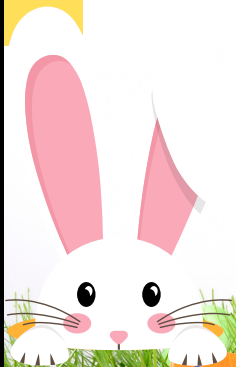




THIS WEEK AT FASTKIX
Saturday, April 1 to
Saturday, April 8



REGULAR SCHEDULE
MONDAY THROUGH
THURSDAY
WE ARE CLOSED
FRIDAY, APRIL 7th
(all day in both locations)
OPEN SATURDAY,
APRIL 8th



HAPPY EASTER



IMPORTANT DATES

Monday, April 3rd - BUDDY DAY! Bring a friend to class!

Friday, May 5, 2023 at 6 pm

MATAWAN Color Belt Test 6 pm

Saturday, May 6, 2023 starting at 9 am

SPOTSWOOD Color Belt Tests

Monday, May 8, 2023 - "SUMMER UNIFORM STARTS"

Fastkix T-shirts allowed for class with uniform pants and belt (only Fastkix T-shirts please, no other shirts) SEE PAGE 3 FOR ORDERING INFO!

Thursday, May 18, 2023 from 7-9 pm

Tournament Setup at Rider University VOLUNTEERS NEEDED!

Saturday, May 20, 2023 NJ STATE AAU TAEKWONDO CHAMPIONSHIP!

Starting May 8th,
students may wear
**Summer
Uniforms!**

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

Easy Ordering at
www.fastkix.com/pro-shop



Starting Monday, May 8th, students will be permitted to wear "Summer" uniforms consisting of a Fastkix t-shirt, uniform pants and belt. (Only Fastkix shirts are permitted, please, no other style/type). We have some cool new styles this summer including NEON! Order yours TODAY at www.fastkix.com/pro-shop

PLEASE ORDER BY APRIL 10TH FOR DELIVERY THE FIRST WEEK OF MAY! Orders received after that date will be processed as soon as we have the minimum quantity of 6 items to order.

If you have any questions, please reach out to Master Sue

WWW.FASTKIX.COM

THIS MONDAY!



BUDDY DAY



**MONDAY, APRIL 3RD
ALL CLASSES!**

Everything's better with a friend!





THANK YOU!!



THANK YOU to everyone who has donated toward Mr. JT's community service project! He has a truck full of food for Alice's Cup! Your support means the world to our community!

WWW.FASTKIX.COM

CONGRATULATIONS

**to Mr. Aaron
on his
induction
into the
National
Honor
Society!**



Also inducted was one of our former black belts, Mr. Arjun! We are so proud of you both!



LOST & FOUND



Recognize these? They're in our lost and found along with 3 helmets, assorted arm and leg pads and some coats.
PLEASE CLAIM YOUR ITEMS!
Thank you!



CONGRATULATIONS TO OUR MARCH ATTENDANCE AWARD WINNERS!

Name	Program	# of classes	Medal
Denise Spicuzzo	Kickboxing	26	Gold
Tami Smith	Kickboxing	19	Gold
Aanvi Javia	Taekwondo	18	Gold
Hyo Jin Jeon	Taekwondo	18	Gold
Dylan Eskow	Taekwondo	18	Gold
Anthony Gergis	Taekwondo	17	Gold
Reeva Javia	Taekwondo	17	Gold
Braelynn Habib	Taekwondo	17	Gold
Joellen Wallace	Kickboxing	16	Gold
Madison D'Ambrosio	Taekwondo	16	Gold
Luke Eskow	Mini Masters	11	Gold





CONGRATULATIONS TO OUR MARCH ATTENDANCE AWARD WINNERS!



Name	Program	# of classes	Medal
Vishakha Patel	Kickboxing	15	Silver
Valentyna Kotsiubka	Taekwondo	15	Silver
Louis Custuna	Taekwondo	15	Silver
Neil Bloom	Taekwondo	15	Silver
Haadi Javaid	Taekwondo	15	Silver
Mattia Roveccio	Taekwondo	15	Silver
Vickie DeBari	Kickboxing	15	Silver
Mate Tvalmikhelashvili	Taekwondo	15	Silver
Jakob Duncan	Taekwondo	14	Silver
Alex Annino	Taekwondo	14	Silver
Lyle Annino	Kickboxing	14	Silver
Emanuele Roveccio	Taekwondo	14	Silver
Jackson Tirado	Taekwondo	14	Silver
Ophelia Baldwin	Taekwondo	14	Silver
Nylah Perez	Taekwondo	14	Silver
Stephanie Pamnani	Kickboxing	14	Silver
Jasmin Cruz	Kickboxing	14	Silver
Priya Singh	Taekwondo	13	Silver
Nicholas Jach	Taekwondo	13	Silver
Michael Vergara	Taekwondo	13	Silver
Liana Jessup	Taekwondo	13	Silver
Yuti Chaudhary	Taekwondo	13	Silver
Kirollos Hakim	Taekwondo	12	Silver
Jacy Lopez	Taekwondo	12	Silver
Yoo Joon Jeon	Taekwondo	12	Silver
Nirvi Paliwal	Taekwondo	12	Silver
Zeyas Chaliawala	Competition Team	10	Silver
Tiana Chaliawala	Competition Team	9	Silver
Anvi Ajay	Competition Team	8	Silver
Ava Shawki	Mini Masters	8	Silver
Charan Thanneeru	Competition Team	8	Silver
Kevin Tejada	Competition Team	8	Silver
Niko Mousouroulis	Competition Team	8	Silver
Jackson McHale	Mini Masters	8	Silver
Kayla Jessup	Mini Masters	8	Silver



CONGRATULATIONS TO OUR MARCH ATTENDANCE AWARD WINNERS!

Name	Program	# of classes	Medal
Lynsey Hakim	Taekwondo	11	Bronze
Landon de la Pena	Taekwondo	11	Bronze
Ryden Duncan	Taekwondo	11	Bronze
Lucas Avila	Taekwondo	11	Bronze
Aryan Chinta	Taekwondo	11	Bronze
Daniel Gomes	Taekwondo	11	Bronze
Yasith Abeynayaka	Taekwondo	11	Bronze
Easton MacNeill	Taekwondo	11	Bronze
Aditya Jince Varghese	Taekwondo	11	Bronze
Zeyas Chaliawala	Taekwondo	10	Bronze
Sophie Martiak	Taekwondo	10	Bronze
Miguel Jimenez Guzman	Taekwondo	10	Bronze
Paige Hogan	Taekwondo	10	Bronze
Ethan Peedikaparambil	Taekwondo	10	Bronze
Avyan Mathur	Taekwondo	10	Bronze
Ritvik Tuteja	Taekwondo	10	Bronze
Drishti Tuteja	Taekwondo	10	Bronze
Maximilian Lewczuk	Taekwondo	10	Bronze
Shahzoda Kahorova	Taekwondo	10	Bronze
Olivia Giurato	Taekwondo	10	Bronze
Nylah Perez	Competition Team	7	Bronze
Travis Jaworowski	Competition Team	6	Bronze
Asher Ta	Mini Masters	6	Bronze
Angelina Smith	Competition Team	6	Bronze
Owen Melendez	Competition Team	6	Bronze
Lilly Chayko	Mini Masters	6	Bronze

TAEKWONDO

FOCUS



This week's taekwondo focus

Monday-Forms, Self Defense
 Tuesday - Footwork, Sparring
 Wednesday, Breaking, Sparring
 Thursday, Forms, Self Defense
 Friday - CLOSED



APRIL 2023 FOCUS SCHEDULE





	Monday 4/3	Tuesday 4/4	Wednesday 4/5	Thursday 4/6	Friday 4/7	Saturday 4/8
Blue Stripes for those with classes & Know material	Forms & Low rank forms, Self Defense	Footwork & Sparring	Breaking & Sparring	Forms & Low Rank Forms, Self Defense	CLOSED	Forms
	Monday 4/10	Tuesday 4/11	Wednesday 4/12	Thursday 4/13	Friday 4/14	Saturday 4/15
Review Week (Little bit of everything) extra help for those that need	Review & Extra Help	Review & Extra Help	Review & Extra Help	Review & Extra Help	Review & Extra Help	Review & Extra Help
	Monday 4/17	Tuesday 4/18	4/19/2023	Thursday 4/20	Friday 4/21	Saturday 4/22
Tournament Prep- Focus on Technique and teaching tournament rules	Forms & Sparring	Speed Breaking (Hands & Feet)	Speed Breaking (Hands & Feet)	Forms & Sparring	Practice Tournament	Practice Tournament
	Monday 4/24	Tuesday 4/25	Wednesday 4/26/2023	Thursday 4/27	Friday 4/28	Saturday 4/29
Testing Review	Breaking & Forms	Sparring & Kicks	Self Defense & Breaking	Forms & Sparring	Review	Review

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!

MINI MASTERS NEWS



 MINI MASTERS FOCUS SCHEDULE 			
Week	FOCUS 1	FOCUS 2	SLASH/STRIPE
Week 1 Week of 3/6/2023	KICKING	BALANCE	Slash
Week 2 Week of 3/13/2023	STRIKING	RUNNING	Slash
Week 3 Week of 3/20/2023	BLOCKING	CRAWLING	Slash
Week 4 Week of 3/27/2023	ROLLING	LIFE SKILLS	Slash
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.			
Week 5 Week of 4/3/2023	KICKING	BALANCE	Stripe
Week 6 Week of 4/10/2023	STRIKING	RUNNING	Stripe
Week 7 Week of 4/17/2023	BLOCKING	CRAWLING	Stripe
Week 8 Week of 4/24/2023	ROLLING	LIFE SKILLS	Stripe



KICKBOXING NEWS

SPOTSWOOD

Regular schedule Monday through
Thursday.

NO CLASS FRIDAY 4/7

Regular class Saturday 4/8

MATAWAN

Regular schedule Monday through
Thursday.

NO CLASS FRIDAY 4/7

DON'T MISS IT!

2023 NEW JERSEY AAU STATE CHAMPIONSHIP



National Qualifier!
New Events & Staging Times
10 Competition Rings!
Beautiful Custom Medals!
DAEDO Gen 2 For ALL Intermediate,
Advanced & Black Belts

MAY 20th 2023

**RIDER UNIVERSITY
STUDENT REC CENTER**

2083 Lawrenceville Rd.
Lawrenceville, NJ 08648

Register Today!
TOURNEYREG.NET



2023 NEW JERSEY AAU **STATE CHAMPIONSHIP**

WANT TO COMPETE?

We'd love to have you!

Our tournament has competition in

-Olympic Sparring

-Forms (ITF & Open Divisions)

-Board Breaking (repetitive breaking
either hand technique or side kick)

If you're unsure about competing,
please speak to one of our adult
instructors. We'll explain the entire
process to you!

Registration is open at
www.tourneyreg.net