



THIS WEEK AT FASTKIX
Saturday, February 4 to
Saturday, February 11

REGULAR SCHEDULE
THIS WEEK

CONGRATULATIONS TO
ALL OUR COLOR BELTS
WHO TESTED
THIS WEEK!

We are so proud of you!





IMPORTANT DATES

Week of February 13th - SPIRIT WEEK & COLOR WARS! More info to come

Tuesday, February 21

4:00 pm-5:00 pm in Spotswood

INSTRUCTOR CLASS SEE PAGE 6

Friday, February 24, 2023 - BOYS NIGHT in Spotswood 6-8 pm

Friday, March 17 & Saturday, March 18, 2023 - Black Belt Testing

Thursday, May 18, 2023 - Tournament Setup at Rider University VOLUNTEERS NEEDED!

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

TAEKWONDO

FOCUS



This week's taekwondo focus



MONDAY-Kicks, Forms, Boards, Sparring

TUESDAY-Kicks, Forms, Sparring

WEDNESDAY-Kicks, Forms, Breaking

THURSDAY-Kicks, Forms

FRIDAY-Kicks, Forms, Sparring

 FEBRUARY 2023 FOCUS SCHEDULE 						
FOCUS	Monday 1/30	Tuesday 1/31	Wednesday 2/1	Thursday 2/2	Friday 2/3	Saturday 2/4
WEEK 1- Forms Basics- New techniques, stances, preparation	Introduce Form/ Low Rank Forms	Introduce Form/ Low Rank Forms Breaking	Introduce Form/ Low Rank Forms, Breaking	Introduce Form/ Low Rank Forms	Introduce Form/ Low Rank Forms	Introduce Form/ Low Rank Forms
	Monday 2/6	Tuesday 2/7	Wednesday 2/8	Thursday 2/9	Friday 2/10	Saturday 2/11
WEEK 2 - Intro to Kicks/ Build on Forms	Introduce Kicks/Build on Form and/or Low rank Forms/ Sparring Boards	Introduce Kicks/Build on Form and/or Low rank Forms/ Sparring	Introduce Kicks/Build on Form and/or Low rank Forms, Breaking	Introduce Kicks/Build on Form and/or Low rank Forms	Introduce Kicks/ Build on Form and/or Low rank Forms Sparring	Introduce Kicks/ Build on Form and/or Low rank Forms Sparring
	Monday 2/13	Tuesday 2/14	Wednesday 2/15	Thursday 2/16	Friday 2/17	Saturday 2/18
WEEK 3 - Intro to Sparring Curriculum / Breaking (Techniques)	SPIRIT WEEK Sparring/ Breaking (Techniques)	SPIRIT WEEK Kicks / Sparring / Breaking (Techniques)	SPIRIT WEEK Forms/ Sparring/ Breaking (Techniques)	SPIRIT WEEK Kicks/ Footwork/ Sparring	SPIRIT WEEK Review	Review
	Monday 2/20	Tuesday 2/21	Wednesday 2/22	Thursday 2/23	Friday 2/24	Saturday 2/25
WEEK 4 - Red Stripe Week (Forms)- Breaking	RED STRIPE TESTING FOR BASICS & FORM(S)/ Boards	Teach new footwork/ RED STRIPE TESTING FOR BASICS & FORM(S)/ Boards	Teach new footwork/ RED STRIPE TESTING FOR BASICS & FORM(S)/ Boards	Teach new footwork/ RED STRIPE TESTING FOR BASICS & FORM(S)/ Sparring	BOYS NIGHT in Spotswood! 6-8 pm Matawan- Forms Sparring	Forms/ Sparring

PLEASE NOTE: While we do our best to adhere to this schedule, students' needs may require us to make alterations. We appreciate your understanding.

MINI MASTERS NEWS



Week 5 Week of 1/23/23	KICKING	CRAWLING	Stripe
Week 6 Week of 1/30/23	STRIKING	BALANCE	Stripe
Week 7 Week of 2/6/23	BLOCKING	ROLLING	Stripe
Week 8 Week of 2/13/23	RUNNING	LIFE SKILLS	Stripe

CHALLENGE QUESTION: Name the General who is considered to be the founder of taekwondo.

LAST CHALLENGE QUESTION- When did taekwondo become an official Olympic sport (not exhibition)?

ANSWER - 2000 at the Sydney Olympics

BOYS NIGHT!

FRIDAY, FEBRUARY 24

**6-8 PM IN
SPOTSWOOD**

**FUN WORKOUT, SELF-
DEFENSE & GAMES**

**AGES 5 AND UP
FREE!**



**FASTKIX
TAEKWONDO**



We are looking for
instructors to help with
our growing schools!

Fastkix Taekwondo **INSTRUCTOR MAINTENANCE TEST & TRYOUTS**

Maintenance Test & Tryouts taking place
February 21st, 2023 from 4:00pm to 5:00pm
Additional Instructor Tryouts are being held during any
Children White/Yellow Belt Classes during the week of
February 20th

Traits and responsibilities of an instructor
include:

- Becoming a Future Leader
- Improve Communication Skills
- Achieve Personal Accomplishments
- Continuous learning of the art of Taekwondo
- One on One Skill Building Opportunity
through our new Staff Member to Level 1,2,3
Mentorship Program

PLEASE SEE GRANDMASTER
BALON, MASTER CHARLES,
MASTER NICK, OR MASTER SUE
FOR MORE INFORMATION
ABOUT THE MAINTENANCE
TEST OR HOW TO BECOME AN
INSTRUCTOR TODAY!

CONGRATULATIONS TO OUR JANUARY 2023 ATTENDANCE AWARD WINNERS!



Name	Program	# of classes	Medal
Aanvi Javia	Taekwondo	22	Gold
Yoo Joon Jeon	Taekwondo	22	Gold
Hyo Jin Jeon	Taekwondo	21	Gold
Josiah Anis	Taekwondo	20	Gold
Denise Spicuzzo	Kickboxing	20	Gold
Reeva Javia	Taekwondo	20	Gold
Dylan Eskow	Taekwondo	20	Gold
Jacy Lopez	Taekwondo	19	Gold
Vickie DeBari	Kickboxing	19	Gold
Nicholas Jach	Taekwondo	18	Gold
Stephanie Pamnani	Kickboxing	18	Gold
Jasmin Cruz	Kickboxing	18	Gold
Tami Smith	Kickboxing	17	Gold
Michael Vergara	Taekwondo	17	Gold
Haadi Javaid	Taekwondo	17	Gold
Braelynn Habib	Taekwondo	17	Gold
Eli Shamailov	Taekwondo	17	Gold
Sophie Martiak	Taekwondo	16	Gold
Neil Bloom	Taekwondo	16	Gold
Madison D'Ambrosio	Taekwondo	16	Gold
Zeyas Chaliawala	Competition Team	12	Gold
Olivia Mavelly	Mini Masters	12	Gold
Luke Eskow	Mini Masters	11	Gold
Charlee DiMonda	Mini Masters	11	Gold
Ishaan Gupta	Mini Masters	10	Gold
Liana Jessup	Mini Masters	10	Gold

CONGRATULATIONS TO OUR JANUARY 2023 ATTENDANCE AWARD WINNERS!



Name	Program	# of classes	Medal
Amy Carmody	Kickboxing	15	Silver
Alex Annino	Taekwondo	15	Silver
Emanuele Roveccio	Taekwondo	15	Silver
Brian Shamailov	Taekwondo	15	Silver
Nylah Perez	Taekwondo	15	Silver
Sasha Hernandez	Taekwondo	15	Silver
Hunter Lefever	Taekwondo	15	Silver
JT Jaworowski	Taekwondo	14	Silver
Joellen Wallace	Kickboxing	14	Silver
Armaan Patel	Taekwondo	14	Silver
Lucas Avila	Taekwondo	14	Silver
Yuti Chaudhary	Taekwondo	14	Silver
Anvi Ajay	Taekwondo	13	Silver
James Massay	Kickboxing	13	Silver
Landon de la Pena	Taekwondo	13	Silver
Matthew Merino	Taekwondo	13	Silver
Lyle Annino	Kickboxing	13	Silver
Tyler Hartman	Taekwondo	13	Silver
Mattia Roveccio	Taekwondo	13	Silver
Jackson Tirado	Taekwondo	13	Silver
Ethan Peedikaparambil	Taekwondo	13	Silver
Daniel Gomes	Taekwondo	13	Silver
Brienne Calimano	Taekwondo	12	Silver
Jakob Duncan	Taekwondo	12	Silver
Dev Amin	Taekwondo	12	Silver
Vivaan Gupta	Taekwondo	12	Silver
Crosby Gilbride	Taekwondo	12	Silver
Nylah Perez	Competition Team	11	Silver
Tiana Chaliawala	Competition Team	10	Silver
Charan Thanneeru	Competition Team	10	Silver
Angelina Smith	Competition Team	9	Silver
Aaron Zimmer	Competition Team	8	Silver
Ophelia Baldwin	Mini Masters	8	Silver

CONGRATULATIONS TO OUR JANUARY 2023 ATTENDANCE AWARD WINNERS!



Name	Program	# of classes	Medal
Tiana Chaliawala	Taekwondo	11	Bronze
Lynsey Hakim	Taekwondo	11	Bronze
Louis Custuna	Taekwondo	11	Bronze
Giovanna DeSena	Taekwondo	11	Bronze
Ryden Duncan	Taekwondo	11	Bronze
Nilesh Venkateshan	Taekwondo	11	Bronze
Charan Thanneeru	Taekwondo	11	Bronze
Mia Shamailov	Taekwondo	11	Bronze
Dominic Howley	Taekwondo	11	Bronze
Geraldi Martinez	Taekwondo	11	Bronze
Niko Mousouroulis	Taekwondo	11	Bronze
Anaya Pamnani	Taekwondo	11	Bronze
Avani Pamnani	Taekwondo	11	Bronze
Rishil Anne	Taekwondo	10	Bronze
Kirollos Hakim	Taekwondo	10	Bronze
Tyler Grunenthal	Taekwondo	10	Bronze
Miguel Guzman	Taekwondo	10	Bronze
Aryan Chinta	Taekwondo	10	Bronze
George Gad	Taekwondo	10	Bronze
Saleh Garbadawala	Taekwondo	10	Bronze
Kevin Tejada	Taekwondo	10	Bronze
Avyan Mathur	Taekwondo	10	Bronze
Maximilian Lewczuk	Taekwondo	10	Bronze
Jake Otero	Competition Team	7	Bronze
Jayden Dasti	Competition Team	7	Bronze
Alayna Baroud	Mini Masters	7	Bronze
Dominic Howley	Competition Team	7	Bronze
Anvi Ajay	Competition Team	6	Bronze
Theo Ferreira	Mini Masters	6	Bronze
Kevin Tejada	Competition Team	6	Bronze



*Happy
Birthday!*

JT **OPHELIA** **XAVIER**
XAVIER **SAMUEL**
NICK C. **OLIVIA** **JAKE**
JADE **THEO**
ISABELLA **JACKSON M.**
CARTER **AANVI J.**
RICKY **SUE** **ZACHARY**



WINTER WEATHER CLOSURES

Please check for a text & email from us for any winter weather closures.

Our general rule is that if the Spotswood and Manalapan schools close, then we also close BUT sometimes we close even if the schools don't because of the conditions of the parking lots.

We will send a text/email blast to everyone



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

