



THIS WEEK AT FASTKIX

**January 10, 2026 to
January 17, 2026**

REGULAR SCHEDULE

MONDAY THROUGH

FRIDAY MORNING

(1/16)

NO FRIDAY NIGHT OR

SATURDAY CLASS IN

EITHER LOCATION

DUE TO BELT

TESTING



IMPORTANT DATES

Wednesday, January 7 through Thursday, January 15
Color Belt Pre Test (in class)

Monday, January 12 – Girl to Girl Mentor Class in Matawan
6:30 pm (*This class happens during regular class time*)

Tuesday, January 13 – Girl to Girl Mentor Class in
Spotswood 6:15 pm (*This class happens during regular*
***class time*)**

Thursday, January 15 – Mini Masters Test (in class)

Friday, January 16 – Matawan Color Belt Testing
6:00 pm for Childrens' White through Sr. Green
7:30 pm for Childrens' Blue and up/ Young Adult/Adult all
ranks

Saturday, January 17 – Spotswood Color Belt Testing
9:00 am for Childrens' White through Senior Yellow Belts
11:00 am for Childrens' Green through Red Belts
1:00 pm for Young Adults/Adults - All Ranks



IMPORTANT DATES

**Wednesday, January 21 – Color Belt Makeup Test
4:30 pm Spotswood**

**Saturday, January 24 – Instructor Class, Tryouts and Test
11:15 am to 1:00 pm in Spotswood**

**Friday, January 30 – Girls Glow Party 6:00 pm to 8:00 pm
in Spotswood (Matawan open regular schedule 1/30)**

**Monday, February 9 – Girl to Girl Mentor Class in Matawan
6:30 pm (This class happens during regular class time)**

**Tuesday, February 10 – Girl to Girl Mentor Class in
Spotswood 6:15 pm (This class happens during regular
class time)**

**Friday, February 20 - Mushroom Ball Tournament
6-8:30 pm in Spotswood
(Matawan is open Feb. 20)**

**Mon March 30 through Thursday April 9
Black Belt Pre Test (n class)**

Friday, April 10 – Black Belt Test

Saturday, April 18 – Fastkix Championship



FOCUS SCHEDULE

COLOR BELTS: Monday through Thursday

Pre Testing Review

BLACK BELTS:

Monday & Tuesday - Forms

Wednesday - Forms/Sparring

Thursday - Brekaing/Sparring

Friday & Saturday - CLOSED for testing

JANUARY 2026 FOCUS SCHEDULE



	Mon 1/5	Tues 1/6	Wed 1/7	Thurs 1/8	Fri 1/9	Sat 1/10
Testing Review & Pre-Testing EVERYONE BRING BOARDS	Welcome Back! Pre- Testing Review	Forms, Kicks, Breaking, Self Defense	Pre- Testing Black Belts Focusing on Low Forms and Forms	Pre- Testing Black Belts Focusing on Low Forms and Forms	Pre- Testing Black Belts Focusing on Low Forms and Forms	Pre- Testing Black Belts Focusing on Low Forms and Forms
	Mon 1/12	Tues 1/13	Wed 1/14	Thurs 1/15	Fri 1/16	Sat 1/17
Pre-Testing	Pre-Testing Black Belts Breaking	Pre-Testing Black Belts Breaking	Pre-Testing Black Belts Forms/ Sparring	Pre- Testing Black Belts Breaking/ Sparring	School Closed for Matawan Testing	School Closed Spotswood Testing
	Mon 1/19	Tues 1/20	Wed 1/21	Thurs 1/22	Fri 1/23	Sat 1/24
Intro to New Forms	Intro to New Forms (Blocks, Strikes & Stances)	Intro to New Forms (Blocks, Strikes & Stances)	Intro to New Forms (Blocks, Strikes & Stances)	Intro to New Forms (Blocks, Strikes & Stances)	Intro to New Forms (Blocks, Strikes & Stances)	Intro to New Forms (Blocks, Strikes & Stances)
	Mon 1/26	Tues 1/27	Wed 1/28	Thurs 1/29	Fri 1/30	Sat 1/31
Forms Part 1 / Intro New Kicks	1/4 of Forms / Intro New Kicks and Breaks	1/4 of Forms / Intro New Kicks and Breaks	1/4 of Forms / Intro New Kicks and Breaks	1/4 of Forms / Intro New Kicks and Breaks	Matawan-1/4 of Forms / Intro New Kicks and Breaks Spotswood closed for Girls Night	1/4 of Forms / Intro New Kicks and Breaks
	Mon 2/2	Tues 2/3	Wed 2/4	Thurs 2/5	Fri 2/6	Sat 2/7
1/2 Forms	1/2 Forms / Sparring	1/2 Forms / Sparring	1/2 Forms / Sparring	1/2 Forms / Sparring	1/2 Forms / Sparring	1/2 Forms / Sparring

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!

GIRL TO GIRL

MONTHLY MENTOR CLASS



LED BY MASTER ISABELLA



MATAWAN

MONDAY, JANUARY 12, 2026

FROM 6:30 PM TO 7:15 PM

SPOTSWOOD

TUESDAY, JANUARY 13, 2026

FROM 6:15 PM TO 7:00 PM





INSTRUCTOR CLASS & TEST

JOIN THE FINEST INSTRUCTOR TEAM IN
THE WORLD!

JANUARY 24, 2026

11:15 AM TO 1:00 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 GLOW PARTY

FRIDAY, JANUARY 30, 2026

FROM 6:00-8:00 PM

AT OUR SPOTSWOOD LOCATION
GIRLS OF ALL AGES!

\$20 PER GIRL
CASH ONLY PLEASE
(ZELLE & VENMO ACCEPTED)

RSVP HERE



ZELLE



VENMO



MUSHROOM BALL TOURNAMENT

Join us for an epic Mushroom Ball
Tournament run by Master Charles!
PLUS pizza and snacks!

Friday, February 20
6pm -8:30 pm
in Spotswood
\$25 per athlete
(cash only)
Must pre-register!



**Register
Here**



Master Isabella's

POLAR BEAR PLUNGE

2026



FEBRUARY 28TH, 2026

Master Isabella is raising money
for the Special Olympics!

I aim to raise as much money as I can before the event. Whether that be \$100, \$500, or maybe even \$1000 like we did last year;) Please help me raise money for an amazing cause! - Master Isabella

Anything is appreciated!!





ALL TAEKWONDO STUDENTS (ALL AGES & RANKS) WILL NOW BREAK BOARDS AS PART OF THEIR RANK TESTING!

**NEXT
ORDER
CLOSES 1/15!**



By now you should have received several emails about board breaking. We are so excited to offer this to ALL students and to make the material even more exciting! To get started, please order boards for your child as soon as possible.

Orders will be placed monthly so please get your order in TODAY to ensure your child has plenty of practice boards.

Age 11 and under White through Senior Green Belt break 1 station with 1 board

Age 12 and up White through Senior Green Belt break 1 station with 2 boards

Age 11 and under Blue through Red break 2 stations with 1 board each

Age 12 and up Blue through Red break 2 stations with 2 boards each

All ages Senior Red and up break 2 stations with 2 boards each

ORDER HERE



BELT TESTING SCHEDULE

COLOR BELTS - MATAWAN

Friday, January 16, 2026

6:00 pm for Childrens' White, Yellow, Sr. Yellow, Green & Senior Green belts
7:30 pm for Childrens' Blue through Red Belts & Young Adults All Ranks

COLOR BELTS - SPOTSWOOD

Saturday, January 17, 2026

9:00 am for Childrens' White, Yellow & Senior Yellow Belts
11:00 am for Childrens' Green through Red Belts
1:00 pm for Young Adults/Adults ALL RANKS

**Makeup Test - Wednesday,
January 21, 2026**

4:30 pm in Spotswood



**COLOR BELT
PRE-TESTING
WILL BE HELD IN CLASS
WEDNESDAY, JANUARY 7
THROUGH THURSDAY,
JANUARY 15**

**STUDENTS WILL BE
TESTED ON:**

- GENERAL KNOWLEDGE**
- LOW RANK FORMS
(BROWN AND UP)**
- KICKS & FOOTWORK**
- SELF-DEFENSE**



MINI MASTERS

**Thursday,
January 15, 2026
in class**

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





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. If schools are on delayed opening, then morning classes are cancelled.

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.