



## **THIS WEEK AT FASTKIX**

**January 11, 2025 to  
January 18, 2025**

**We are open Regular schedule  
Monday through Friday morning**

**NO FRIDAY NIGHT CLASSES**

**JANUARY 17 in either location for our  
Mushroom Ball Tournament**

**Regular Schedule**

**Saturday, January 18**





# IMPORTANT DATES

**FASTKIX**

**Monday, January 13 - Forms Review Class with Master Sue Brown and Senior Brown Belts**

**6:15 pm in Spotswood**

**(this class runs at the same time as regular taekwondo class)**

**Monday, January 13 - Girl to Girl Mentor Class in Matawan**

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

**Tuesday, January 14 - Girl to Girl Mentor Class in Spotswood**

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

**Friday, January 17 - Mushroom Ball tournament**

**6:00 pm in Spotswood**

**All classes cancelled Friday evening**

**Monday, January 20 - WINTER CAMP**

**8:30 am to 3:00 pm in Spotswood**

**Thursday, January 23 - Forms Review Class with Master Sue**

**Brown, Sr. Brown, Red & Sr. Red Belts**

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

**Wednesday, January 29 - Forms Review Class with Master Sue**

**Sr. Red belts and higher**

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





# IMPORTANT DATES

**Week of February 3 to 8 - FITNESS CHALLENGE WEEK  
in all classes!**

**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)**

**Monday, February 17 - WINTER CAMP**

**8:30 am to 3:00 pm in Spotswood**

**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**

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

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



# MUSHROOM BALL TOURNAMENT

Join us for an epic mushroom ball tournament run by Master Charles!

2 HOURS of mushroom ball

PLUS pizza and snacks!

**Friday, January 17**  
**6pm - 8:30 pm**  
**in Spotswood**  
**\$20 per athlete**  
**Must pre-register!**



**Register  
Here**



**Pay  
Here**







# FOCUS SCHEDULE



**Monday 1/13 & Tuesday 1/14 -Conditioning, Kicks, Sparring**

**Wednesday 1/15 & Thursday 1/16**

**Forms, Kicks, Sparring**

**Friday 1/17-CLOSED for Mushroom Ball Tournament**

**Saturday 1/18-Conditioning, Kicks, Sparring, Forms**

<div>  <b>JANUARY 2025 FOCUS SCHEDULE</b>  </div>						
	<b>Mon 12/30</b>	<b>Tues 12/31</b>	<b>Wed 1/1</b>	<b>Thurs 1/2</b>	<b>Fri 1/3</b>	<b>Sat 1/4</b>
Intro to New Forms / Sparring	<b>CLOSED</b> <b>HAPPY HOLIDAYS EVERYONE!</b>			Forms, Sparring	Forms, Sparring	Forms, Sparring
	<b>Mon 1/6</b>	<b>Tues 1/7</b>	<b>Wed 1/8</b>	<b>Thurs 1/9</b>	<b>Fri 1/10</b>	<b>Sat 1/11</b>
Continue working on forms/ Intro to new kicks <b>BUDDY WEEK!</b>	Continue working on forms/ Intro to new kicks <b>Bring a buddy to class!</b>	Continue working on forms/ Intro to new kicks <b>Bring a buddy to class!</b>	Continue working on forms/ Intro to new kicks <b>Bring a buddy to class!</b>	Continue working on forms/ Intro to new kicks <b>Bring a buddy to class!</b>	Continue working on forms/ Intro to new kicks <b>Bring a buddy to class!</b>	Continue working on forms/ Intro to new kicks <b>Bring a buddy to class!</b>
	<b>Mon 1/13</b>	<b>Tues 1/14</b>	<b>Wed 1/15</b>	<b>Thurs 1/16</b>	<b>Fri 1/17</b>	<b>Sat 1/18</b>
Conditioning workout / Kicks / Different types of Sparring / Forms	Conditioning workout / Kicks / Different types of Sparring	Conditioning workout / Kicks / Different types of Sparring	Forms / Kicks / Different types of Sparring	Forms / Kicks / Different types of Sparring	<b>CLOSED</b> <b>MUSHROOM BALL TOURNAMENT</b>	Conditioning workout / Kicks / Different types of Sparring / Forms
	<b>Mon 1/20</b>	<b>Tues 1/21</b>	<b>Wed 1/22</b>	<b>Thurs 1/23</b>	<b>Fri 1/24</b>	<b>Sat 1/25</b>
Self Defense / Footwork Intro / Most should be at the halfway point or further with new forms	Self Defense / Footwork Intro / Most should be at the halfway point or further with new forms	Self Defense / Footwork Intro / Most should be at the halfway point or further with new forms	Self Defense / Footwork Intro / Most should be at the halfway point or further with new forms	Self Defense / Footwork Intro / Most should be at the halfway point or further with new forms	Self Defense / Footwork Intro / Most should be at the halfway point or further with new forms	Self Defense / Footwork Intro / Most should be at the halfway point or further with new forms
	<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

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!





# WELCOME NEW STUDENTS!

Logan joined our  
Mini Master  
Program! He's  
got a great future  
here!



David joined our  
Young Adult  
program! He's  
already made a  
ton of friends!







# 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.**



# 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**

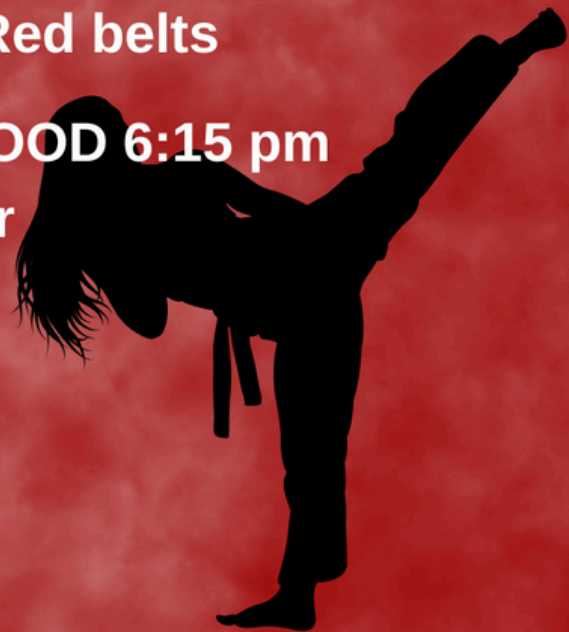
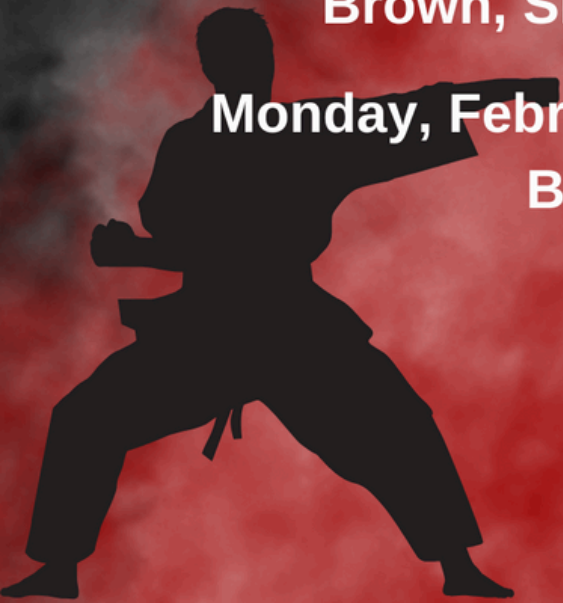
**Wednesday, January 29 - SPOTSWOOD 6:15 pm  
Sr. Red & higher**

**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**







# Winter Camp

**SEARCHING FOR THINGS TO DO WHEN SCHOOL'S  
OUT BUT PARENTS STILL HAVE TO WORK?**

**CHECK OUT OUR  
FASTKIX WINTER CAMP DAYS 2025!**

**MONDAY, JANUARY 20TH  
(MARTIN LUTHER KING JR. DAY)**

**MONDAY, FEBRUARY 17TH  
(PRESIDENTS DAY)**

**DROP OFF 8:30 AM IN SPOTSWOOD  
PICK UP 3:00 PM**

**\$75 PER DAY OR \$140 FOR BOTH DAYS**

**PIZZA, SODA & WATER PROVIDED FOR LUNCH  
LIMITED TO 20 STUDENTS**

**GAMES!  
MOVIES!  
CRAFTS!  
TKD FUN!**

***REGISTER HERE***





# GIRL TO GIRL

## MONTHLY MENTOR CLASS



LED BY MISS ISABELLA



**MATAWAN**

**MONDAY, JANUARY 13, 2025 FROM  
6:15 PM TO 7:00 PM**

**SPOTSWOOD**

**TUESDAY, JANUARY 14, 2025 FROM  
6:15 PM TO 7:00 PM**





# 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**

