

**THIS WEEK AT
FASTKIX**



**Saturday, November 26
to
Saturday, December 3**

**REGULAR SCHEDULE
ALL WEEK!**

A collage of gift ideas for martial arts enthusiasts. It includes a search bar with the text 'Holiday gift ideas' and a magnifying glass icon. Below the search bar are several items: a pair of red and white boxing gloves, a black t-shirt with the FASTKIX logo, a gift certificate with a red ribbon, a pair of red and blue boxing gloves, a red and white jacket, and a white t-shirt with the FASTKIX logo. In the background, there is a large gift box wrapped in brown paper with a red and white striped ribbon, and another gift box with a red ribbon. The background is a blurred green and brown, suggesting a holiday setting.

Holiday gift ideas

Easy ordering on our website
www.fastkix.com/pro-shop
Deadline for guaranteed holiday delivery of gear
& apparel is Dec. 9th

The logo for FASTKIX, featuring a stylized 'FK' in a square frame with red and black colors, and the text 'FASTKIX' below it.

IMPORTANT DATES

***Saturday, December 10 - NINJA SATURDAY IN
SPOTSWOOD! (Matawan will be closed)***

10:30 AM TO 11:00 AM MINI MASTERS

11:00 AM TO 12:00 PM TAEKWONDO STUDENTS

Tuesday, December 13 - MINI MASTERS TESTING

***Friday, December 16 - Parents Night Out 6-9 pm in
Spotswood. (MATAWAN CLOSED 12/16)***

***Saturday, December 24 through Sunday,
January 1 - CLOSED FOR WINTER BREAK***

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

Challenge Question- How many
parts/movements are there in a front kick?

CONGRATULATIONS TO ALL OUR ATHLETES!



FASTKIX CHAMPIONSHIP

SATURDAY, NOVEMBER 19TH



| MINI MASTERS TKD SKILLS OBSTACLE COURSE | | |
|-----------------------------------------|-----------------|--------|
| DIVISION | NAME | PLACE |
| Female | Liana Jessup | Gold |
| | Alayna | Silver |
| Male | Jack Adamcewicz | Gold |
| | Kiyan Patel | Silver |
| | Luke Eskow | Bronze |

MINI MASTERS BREAKING
All athletes successfully broke their boards!

CONGRATULATIONS TO:
Liana Jessup
Alayna
Kiyan Patel
Jack Adamcewicz

| MINI MASTERS LIFE SKILLS OBSTACLE COURSE | | |
|------------------------------------------|-----------------|--------|
| DIVISION | NAME | PLACE |
| Female | Liana Jessup | Gold |
| | Alayna | Silver |
| Male | Jack Adamcewicz | Gold |
| | Kiyan Patel | Silver |
| | Luke Eskow | Bronze |



| PADDED WEAPON SPARRING | | |
|------------------------|-------------------|----------|
| DIVISION | NAME | PLACE |
| Novice 5-6 MF | Gig Smith | Gold |
| | Lucas Leston | Silver |
| | Braelynn Habib | Bronze |
| Intermediate 5-7 M | Ziggy Kraewczyk | Gold |
| | Ravansh Chhabra | Silver |
| | JJ Sojaco | Bronze |
| | Prem Gheewala | Finalist |
| Novice 7-8 M | Aayan Mathur | Gold |
| | Michael Sinatra | Silver |
| Advanced 7-8 Male | Landon de la Pena | Gold |
| | Nicholas Jach | Silver |
| Int/Adv 8-9 Female | Sophie Martiak | Gold |
| | Jia Gheewala | Silver |
| | Saarni Chhabra | Bronze |
| Intermediate 10-11 M | Niko Mousouroulis | Gold |
| | Jayden Dast | Silver |
| | Amir Sobryonov | Bronze |
| | Zeyas Chalkawala | Finalist |
| Adv/Black 10-11 Male | Aaron Thomas | Silver |
| | Aaran Saranah | Bronze |
| Int/Adv/Blk 10-12 Fem | Jacy Lopez | Gold |
| | Tiana Chalkawala | Silver |
| | Ryden Duncan | Bronze |
| Black 10+ Male | Daniel Edward | Gold |
| | Rishi Anne | Silver |
| Int/Adv 11-13 Male | Wayne Handwerk | Gold |
| | Haad Javadi | Silver |
| | Charan Thanneeru | Bronze |



| HAND TECHNIQUE BREAKING | | | |
|-------------------------|-------------------|----------|-------|
| DIVISION | NAME | PLACE | TIME |
| Novice 5-6 MF | Braelynn Habib | Gold | 10:26 |
| | Gig Smith | Silver | 11:00 |
| | Dylan Eskow | Bronze | 14:49 |
| Intermediate 5-7 Male | Ziggy Kraewczyk | Gold | 8:94 |
| | Prem Gheewala | Silver | 9:29 |
| | JJ Sojaco | Bronze | 9:78 |
| | Ravansh Chhabra | Finalist | 10:28 |
| Novice 7-8 Male | Max Lewczak | Gold | 12:09 |
| | Michael Sinatra | Silver | 15:13 |
| Advanced 8-9 MF | Landon de la Pena | Gold | 7:55 |
| | Sophie Martiak | Silver | 8:33 |
| Novice 8-9 Male | Matthew Domingo | Gold | 10:50 |
| | Ryan Wellman | Silver | 11:58 |
| Intermediate 8-9 Female | Saarni Chhabra | Gold | 10:31 |
| | Jia Gheewala | Silver | 10:30 |
| | Amir Sobryonov | Bronze | 9:55 |
| Nov/Int/Adv 10-11 MF | Dominic Howley | Gold | 7:22 |
| | Aaran Saranah | Silver | 8:21 |
| | Aaran Saranah | Bronze | 9:00 |
| | Jacy Lopez | Finalist | 9:00 |
| Int/Black 10+ Male | Wayne Handwerk | Gold | 7:02 |
| | Daniel Edward | Silver | 9:38 |
| Black 10+ Male | Haad Javadi | Gold | 9:08 |
| | Rishi Anne | Bronze | 9:08 |



| OLYMPIC SPARRING | | |
|-------------------------|-------------------|--------|
| DIVISION | NAME | PLACE |
| Novice 5-6 MF | Gig Smith | Gold |
| | Braelynn Habib | Silver |
| | Lucas Leston | Bronze |
| Intermediate 5-9 Male | JJ Sojaco | Gold |
| | Ziggy Kraewczyk | Silver |
| | Ravansh Chhabra | Bronze |
| Intermediate 8-9 Female | Saarni Chhabra | Gold |
| | Jia Gheewala | Silver |
| Advanced 7-8 Male | Landon de la Pena | Gold |
| | Nicholas Jach | Silver |
| Nov/Int 9-11 Male | Niko Mousouroulis | Gold |
| | Amir Sobryonov | Silver |
| | Jayden Dast | Bronze |
| Nov/Int/Adv 10+ Female | Nyiah Perez | Gold |
| | Tiana Chalkawala | Silver |
| Adv 10-12 Male | Aaran Saranah | Gold |
| | Zeyas Chalkawala | Silver |
| | Charan Thanneeru | Bronze |
| Black 10-11 Male | Emanuele Roveccio | Gold |
| | Aaron Thomas | Silver |
| Black 12-14 Male | Daniel Edward | Gold |
| | Luke Curbona | Silver |

| SIDE KICK BREAKING | | | |
|-----------------------|-------------------|--------|-------|
| DIVISION | NAME | PLACE | TIME |
| Novice 5-7 Female | Gig Smith | Gold | 15:59 |
| | Braelynn Habib | Silver | 32:49 |
| Intermediate 7-8 Male | Ravansh Chhabra | Gold | 13:11 |
| | Ziggy Kraewczyk | Silver | 16:46 |
| Int/Adv 8-9 MF | Landon de la Pena | Gold | 8:81 |
| | Saarni Chhabra | Silver | 15:05 |
| Nov/Int 10+ Female | Nyiah Perez | Gold | 12:71 |
| | Jacy Lopez | Silver | 21:09 |
| Nov/Int 10-12 Male | Aaran Saranah | Gold | 11:38 |
| | Niko Mousouroulis | Silver | 16:93 |
| | Aryan Chinta | Bronze | 20:84 |
| | Amir Sobryonov | Bronze | 24:51 |
| Black 11+ MF | Daniel Edward | Gold | 9:02 |
| | Holly Trask | Silver | 11:11 |
| | Emanuele Roveccio | Bronze | 18:63 |
| Black 11+ MF | Ryden Duncan | Bronze | 19:22 |

| FORMS | | |
|-------------------------|-------------------|----------|
| DIVISION | NAME | PLACE |
| Novice 5 Female | Gig Smith | Gold |
| | Braelynn Habib | Silver |
| Novice 5-7 Male | Aayan Mathur | Gold |
| | Dylan Eskow | Silver |
| | Max Lewczak | Bronze |
| Intermediate 5-7 Male | JJ Sojaco | Gold |
| | Prem Gheewala | Silver |
| | Ziggy Kraewczyk | Bronze |
| | Ravansh Chhabra | Bronze |
| Intermediate 8-9 Female | Saarni Chhabra | Gold |
| | Jia Gheewala | Silver |
| Novice 8 Male | Matthew Domingo | Gold |
| | Ryan Wellman | Silver |
| Advanced 7-8 Male | Landon de la Pena | Gold |
| | Nicholas Jach | Silver |
| Nov/Int 9-10 Male | Dominic Howley | Gold |
| | Jake Otero | Silver |
| Adv/Black 10-11 MF | Emanuele Roveccio | Gold |
| | Rishi Anne | Bronze |
| | Aaran Saranah | Bronze |
| | Ryden Duncan | Finalist |
| Intermediate 10-12 MF | Jayden Dast | Gold |
| | Amir Sobryonov | Bronze |
| | Aryan Chinta | Bronze |
| | Niko Mousouroulis | Finalist |
| | Jacy Lopez | Finalist |
| Black 12+ MF | Daniel Edward | Gold |
| | Holly Trask | Silver |

Congratulations!

**CONGRATULATIONS
TO OUR
OCTOBER 2022
STUDENTS OF THE MONTH!**

SPOTSWOOD



MATAWAN

**CONGRATULATIONS
TO OUR
OCTOBER 2022
STUDENTS OF THE MONTH!**



TOYS FOR TOTS



Fastkix is proud to be an official donation site for
TOYS FOR TOTS!

Now through December 10th, please bring in a new, unwrapped toy for any age and donate it to those less fortunate.

Please be generous and help brighten up the holiday of those less fortunate.

We know we can count on our Fastkix family's generosity.
Thank you!





PARENTS NIGHT OUT



- FRIDAY, DECEMBER 16 FROM 6-9 PM IN SPOTSWOOD
- \$30 PER CHILD **(CASH ONLY PLEASE)**
- OPEN TO STUDENTS & SIBLINGS AGE 4 AND UP

PARENTS-GET YOUR HOLIDAY SHOPPING
DONE WITHOUT YOUR KIDS (OR JUST
ENJOY A NIGHT OFF!)
GAMES, MOVIES, VIDEO GAMES, SNACKS
AND MORE WITH MASTER CHARLES!

MATAWAN IS CLOSED FRIDAY, 12/16

PLEASE REGISTER AT
WWW.FASTKIX.COM/EVENTS



NINJA SATURDAY

SATURDAY, DECEMBER 10, 2022

10:30 AM MINI MASTERS

11:00 AM - 12:30 PM TAEKWONDO STUDENTS

ALL AGES/RANKS

ALL MINI MASTER/TAEKWONDO CLASSES IN BOTH LOCATIONS

CANCELLED SATURDAY 12/10



MATAWAN TAEKWONDO FOCUS



MATAWAN-This week's taekwondo focus

MONDAY - Self Defense/Forms

TUESDAY- Self Defense/Sparring

WEDNESDAY - Self Defense/Breaking

THURSDAY - Self Defense/Kicks

FRIDAY - Review

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------------------------|------------------------------------|---------------------------------------------|------------------------------------------------------------------|--------------------------------|-----------------------------------|-----------------------------------------|
| FOCUS | | Nov. 1 | Nov. 2 | Nov. 3 | Nov. 4 | Nov. 5 |
| | | Forms (Stances) Sparring | Speed Breaking & Padded Weapon Sparring | Forms (Power) & Speed Breaking | Sparring & Padded Weapon Sparring | Sweaty Saturday |
| | Nov. 7 | Nov. 8 | Nov. 9 | Nov. 10 | Nov. 11 | Nov. 12 |
| Tournament Prep/ Intro to New Kicks | Sparring & Forms | Sparring & Speed Breaking | Padded Weapon Sparring & Forms (Hand Placement) | Kicks & Sparring | Practice Tournament | REVIEW |
| | Nov. 14 | Nov. 15 | Nov. 16 | Nov. 17 | Nov. 18 | Nov. 19 |
| Tournament Prep/ Kicks & Stretching | Sparring & Padded Weapon Sparring | Forms, Kicks & Speed Breaking | Padded Weapon Sparring & Kicks / stretches | Forms & Speed Breaking | Practice Tournament | CLOSED for FASTKIX CHAMPIONSHIP! |
| | Nov. 21 | Nov. 22 | Nov. 23 | Nov. 24 | Nov. 25 | Nov. 26 |
| White Stripe Testing / Intro to Self Defense | Kicks & Self Defense intro | Self Defense Intro / Kicks / Cardio Workout | Board Breaking Practice Techniques, Self Defense Intro & Workout | CLOSED for THANKSGIVING | CLOSED for THANKSGIVING | CLOSED for THANKSGIVING |
| | Nov. 28 | Nov. 29 | Nov. 30 | Dec. 1 | Dec. 2 | Dec. 3 |
| POWER / Self Defense Week | Self Defense & Form/Low Rank Forms | Self Defense & Sparring | Self Defense & Breaking | Self Defense & Kicks | REVIEW | Sweaty Saturday |

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!

MATAWAN TAEKWONDO FOCUS



MATAWAN-This week's taekwondo focus

MONDAY - Self Defense/Forms

TUESDAY- Self Defense/Sparring

WEDNESDAY - Self Defense/Breaking

THURSDAY - Self Defense/Kicks

FRIDAY - Review

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------------------------|------------------------------------|---------------------------------------------|------------------------------------------------------------------|--------------------------------|-----------------------------------|-----------------------------------------|
| FOCUS | | Nov. 1 | Nov. 2 | Nov. 3 | Nov. 4 | Nov. 5 |
| | | Forms (Stances) Sparring | Speed Breaking & Padded Weapon Sparring | Forms (Power) & Speed Breaking | Sparring & Padded Weapon Sparring | Sweaty Saturday |
| | Nov. 7 | Nov. 8 | Nov. 9 | Nov. 10 | Nov. 11 | Nov. 12 |
| Tournament Prep/ Intro to New Kicks | Sparring & Forms | Sparring & Speed Breaking | Padded Weapon Sparring & Forms (Hand Placement) | Kicks & Sparring | Practice Tournament | REVIEW |
| | Nov. 14 | Nov. 15 | Nov. 16 | Nov. 17 | Nov. 18 | Nov. 19 |
| Tournament Prep/ Kicks & Stretching | Sparring & Padded Weapon Sparring | Forms, Kicks & Speed Breaking | Padded Weapon Sparring & Kicks / stretches | Forms & Speed Breaking | Practice Tournament | CLOSED for FASTKIX CHAMPIONSHIP! |
| | Nov. 21 | Nov. 22 | Nov. 23 | Nov. 24 | Nov. 25 | Nov. 26 |
| White Stripe Testing / Intro to Self Defense | Kicks & Self Defense intro | Self Defense Intro / Kicks / Cardio Workout | Board Breaking Practice Techniques, Self Defense Intro & Workout | CLOSED for THANKSGIVING | CLOSED for THANKSGIVING | CLOSED for THANKSGIVING |
| | Nov. 28 | Nov. 29 | Nov. 30 | Dec. 1 | Dec. 2 | Dec. 3 |
| POWER / Self Defense Week | Self Defense & Form/Low Rank Forms | Self Defense & Sparring | Self Defense & Breaking | Self Defense & Kicks | REVIEW | Sweaty Saturday |

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/Forms

TUESDAY - Self Defense/Sparring

WEDNESDAY - Self Defense/Breaking

THURSDAY - Self Defense/Kicks

FRIDAY - Review

|  | | SPOTSWOOD NOVEMBER 2022 FOCUS SCHEDULE | | | | |  |
|-----------------------------------------------------------------------------------|------------------------------------|---------------------------------------------|------------------------------------------------------------------|--------------------------------|-----------------------------------|-----------------------------------------|--------------------------------------------------------------------------------------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
| FOCUS | | Nov. 1 | Nov. 2 | Nov. 3 | Nov. 4 | Nov. 5 | |
| Tournament Prep / Red Stripe Testing | | Forms (Stances) Sparring | Speed Breaking & Padded Weapon Sparring | Forms (Power) & Speed Breaking | Sparring & Padded Weapon Sparring | Sweaty Saturday | |
| | Nov. 7 | Nov. 8 | Nov. 9 | Nov. 10 | Nov. 11 | Nov. 12 | |
| Tournament Prep/ Intro to New Kicks | Forms (Timing) & Kicks | Sparring & Speed Breaking | Padded Weapon Sparring & Forms (Hand Placement) | Kicks & Sparring | Practice Tournament | REVIEW | |
| | Nov. 14 | Nov. 15 | Nov. 16 | Nov. 17 | Nov. 18 | Nov. 19 | |
| Tournament Prep/ Kicks & Stretching | Sparring & Padded Weapon Sparring | Forms, Kicks & Speed Breaking | Padded Weapon Sparring & Kicks / stretches | Forms & Speed Breaking | Practice Tournament | CLOSED for FASTKIX CHAMPIONSHIP! | |
| | Nov. 21 | Nov. 22 | Nov. 23 | Nov. 24 | Nov. 25 | Nov. 26 | |
| White Stripe Testing / Intro to Self Defense | Kicks & Self Defense intro | Self Defense Intro / Kicks / Cardio Workout | Board Breaking Practice Techniques, Self Defense Intro & Workout | CLOSED for THANKSGIVING | CLOSED for THANKSGIVING | CLOSED for THANKSGIVING | |
| | Nov. 28 | Nov. 29 | Nov. 30 | Dec. 1 | Dec. 2 | Dec. 3 | |
| POWER | Self Defense & Form/Low Rank Forms | Self Defense & Sparring | Self Defense & Breaking | Self Defense & Kicks | REVIEW | Ninja Saturday | |

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 NEWS



MINI MASTERS TESTING
will be Tuesday,
December 13, 2022

Week of November 28 will be
testing preparation in class



Competition Class News

SCHEDULE

WE ARE ON REGULAR SCHEDULE THIS WEEK

All regularly scheduled Competition Team Classes will be held except for the following days:

Saturday, December 10

Saturday, December 24 through Saturday, December 31 (Christmas Break)



FASTKIX FALL REFERRAL BONUS!

EXTENDED!

**October 15th through
November 30th**

**All student referrals who enroll
will earn a DOUBLE referral
bonus!**

That's right-DOUBLE!!

Mini Masters Referrals earn \$50!

Kickboxing referrals earn \$50

Taekwondo referrals earn \$100!

(New students must actually enroll-two week trial does not count)



Fastkix Taekwondo Adult Class Special

Two Months for \$99 for both
Spotswood or Matawan locations!

Exercise
Self Defense

Gain another
place to call
home and meet
people!

Gain confidence

Offer starts November 1st
Expires: December 31st

Package Includes:

Uniform

Contact Us:

Call to book your Trial

732-254-124

Or visit Fastkix.com

**Offer available to new students ages 18 and up
only. Must start classes by December 31, 2022.**



**IT'S
ON!**



2023

**NJ STATE AAU TAEKWONDO
CHAMPIONSHIP**

Saturday, May 20, 2023

**Rider University
Lawrenceville, NJ**