



## **THIS WEEK AT FASTKIX**

**February 1, 2025**

**to February 8, 2025**

**We are open**

**Regular schedule**

**Monday through Friday morning**

**NO FRIDAY NIGHT CLASSES**

**ON FEBRUARY 7th FOR**

**GIRLS MOVIE NIGHT!**

**Regular Saturday Schedule**

**on February 8th**





# IMPORTANT DATES

**Wednesday, February 5 - Forms Review Class with Master Sue Black Belts**

**6:15 pm in Spotswood (this class runs at the same time as regular taekwondo class)**

**Friday, February 7 - GIRLS PAJAMA MOVIE NIGHT**

**6-8:30 in Spotswood PLEASE REGISTER!**

**Monday, February 10 - Forms Review Class with Master Sue Brown & Sr. Brown belts**

**6:15 pm in Spotswood (this class runs at the same time as regular taekwondo class)**

**Week of February 24-March 1 - FITNESS WEEK!**

**Join us for some amazing fitness challenges in all classes all week!**

**Tuesday, February 25 - FASTKIX CAREER NIGHT!**

**Join us for Mr. Dev Amin's 3rd Degree Black Belt Project night to learn all about different careers**

**ALL EVENING CLASSES CANCELLED IN BOTH LOCATIONS  
ON TUESDAY, FEBRUARY 25th**

**Friday, March 21 - Black Belt Testing**

**6:00 pm in Spotswood**

**Friday, May 2 and Saturday, May 3 - Color Belt Testing**



# FOCUS SCHEDULE

**Monday-Sparring, Kicks, Footwork**

**Tuesday-Kicks, Forms, Footwork, Self Defense**

**Wednesday-Sparring, Self Defense, Breaking**

**Thursday, Sparring Breaking**

**Friday- GIRLS PAJAMA MOVIE NIGHT  
(no classes)**

**Saturday-Sparring, Kicks, Breaking**



## FEBRUARY 2025 FOCUS SCHEDULE



	<b>Mon 1/27</b>	<b>Tues 1/28</b>	<b>Wed 1/29</b>	<b>Thurs 1/30</b>	<b>Fri 1/31</b>	<b>Sat 2/1</b>
Red Stripe Review- Board Breaking Intro and figuring out new breaks	Red Stripe Review- Board Breaking Intro and figuring out new breaks	Red Stripe Review- Board Breaking Intro and figuring out new breaks	Red Stripe Review- Board Breaking Intro and figuring out new breaks	Red Stripe Review- Board Breaking Intro and figuring out new breaks	Red Stripe Review- Board Breaking Intro and figuring out new breaks	Red Stripe Review- Board Breaking Intro and figuring out new breaks
	<b>Mon 2/3</b>	<b>Tues 2/4</b>	<b>Wed 2/5</b>	<b>Thurs 2/6</b>	<b>Fri 2/7</b>	<b>Sat 2/8</b>
Sparring / Kicks	Sparring, Kicks, Footwork	Kicks, Forms, Footwork, Self Defense	Sparring, Self Defense, Breaking	Sparring, Breaking	<i>Girls Pajama Night</i>	Footwork, Kicks, Breaking
	<b>Mon 2/10</b>	<b>Tues 2/11</b>	<b>Wed 2/12</b>	<b>Thurs 2/13</b>	<b>Fri 2/14</b>	<b>Sat 2/15</b>
Red & White Stripe Review & Test	Red and/or White Stripe Review & Test for those eligible / Forms	Red and/or White Stripe Review & Test for those eligible / Forms	Red and/or White Stripe Review & Test for those eligible / Forms	Red and/or White Stripe Review & Test for those eligible / Forms	Red and/or White Stripe Review & Test for those eligible / Forms	Red and/or White Stripe Review & Test for those eligible / Forms
	<b>Mon 2/17</b>	<b>Tues 2/18</b>	<b>Wed 2/19</b>	<b>Thurs 2/20</b>	<b>Fri 2/21</b>	<b>Sat 2/22</b>
Self Defense / Breaking - BRING BOARDS	Self Defense / Breaking	Self Defense / Breaking / Forms	Self Defense / Breaking / Kicks	Self Defense / Breaking / Sparring	Self Defense / Breaking	Self Defense / Breaking
	<b>Mon 2/24</b>	<b>Tues 2/25</b>	<b>Wed 2/26</b>	<b>Thurs 2/27</b>	<b>Fri 2/28</b>	<b>Sat 3/1</b>
Challenge Week- Jumping, Running, Kicking, Punching, Course	Jumping Challenges	<b>CAREER NIGHT</b> All pm classes cancelled	Kicking Challenges	Punching / Blocking Challenges	Obstacle Course (All events combined)	Obstacle Course (All events combined)

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!



# NEW MATAWAN SCHEDULE

**starts February 1!**

**We are so excited to add a  
Friday Mini Masters class in Matawan!  
Check out Matawan's new schedule  
(The **ONLY** changes are to Friday)**

## FASTKIX TAEKWONDO & KICKBOXING CLASS SCHEDULE - MATAWAN

Effective February 1, 2024	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MINI-MASTERS (Ages 3 & 4)		5:45 pm- 6:15 pm		5:45 pm- 6:15 pm	5:45 pm- 6:15 pm	<b>MATAWAN CLOSED ALL SATURDAY CLASSES ARE HELD IN SPOTSWOOD</b> <u>Mini Masters</u> 10:00 am to 10:30 am <u>Taekwondo</u> Family Class 10:30 am to 11:15 am <u>Competition</u> <u>Class Level 1</u> 11:15 am to 12:45 pm Level 2 1:00 pm to 3:00 pm
Childrens' Taekwondo Beginners White through Senior Green Belts	5:30 pm- 6:15 pm	6:15 pm- 7:00 pm	5:30 pm- 6:15 pm	6:15 pm- 7:00 pm	6:15 pm- 7:00 pm	
Childrens' Taekwondo Blue belts and higher	6:15 pm- 7:00 pm	7:00 pm- 7:45 pm	6:15 pm- 7:00 pm	7:00 pm- 7:45 pm	7:00 pm- 7:45 pm	
Teen & Adult Taekwondo Beginners/All Ranks	6:15 pm- 7:00 pm	7:00 pm- 7:45 pm	6:15 pm- 7:00 pm	7:00 pm- 7:45 pm	7:00 pm- 7:45 pm	
COMPETITION CLASS	4:30 pm- 5:30 pm (Spotswood)	4:45 pm- 5:45 pm	4:30 pm 5:30 pm (Spotswood)	4:45 pm- 5:45 pm		
Cardio Kickboxing	7:00 pm- 7:45 pm	7:45 pm- 8:30 pm	7:00 pm- 7:45 pm	7:45 pm- 8:30 pm		

MORNING Kickboxing is held in Spotswood at 9:00 am Monday through Saturday  
Strength Training Class is held in Spotswood at 8:30 am to 9:00 am Monday through Saturday

74 Freneau Avenue (Route 79), Matawan, NJ 07747

732-254-1214

www.fastkix.com info@fastkix.com

Have your child's next birthday party at Fastkix!







# WELCOME NEW STUDENTS!

In just a short time,  
Brayden has become a huge part  
of our taekwondo program!  
He works very hard and is a blast  
to teach!

Thanks for choosing Fastkix!



Isabel Y.

Master Nick

Wes S.

RJ S.

Mackenzie A.

Aria J.

*Happy*  
**Birthday**

Vangeli B.

Wendy W.

Jake O.

JT J.

Aanvi J.

Zachary M.

Ricky D.

Aiden V.

Penelope L.

Jackson M.

Joey P.

Olivia G.

Master Sue

Isabella I.

Xavier J.



# Forms Classes

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

**Monday, January 13 - SPOTSWOOD 6:15 pm  
Brown & Sr. Brown belts**

**Thursday, January 23 - MATAWAN 6:15 pm  
Brown, Sr. Brown, Red, Sr. Red belts**

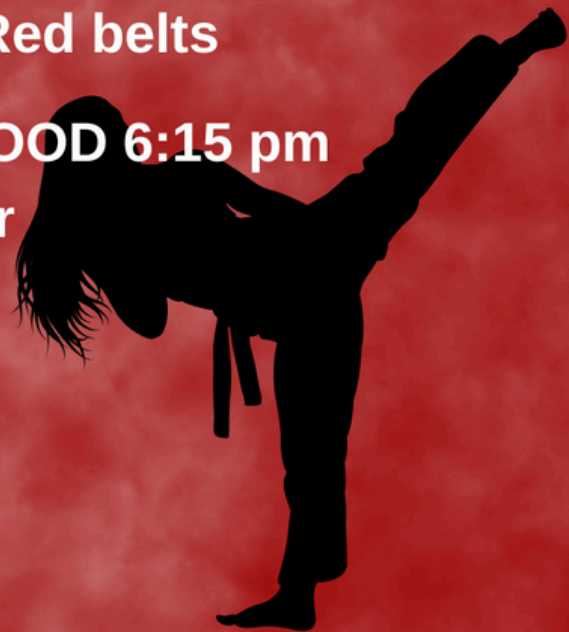
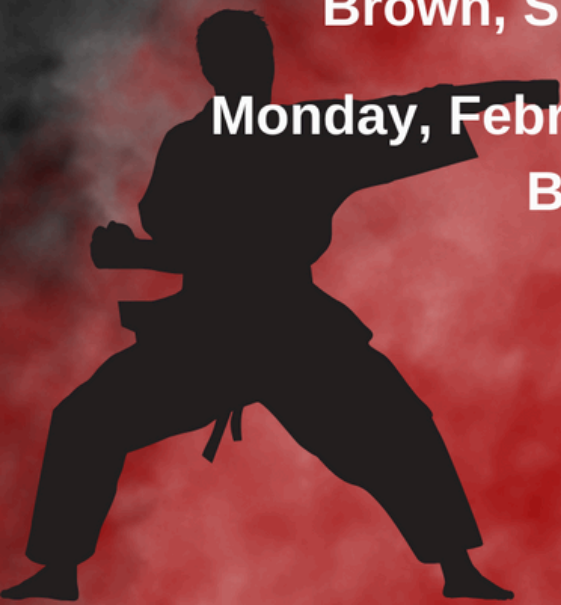
**Wednesday, January 29 - SPOTSWOOD 6:15 pm  
Sr. Red & higher**

**Monday, February 5 - SPOTSWOOD 6:15 PM  
Black belts**

**Monday, February 10 - SPOTSWOOD 6:15 pm  
Brown & Sr. Brown belts**

**Monday, February 17 - MATAWAN 5:30 pm  
Brown, Sr. Brown, Red, Sr. Red belts**

**Monday, February 24 - SPOTSWOOD 6:15 pm  
Brown belts & higher**



# **INSTRUCTOR CLASS & TRYOUTS**

**NEXT CLASS  
SPOTSWOOD**

**SATURDAY, FEBRUARY 15  
11:30 am to  
1:00 pm**

**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 NIGHT



**PAJAMA MOVIE NIGHT!**

**OPEN TO GIRLS OF ALL AGES!**

**FRIDAY, FEBRUARY 7, 2025**

**6:00 PM - 8:30 PM**

**SPOTSWOOD**

**\$10 PER ATTENDEE**

**PLEASE RSVP**







## **TESTING INFORMATION**

### **BLACK BELTS**

March 21, 2025 at 6:00 pm in Spotswood

Evaluations have started and will be emailed once completed

Registration and AAU paperwork (if needed) due by February 17, 2025

Testing booklet information due by February 24, 2025

Late registrations subject to late fee. Late document submissions may not be processed in time for testing

### **COLOR BELTS**

Friday, May 2 in Matawan & Saturday, May 3 in Spotswood

Evaluations will begin March 15

Registration due by April 7



Miss Isabella's  
2025

Polar Bear  
Plunge

February 22, 2025  
At Seaside Heights

Spread the word

Miss Isabella is raising money for

THE SPECIAL OLYMPICS!

**“\$100 is for entry, but we can do better. I  
aim to raise as much money as I can  
before the event. Whether that be \$100,  
\$500, or maybe even \$1000;)**

**Please help me to raise money for an  
amazing cause!” - Miss. Isabella**

**Any amount is greatly  
appreciated!**





# GIRL TO GIRL

## MONTHLY MENTOR CLASS



LED BY MISS ISABELLA



**MATAWAN**

**MONDAY, FEBRUARY 17, 2025 FROM  
6:15 PM TO 7:00 PM**

**SPOTSWOOD**

**TUESDAY, FEBRUARY 18, 2025 FROM  
6:15 PM TO 7:00 PM**







# WINTER WEATHER CLOSURES

**Safety is our main concern. As a general rule, if schools are closed, we will be closed. Our locations are not essential that get plowed immediately (like a hospital), so often while the roads may be clear, our parking lots are not cleared or may be icy and dangerous. A workout isn't worth any of our members or staff getting hurt, so we will do our best to notify you as soon as possible of any closures. Our standard is if schools are closed, we are closed.**

**We take our primary lead from the local school districts such as Matawan/Aberdeen, Monroe Twp., Spotswood & East Brunswick regarding closures. If they are closed, it's a safe bet we are closed too. Notifications will be sent by email and text messages, so if we don't have your email or cell number please let us know as soon as possible so we can update our records.**