



**THIS WEEK AT
FASTKIX
Saturday, Aug. 6
to
Saturday, Aug. 13**



WELCOME HOME SOFIA!

**CONGRATULATIONS
ON AN AMAZING
WORLD
CHAMPIONSHIP
REPRESENTING
TEAM USA!**

**Our FIRST Fastkix athlete
to compete at
the world level!**

We are so proud of you!



CONGRATULATIONS

CONGRATULATIONS
to our newest AAU National
Olympic Sparring Team
member Jason Lewis! He
earned his spot today with
some amazing fights!
We are so proud of you
Jason!



CONGRATULATIONS to
Cameron Massay for earning
a Silver Medal and making
the B Team of the AAU
National Olympic Sparring
Team! He was the youngest
athlete in his division and
fought amazingly well!
Way to go Cameron!





IMPORTANT DATES

Regular Schedule all week!

*Friday, September 2 through Monday September 5
CLOSED for Labor Day Weekend*

Tuesday, September 6 - Full uniforms in class please

Sunday, September 11 - Sunday Kickboxing resumes!

*Sunday, September 11 & Sunday, September 18 - Black
Belt Testing Preparation Classes (see page 4 for more info)*

*Friday, September 23 & Saturday, September 24 - Black
Belt Testing (dates/times to be determined)*

BOTH LOCATIONS CLOSED FRIDAY NIGHT & SATURDAY

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

Friday, October 7 - MATAWAN Color Belt Testing

BOTH LOCATIONS CLOSED FOR EVENING CLASSES

Saturday, October 8 - SPOTSWOOD Color Belt Testing

BOTH LOCATIONS CLOSED

Friday, October 28 - HALLOWEEN PARTY IN SPOTSWOOD

Both locations closed for evening classes



BLACK BELT TESTING PREPARATION CLASSES

Black Belt testing will be held on
September 23 & 24, 2022.

Please join us for the following preparation classes.

These are FREE!

Pre-registration requested please-go to our website's
events page.

SUNDAY, SEPTEMBER 11th &

SUNDAY, SEPTEMBER 18th

9:45 am - 10:30 am - Black Belt Candidates

10:30 am - 11:15 am - 1st Degree & 1st Degree

Senior Black Belts

11:15 am - 12:00 pm - 2nd Degree and up



Congratulations!

July Attendance Awards

Name	Program	# of classes	Medal
Stephanie Pamnani	Kickboxing	19	Gold
Alicia Gyorfi	Kickboxing	18	Gold
Haadi Javaid	Taekwondo	17	Gold
Nylah Perez	Taekwondo	16	Gold
Ophelia Baldwin	Mini Masters	11	Gold
Olivia Mavely	Mini Masters	10	Gold
Jennifer Scully	Kickboxing	15	Silver
Keeko de la Pena	Kickboxing	15	Silver
Madison D'Ambrosio	Taekwondo	15	Silver
Neil Bloom	Taekwondo	14	Silver
Aryan Chinta	Taekwondo	14	Silver
Aman Cheema	Taekwondo	14	Silver
Vickie DeBari	Kickboxing	14	Silver
Eli Shamailov	Taekwondo	14	Silver
Yoo Joon Jeon	Taekwondo	14	Silver
Jasmin Cruz	Kickboxing	14	Silver
Joellen Wallace	Kickboxing	13	Silver
Kirollos Hakim	Taekwondo	13	Silver
Lynsey Hakim	Taekwondo	13	Silver
Nicholas Jach	Taekwondo	13	Silver
Brian Shamailov	Taekwondo	13	Silver
Mia Shamailov	Taekwondo	13	Silver
Hyo Jin Jeon	Taekwondo	13	Silver
Josiah Anis	Taekwondo	12	Silver
Siri Harish	Taekwondo	12	Silver
Louis Custuna	Taekwondo	12	Silver
Manuel Lebron	Taekwondo	12	Silver
Jacy Lopez	Taekwondo	12	Silver



Congratulations!

July Attendance Awards

Name	Program	# of classes	Medal
Valentyna Kotsiubka	Taekwondo	11	Bronze
Landon de la Pena	Taekwondo	11	Bronze
Aaron Thomas	Taekwondo	11	Bronze
George Gad	Taekwondo	11	Bronze
Avyan Mathur	Taekwondo	11	Bronze
Allie He	Taekwondo	10	Bronze
Holly Trask	Taekwondo	10	Bronze
Michael Vergara	Taekwondo	10	Bronze
Alex Annino	Taekwondo	10	Bronze
Braelynn Habib	Taekwondo	10	Bronze
Dylan Eskow	Taekwondo	10	Bronze
Kiyan Patel	Mini Masters	6	Bronze

MATAWAN TAEKWONDO FOCUS



MATAWAN-This week's taekwondo focus

MONDAY- Footwork/Self-Defense

TUESDAY - Sparring/Self-Defense

WEDNESDAY - Sparring/Footwork/Self-Defense

THURSDAY - Basics/Forms/Kicks

FRIDAY - Forms/Self-Defense

	 MATAWAN AUGUST 2022 FOCUS SCHEDULE 					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FLEXIBILITY	August 1 Self-Defense Forms	August 2 Sparring Footwork	August 3 Stances Hand & foot timing	August 4 Kicks Footwork Self-Defense	August 5 Sparring Kicks	August 6 Review
STAMINA	August 8 Footwork Self-Defense	August 9 Sparring Self-Defense	August 10 Sparring Footwork Self-Defense	August 11 Basics Forms Kicks	August 12 Forms Self-Defense	August 13
SPEED	August 15 Self-Defense Blocks	August 16 Footwork Sparring	August 17 Kicks Self-Defense	August 18 Forms Stances	August 19 Sparring	August 20
TIMING	August 22 Forms Stances Self-Defense	August 23 Self-Defense Footwork Kicks	August 24 Footwork Sparring Timing	August 25 Kicks Sparring Self-Defense	August 26 Forms Hand & foot timing	August 27
REVIEW	August 29 Sparring Self-Defense	August 30 Kicking basics Kicks	August 31 Forms Kicks Basics	September 1 Sparring Self-Defense	September 2 CLOSED	September 3 CLOSED

SPOTSWOOD TAEKWONDO FOCUS



SPOTSWOOD-This week's taekwondo focus

MONDAY- Breaking/Self-Defense

TUESDAY - Sparring/Self-Defense

WEDNESDAY - Sparring/Self-Defense/Footwork

THURSDAY - Breaking/Forms/Kicks

FRIDAY - Forms/Self-Defense

	 SPOTSWOOD AUGUST 2022 FOCUS SCHEDULE 					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 8 FLEXIBILITY	August 1 Self-Defense Forms	August 2 Sparring Footwork Breaking	LADIES SELF- DEFENSE CLASS 6-8 PM All regular classes cancelled	August 4 Kicks Footwork Self-Defense	August 5 Sparring Kicks	August 6 Review
WEEK 9 STAMINA	August 8 Footwork Breaking Self Defense	August 9 Sparring Self-Defense	August 10 Sparring Footwork Self-Defense	August 11 Breaking Forms Kicks	August 12 Forms Self Defense	August 13
WEEK 10 SPEED	August 15 Self-Defense Breaking	August 16 Footwork Sparring	August 17 Kicks Self-Defense	August 18 Forms Sparring	August 19 Review	August 20
WEEK 11 TIMING	August 22 Forms Breaking Self-Defense	August 23 Self-Defense Footwork Kicks	August 24 Footwork Sparring	August 25 Kicks Sparring Self-Defense	August 26 Review	August 27
WEEK 12 REVIEW	August 29 Sparring Self-Defense	August 30 Kicks Breaking	August 31 Forms Kicks Breaking	September 1 Sparring Self-Defense	September 2 CLOSED	September 3 CLOSED



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 July & August, Level 1 Competition team members can come to Level 1 AND Level 2 times!

SCHEDULE

Saturday, 8/6 - 11:00 am - 3:00 pm in Spotswood

Monday, 8/8 - 3:30 pm to 5:30 pm in Spotswood

Tuesday, 8/9 - 4:45 pm to 5:45 pm in Matawan (Level 1 only)

Wednesday, 8/10 - 3:30 pm to 5:30 pm in Spotswood

Thursday, 8/11 - 4:45 pm to 5:45 pm in Matawan (Level 1 only)

Saturday, 8/13-11:00 am - 3:00 pm in Spotswood

Monday, 8/15-3:30 pm to 5:30 pm in Spotswood

Tuesday, 8/16-4:45 pm to 5:45 pm in Matawan (Level 1 only)

Wednesday, 8/17- 3:30 pm to 5:30 pm in Spotswood

Thursday, 8/18 through Saturday, 8/20 - NO CLASS

WELCOME

to our new
Taekwondo Students

Ritvik Tuteja
&
Drishiti Tuteja