to all of our Black Belts  
who tested this weekend!  
We are so proud of you!**



[WWW.FASTKIX.COM](http://WWW.FASTKIX.COM)



**THIS WEEK AT  
FASTKIX**

**Saturday, Sept. 24  
to**

**Saturday, October 1**

# This Week's Schedule

## SPOTSWOOD

Open every day EXCEPT  
NO EVENING CLASSES FRIDAY, 9/30  
for Parents Night Out!

## MATAWAN

Open every day  
EXCEPT SATURDAY, 10/1  
for Matawan Day  
Come out and see us!



# BACK TO SCHOOL SPARRING BAG SPECIAL

Is your sparring bag torn and worn out?

Trade in your old, ripped or worn out sparring bag for one of our cool Fastkix backpacks and **SAVE \$10 on your purchase!**

This offer is valid through  
September 30th only!

Regular price \$39.95 is but

**YOUR TRADE IN PRICE \$29.95!!**

Order TODAY at [www.fastkix.com/pro-shop](http://www.fastkix.com/pro-shop)

Please note-sparring backpacks will fit your olympic sparring gear ONLY and are not meant to carry practice boards!





# INJURY POLICY

Dear members,

Back to school time is a great time to review our policies about student injuries.

PLEASE notify us of any injuries/open wounds or cuts. Taekwondo and kickboxing are contact sports, and we need to know if anyone has any injuries we should be aware of.

PLEASE EMAIL US about any injuries. Our staff is growing and sometimes we don't see each other to give these kinds of updates. By emailing, we can send this information to all of our instructors in both locations.

Notifying us of injuries helps us be sure we are teaching safe and fun classes and avoid further injury.

THANK YOU!



# IMPORTANT DATES

***Wednesday, September 28 from 4:30 pm-5:30 pm  
FREE Forms review for Brown, Sr. Brown and Red  
Belts with Master Sue in Spotswood***

***Friday, September 30, 2022 PARENTS NIGHT OUT IN  
SPOTSWOOD 6-9 PM. All Spotswood evening classes  
cancelled. See page 15 for info***

***Saturday, October 1st - MATAWAN DAY! Come out  
and have a blast at this amazing event!***

***Saturday, October 8 - SPOTSWOOD & MATAWAN  
Color Belt Testing IN SPOTSWOOD  
BOTH LOCATIONS CLOSED***

***Sunday, October 9 - MATAWAN ONE YEAR  
ANNIVERSARY OPEN HOUSE!***

***Sunday, October 23 - FASTKIX PICNIC at Thompson  
Park!***

***Friday, October 28 - HALLOWEEN PARTY IN  
SPOTSWOOD***

***Both locations closed for evening classes***

***Monday, October 31 - ALL AFTERNOON/EVENING  
CLASSES CANCELLED. HAPPY HALLOWEEN!***

***Saturday, November 19th - FASTKIX IN-SCHOOL  
CHAMPIONSHIP! More details to come!***

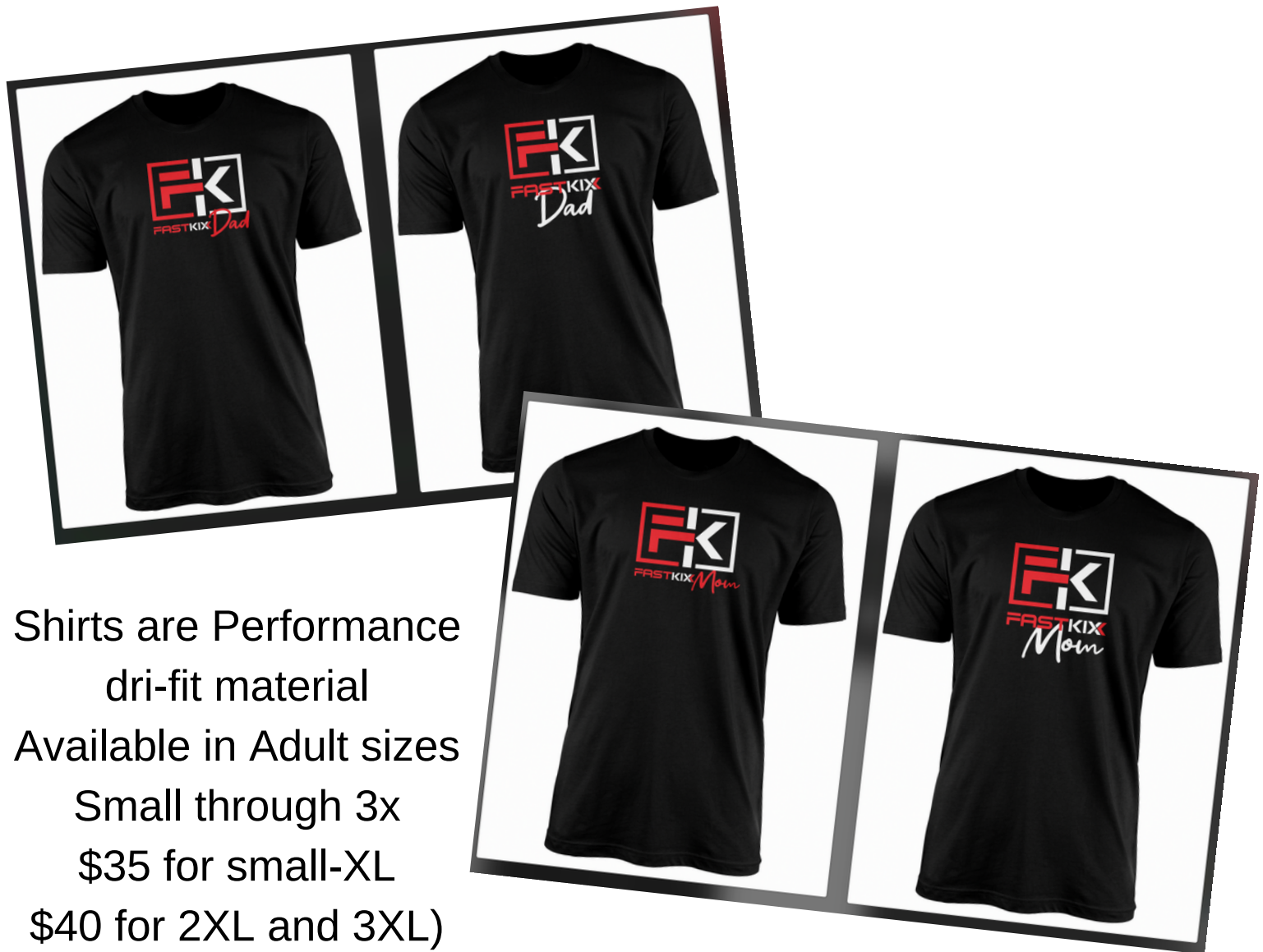


# NEW FOR FALL 2022

Check out our Fastkix Mom and Fastkix Dad shirts!

What a great way to support your  
favorite Fastkix student!

Easy ordering on our website [www.fastkix.com/pro-shop](http://www.fastkix.com/pro-shop)



Shirts are Performance  
dri-fit material  
Available in Adult sizes  
Small through 3x  
\$35 for small-XL  
\$40 for 2XL and 3XL)

# MATAWAN TAEKWONDO FOCUS



## MATAWAN-This week's taekwondo focus

MONDAY - Self-Defense/Kicks

TUESDAY - Forms/Stances

WEDNESDAY - Self-Defense/Sparring

THURSDAY - Sparring/Footwork

FRIDAY - Review

		MATAWAN SEPTEMBER 2022 FOCUS SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>REMINDER FULL UNIFORMS IN CLASS AS OF TUESDAY, SEPT. 6th PLEASE</b>			Sept 1 Sparring Kicks	Sept. 2 <b>CLOSED</b>	Sept. 3 <b>CLOSED</b>	
TECHNIQUE	Sept. 5 <b>CLOSED</b>	Sept. 6 Self-Defense Footwork Kicks	Sept. 7 Sparring Forms Stances	Sept. 8 Kicks Self-Defense Basics	Sept. 9 Review	Sept. 10 <b>BACK TO SCHOOL REVIEW</b>	
BALANCE	Sept. 12 Sparring Self-Defense	Sept. 13 Kicks Footwork Kicking basics	Sept. 14 Forms Kicks Stances	Sept. 15 Sparring Self-Defense	Sept. 16 Review	Sept. 17 <b>BACK TO SCHOOL REVIEW</b>	
POWER	Sept. 19 Forms Kicks	Sept. 20 Sparring Self-Defense	Sept. 21 Forms Stances Basics	Sept. 22 Forms Self-Defense	Sept. 23 <b>CLOSED BLACK BELT TESTING</b>	Sept. 24 <b>CLOSED BLACK BELT TESTING</b>	
SPEED	Sept. 26 Self-Defense Kicks	Sept. 27 Forms Stances	Sept. 28 Self-Defense Sparring	Sept. 29 Sparring Footwork	Sept. 30 Review	October 1 <b>CLOSED MATAWAN DAY!</b>	

PLEASE NOTE: There are some days that we deviate from the printed schedule for various reasons, but you have our promise that we will do our best to follow this schedule as much as possible. As our tournament gets closer, we'll be spending more class time working on tournament preparation for forms and sparring competition while still balancing regular curriculum instruction. Thank you!

# SPOTSWOOD TAEKWONDO FOCUS



## SPOTSWOOD-This week's taekwondo focus



MONDAY - Self-Defense/Breaking/BB Forms

TUESDAY - Forms/Kicks

WEDNESDAY - Self-Defense/Sparring

THURSDAY - Sparring/Breaking

FRIDAY - CLOSED

		SPOTSWOOD SEPTEMBER 2022 FOCUS SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<b>REMINDER FULL UNIFORMS IN CLASS AS OF TUESDAY, SEPT. 6th PLEASE</b>			Sept 1 Sparring Kicks	Sept. 2 <b>CLOSED</b>	Sept. 3 <b>CLOSED</b>	
TECHNIQUE	Sept. 5 <b>CLOSED</b>	Sept. 6 Self-Defense Footwork Kicks	Sept. 7 Sparring Forms Breaking	Sept. 8 Kicks Self-Defense Breaking	Sept. 9 Review	Sept. 10 <b>BACK TO SCHOOL REVIEW</b>	
BALANCE	Sept. 12 Sparring Self-Defense	Sept. 13 Kicks Breaking	Sept. 14 Forms Kicks Breaking	Sept. 15 Sparring	Sept. 16 Review	Sept. 17 <b>BACK TO SCHOOL REVIEW</b>	
POWER	Sept. 19 Forms Kicks BB Breaking	Sept. 20 Sparring Self-Defense Breaking	Sept. 21 Forms Kicks BB Breaking	Sept. 22 Forms Self-Defense	Sept. 23 <b>CLOSED BLACK BELT TESTING</b>	Sept. 24 <b>CLOSED BLACK BELT TESTING</b>	
SPEED	Sept. 26 Self-Defense Breaking BB Forms	Sept. 27 Forms Kicks	Sept. 28 Self-Defense Sparring	Sept. 29 Sparring Breaking	Sept. 30 <b>CLOSED (Parents Night Out)</b>	October 1 Review	



PLEASE NOTE: There are some days that we deviate from the printed schedule for various reasons, but you have our promise that we will do our best to follow this schedule as much as possible. As our tournament gets closer, we'll be spending more class time working on tournament preparation for forms and sparring competition while still balancing regular curriculum instruction. Thank you!





# MINI MASTERS TAEKWONDO FOCUS

This week's Mini Masters Focus is Kicking & Running

	<b>MINI MASTERS FOCUS</b> <b>September/October 2022</b>			
WEEK OF	FOCUS 1	FOCUS 2	SLASH/STRIPE	
August 29	KICKING	RUNNING	Slash	
September 5	STRIKING	CRAWLING	Slash	
September 12	BLOCKING	BALANCE	Slash	
September 20	ROLLING	LIFE SKILLS	Slash	
<p>CONGRATULATIONS! Your child should have 8 slashes. If you need any makeup sessions to earn any of the 8 slashes, please reach out to us to schedule a makeup lesson.</p>				
September 27	KICKING	RUNNING	Stripe	
October 3	STRIKING	CRAWLING	Stripe	
October 10	BLOCKING	BALANCE	Stripe	
October 17	ROLLING	LIFE SKILLS	Stripe	



# Competition Class News

**NEW! Matawan Level 1 Competition Class on Tuesdays and Thursdays from 4:45 pm to 5:45 pm!**

**Classes resume August 9th**

**Remember for September, Level 1 Competition team members can come to Level 1 AND Level 2 times!**

## SCHEDULE

Saturday, September 24 - NO CLASS (Testing)

Saturday, October 1 - NO CLASS (Matawan Day)

Saturday, October 8 - NO CLASS (Testing)



# KICKBOXING NEWS

**SUNDAY KICKBOXING IS BACK!**

**Starting Sunday, September 12th  
9am in Spotswood!**

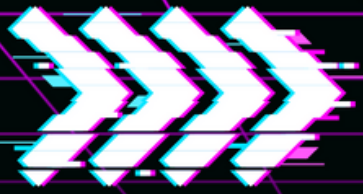


**NEW for Fall 2022!**

Kickboxing tanks  
100% cotton

Available in adult sizes small, medium, large and extra large

**\$25**



# PARENTS'

# NIGHT

# OUT!

**FRIDAY, SEPTEMBER 30th**

**6-9 PM IN SPOTSWOOD**

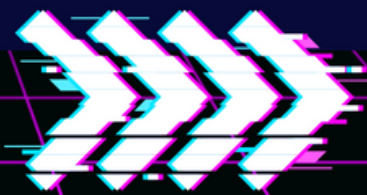
**\$30 per child (cash only please)**

Enjoy a quiet, child-free night.

Games, movies, Video games, snacks and MORE  
with Master Charles!

Open to all students and siblings ages 4 and up!

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





Join us for our

# FASTKIX PICNIC

with games, food and fun!

**Sunday, October 23, 2022**

**11:00 am - 3:00 pm**

**THOMPSON PARK**

**GROVE 4A**

**Lakeview Drive**

**Monroe Twp., NJ**



**Family Style Pot Luck!**  
**Sign up sheets are in each lobby!**



WELCOME

MARY, XAVIER,  
VEER, VIHAAN &  
JASON

WE'RE SO GLAD  
YOU CHOSE US!