



**THIS WEEK AT FASTKIX**

**August 16, 2025**

**to**

**August 23, 2025**

**REGULAR SCHEDULE**

**THIS WEEK**



# IMPORTANT DATES

**Monday, August 18**

**Forms Class for all Brown, Sr. Brown, Red & Sr. Brown belts**

**5:30 pm to 6:15 pm in Spotswood**

**(this class runs during the regular childrens' intermediate class)**

**Monday, August 18**

**Girl to Girl Mentor Class 6:15 pm to 7:00 pm in Matawan**

**(this class runs during the regular children's advanced class)**

**Tuesday, August 19**

**Girl to Girl Mentor Class 6:15 pm to 7:00 pm in Spotswood**

**(this class runs during the regular children's intermediate class)**

**Wednesday, August 20**

**Forms Class for all Brown, Sr. Brown, Red & Sr. Brown belts**

**5:30 pm to 6:15 pm in Matawan**

**(this class runs during the regular childrens' beginner class)**

**Wednesday, August 27**

**Color Belt Forms Class for all Brown Belts and higher**

**7:00 pm to 7:45 pm in Spotswood**

**(this class runs during the regular childrens' intermediate class)**

**Friday, August 29 through Monday, September 1**

**Closed for Labor Day Weekend**



# IMPORTANT DATES

**Wednesday, September 3**

**Color Belt Forms Class for all Brown belts and higher**

**7:00 pm to 7:45 pm in Spotswood**

**(this class runs during the regular childrens' intermediate class)**

**Friday, September 5**

**No MORNING Strength Training or Kickboxing**

**Regular afternoon/evening schedule**

**Saturday, September 6**

**Instructor Training and Tryouts**

**11:15 am to 12:15 pm in Spotswood**

**All current instructors must attend**

**Monday, September 8**

**Color Belt Forms Class for all brown belts and higher**

**5:30 pm to 6:15 pm in Matawan**

**(This class runs during the regular childrens' beginner class)**

**Saturday, September 13, 2025**

**Girls Field Day! 12:00 pm to 2:30 pm (weather permitting)**

**Great Oak Park, 260 Rues Lane, East Brunswick**

**\$20 per girl - all ages/ranks welcome!**

**Monday, September 15**

**Black Belt Forms Class for all 1<sup>st</sup> Degree Senior Black Belts & higher**

**7:00 pm to 7:45 pm**

**(This class runs during the regular childrens' advanced class)**

**Monday, September 15**

**Girl to Girl Mentor Class 6:15 pm to 7:00 pm in Matawan**

**(this class runs during the regular children's advanced class)**



# IMPORTANT DATES

**Tuesday, September 16**

**Girl to Girl Mentor Class 6:15 pm to 7:00 pm in Spotswood  
(this class runs during the regular children's intermediate class)**

**Thursday, September 25 - Mini Masters Test (in class)**

**Friday, September 26 - Matawan Color Belt Test**

**Saturday, September 27 - Spotswood Color Belt Test**

**Wednesday, October 1, 2025 Color Belt Makeup Test  
4:00 pm in Spotswood (additional fee applies)**

**Friday, October 10 - Black Belt Test 5:00 pm in Spotswood**

**Friday, October 24 - Halloween Party 6-8 pm in Spotswood  
No afternoon or evening classes (there is morning kickboxing)**

**Thursday, October 31 - CLOSED**

**No afternoon or evening classes (there is morning kickboxing)  
Happy Halloween!**

**Saturday, November 15 - FASTKIX CHAMPIONSHIP!**

**Thursday, November 27 through Sunday, November 30  
Closed for Thanksgiving weekend**

**Wednesday, December 24 through Thursday, January 1  
Closed for Winter Break**





# FOCUS SCHEDULE

All week

Testing evaluations and review

Please bring your gear and boards every day



## AUGUST 2025 FOCUS SCHEDULE



	<b>Mon 7/28</b>	<b>Tues 7/29</b>	<b>Wed 7/30</b>	<b>Thurs 7/31</b>	<b>Fri 8/1</b>	<b>Sat 8/2</b>
ReviewWeek - All Red & White Stripe material and make sure they knowsome/ most self defense	Review	Review	Review	Review	Review	Review
	<b>Mon 8/4</b>	<b>Tues 8/5</b>	<b>Wed 8/6</b>	<b>Thurs 8/7</b>	<b>Fri 8/8</b>	<b>Sat 8/9</b>
Kicks - in different applications. Using required kicks in self defense or breaking or sparring	Kicks (in different ways)	Kicks (in different ways)	Forms / Kicks	Kicks / Breaking / Self Defense	Forms, Kicks, Sparring	Forms, Kicks
	<b>Mon 8/11</b>	<b>Tues 8/12</b>	<b>Wed 8/13</b>	<b>Thurs 8/14</b>	<b>Fri 8/15</b>	<b>Sat 8/16</b>
Self Defense / Sparring	Self Defense / Sparring	Self Defense / Breaking / Sparring	Self Defense , Forms , Sparring	Self Defense, Sparring	Self Defense, Forms, Kicks	Self Defense
	<b>Mon 8/18</b>	<b>Tues 8/19</b>	<b>Wed 8/20</b>	<b>Thurs 8/21</b>	<b>Fri 8/22</b>	<b>Sat 8/23</b>
Evaluations & Review	Evaluations & Review	Evaluations & Review	Evaluations & Review	Evaluations & Review	Evaluations & Review	Evaluations & Review
	<b>Mon 8/25</b>	<b>Tues 8/26</b>	<b>Wed 8/27</b>	<b>Thurs 8/28</b>	<b>Fri 8/29</b>	<b>Sat 8/30</b>
Tournament Practice	Tournament Forms	Tournament Breaking	Tournament Sparring	Tournament Practice	<b>CLOSED</b>	<b>CLOSED</b>

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!



**JULY 2025  
STUDENTS OF THE MONTH**



**VERONICA S.**

**AJ S.**



**MAIA A.**



**JULY 2025  
STUDENTS OF THE MONTH**

**AARIE S.**



**ISABELLA A.**



**PAOLO D.**



**SHREY P.**



**MIKAH P.**





# GIRL TO GIRL

## MONTHLY MENTOR CLASS



LED BY MISS ISABELLA



**MATAWAN**

**MONDAY, AUGUST 18, 2025**

**FROM 6:15 PM TO 7:00 PM**

**SPOTSWOOD**

**TUESDAY, AUGUST 19, 2025**

**FROM 6:15 PM TO 7:00 PM**



# Forms Classes

**FREE low rank forms review classes  
PLEASE COME TO THE CLASS  
FOR YOUR RANK!**

**Monday, August 18, 2025**

**5:30 pm to 6:15 pm in Spotswood**

**For all Brown, Sr. Brown, Red & Senior Red Belts**

**(This class runs at the same time as the children's intermediate class)**

**Wednesday, August 20, 2025**

**5:30 pm to 6:15 pm in Matawan**

**For Brown, Sr. Brown, Red & Sr. Red Belts**

**(This class runs at the same time as the children's beginner class)**

**Wednesday, August 27, 2025**

**7:00 pm to 7:45 pm in Spotswood**

**For Brown, Sr. Brown, Red & Sr. Red Belts**

**(This class runs at the same time as the children's intermediate class)**





# September Forms Classes

**FREE low rank forms review classes  
PLEASE COME TO THE CLASS  
FOR YOUR RANK!**



**Wednesday, September 3, 2025**

**7:00 pm to 7:45 pm in Spotswood**

**For Brown Belts & Higher (Review Color Belt Forms only)**

**(This class runs at the same time as the children's intermediate class)**

**Monday, September 8, 2025**

**5:30 pm to 6:15 pm in Matawan**

**For Brown Belts & Higher**

**(Review Color Belt Forms only)**

**(This class runs at the same time as the children's beginner class)**

**Monday, September 15, 2025**

**7:00 pm to 7:45 pm in Spotswood**

**For Black Belts**

**(Review Low Rank Black Belt Forms only)**

**(This class runs at the same time as the children's advanced class)**



# **INSTRUCTOR TRAINING & TRYOUTS**

**SATURDAY, SEPTEMBER 6**

**11:15 AM TO 12:15 PM**

**IN SPOTSWOOD**

**ALL INSTRUCTORS**

**MUST ATTEND!**

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

**Age 11 or younger and at least a Senior Brown belt  
-OR- age 12 and up and at least a Green belt**







# GIRLS FIELD DAY!

**\$20 PER GIRL!**

**SNACKS AND DRINKS WILL BE  
PROVIDED, PLEASE BRING LOTS OF  
WATER!!**

**DON'T MISS THE FUN!**

**SATURDAY**

**13**

**SEPTEMBER**

**12:00 - 2:30PM**

**GREAT OAK PARK  
260 RUES LANE  
EAST BRUNSWICK, NJ 08816**

**FOR GIRLS OF ALL AGES!**

**PLEASE RSVP**







**MINI MASTERS**

**Thursday,**

**September 25, 2025**

**in class**

**Please wear full uniform  
(pants & top) and belt!**





# **FALL BELT TESTING SCHEDULE**

## **COLOR BELTS - MATAWAN**

**Friday, September 26, 2025**

**6:00 pm for all Childrens' White, Yellow,  
Sr. Yellow, Green & Senior Green belts**

## **COLOR BELTS - SPOTSWOOD**

**Saturday, September 27, 2025**

**9:00 am for all Childrens' White, Yellow,  
Senior Yellow and Green Belts**

**11:00 am for all Childrens' Senior Green  
through Red Belts**

**1:00 pm for all Young Adults - ALL RANKS**

**Makeup Test - Wednesday,**

**October 1, 2025**

**4:30 pm in Spotswood**





# **FALL BELT TESTING SCHEDULE**

## **BLACK BELTS**

**Friday, October 10, 2025  
5:00 PM for all  
ages/ranks**

