



THIS WEEK AT FASTKIX

July 12, 2025 to

July 19, 2025

REGULAR SCHEDULE

THIS WEEK IN MATAWAN!

**SPOTSWOOD ON REGULAR
SCHEDULE EXCEPT FRIDAY 7/18**

SPOTSWOOD CLOSED

FOR BOYS NIGHT.

REGULAR SATURDAY CLASS!



Martial Arts is **PROVEN** to



✓ Build self confidence to deter bullies and help kids stand up for themselves

✓ Teaches respect & discipline - Students learn to respect themselves and others making them less likely to bully others and more likely to intervene when they see bullying.

✓ Improve Self Control-Martial Arts emphasizes control over one's actions & emotions, reducing impulsive or aggressive behavior



Martial arts is **PROVEN** to



✓ Promote Conflict Resolution - Martial Artists are taught to de-escalate situations and use physical techniques only as a last resort.

✓ Encourages Empathy - Martial arts communities foster camaraderie, teamwork and empathy which can reduce bullying behaviors.

✓ Strengthens Awareness - Being part of a martial arts school offers a sense of belonging and support, reducing feelings of isolation that can lead to or result from bullying.

**DON'T MISS OUR
ANTI-BULLYING WEEK**



July 14-19 in all Taekwondo Classes

STAND TALL

STAND STRONG

STOP BULLYING





IMPORTANT DATES

Friday, July 18 - BOYS NIGHT!

6:00 PM TO 8:30 PM in Spotswood

MATAWAN open July 12 regular schedule

Monday, August 18

Forms Class for all Brown, Sr. Brown, Red & Sr. Brown belts

5:30 pm to 6:15 pm in Spotswood

(this class runs during the regular childrens' intermediate class)

Wednesday, August 20

Forms Class for all Brown, Sr. Brown, Red & Sr. Brown belts

5:30 pm to 6:15 pm in Matawan

(this class runs during the regular childrens' beginner class)

Friday, August 29 through Monday, September 1

Closed for Labor Day Weekend

Friday, September 26 - Matawan Color Belt Test

Saturday, September 27 - Spotswood Color Belt Test

Friday, October 10 - Black Belt Test

Friday, October 24 - Halloween Party



FOCUS SCHEDULE

BULLY PREVENTION WEEK

Every day this week we will focus on Bully Prevention!

We'll also work on Self-Defense, Breaking & Forms



JULY 2025 FOCUS SCHEDULE



	Mon 6/30	Tues 7/1	Wed 7/2	Thurs 7/3	Fri 7/4	Sat 7/5
Board Breaking / Low Rank Forms / Forms / Kicks	Board Breaking / Low Rank Forms / Forms / Kicks	Board Breaking / Low Rank Forms / Forms / Kicks	Board Breaking / Low Rank Forms / Forms / Kicks	Board Breaking / Low Rank Forms / Forms / Kicks	CLOSED	CLOSED
	Mon 7/7	Tues 7/8	Wed 7/9	Thurs 7/10	Fri 7/11	Sat 7/12
Forms - Red Stripes for those who don't have / White Stripes can start being looked at.	Forms / Kicks / Footwork	Kicks / Sparring / Footwork	Kicks / Sparring / Footwork	Forms / Kicks / Footwork	Forms, Kicks, Sparring	Forms, Kicks
	Mon 7/14	Tues 7/15	Wed 7/16	Thurs 7/17	Fri 7/18	Sat 7/19
Bully Prevention Week! Self Defense / Breaking / Forms	Bully Prevention, Self Defense, Breaking, Forms	Bully Prevention, Self Defense, Breaking, Forms	Bully Prevention, Self Defense, Breaking, Forms	Bully Prevention, Self Defense, Breaking, Forms	Bully Prevention, Self Defense, Breaking, Forms	Bully Prevention, Self Defense, Breaking, Forms
	Mon 7/21	Tues 7/22	Wed 7/23	Thurs 7/24	Fri 7/25	Sat 7/26
White Stripes / Sparring / Padded Weapon Sparring	White Stripes / Sparring / Padded Weapon Sparring	White Stripes / Sparring / Padded Weapon Sparring	White Stripes / Sparring / Padded Weapon Sparring	White Stripes / Sparring / Padded Weapon Sparring	White Stripes / Sparring / Padded Weapon Sparring	White Stripes / Sparring / Padded Weapon Sparring
	Mon 7/28	Tues 7/29	Wed 7/30	Thurs 7/31	Fri 8/1	Sat 8/2
Review Week - All Red & White Stripe material and make sure they know some/ most self defense	Review	Review	Review	Review	Review	Review

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!



BOYS NIGHT & MUSHROOM BALL TOURNAMENT



**Join us for Boys Night &
Mushroom Ball Tournament run by Master Charles!
PLUS pizza and snacks!**

**Friday, July 18
6pm - 8:30 pm
in Spotswood
\$25 per athlete
Must pre-register!**



**Register
Here**



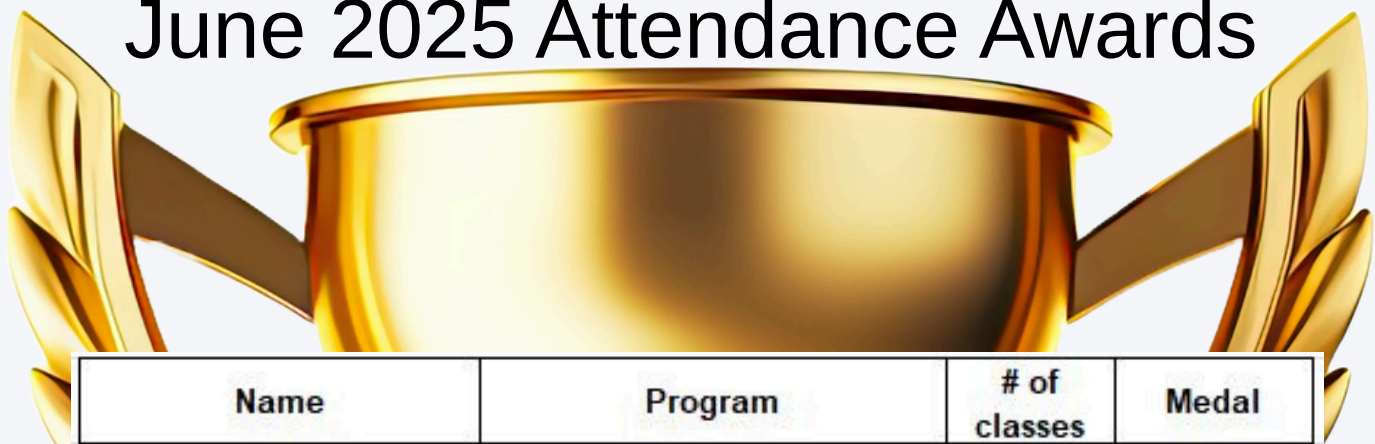
June 2025 Attendance Awards



Name	Program	# of classes	Medal
Matthew Domingo	Matawan Taekwondo	22	Gold
Arjun Sodusta	Matawan Taekwondo	22	Gold
Ryan Sodusta	Matawan Taekwondo	20	Gold
Karen DiCicco	Kickboxing	20	Gold
Karen DiCicco	Strength Training	20	Gold
Easton MacNeill	Taekwondo	19	Gold
Azure Park	Matawan Taekwondo	18	Gold
Joellen Wallace	Kickboxing	17	Gold
Veronica Sharkan	Matawan Taekwondo	16	Gold
Joellen Wallace	Strength Training	14	Gold
Sonia Jaising	Strength Training	14	Gold
Denise Spicuzzo	Strength Training	13	Gold
Alissa Toht	Strength Training	12	Gold



June 2025 Attendance Awards



Name	Program	# of classes	Medal
Sonia Jaising	Kickboxing	15	Silver
Harif Saenz	Matawan Taekwondo	15	Silver
Reeva Javia	Taekwondo	14	Silver
Murad Azimli	Taekwondo	14	Silver
David Martinez	Taekwondo	14	Silver
Saad Khan	Taekwondo	14	Silver
Tami Smith	Kickboxing	13	Silver
Denise Spicuzzo	Kickboxing	13	Silver
Emil Azimli	Taekwondo	13	Silver
Jase Germain	Taekwondo	13	Silver
Alissa Toht	Kickboxing	13	Silver
Kaylani Sodusta	Matawan Taekwondo	13	Silver
Lyle Annino	Kickboxing	12	Silver
Ricky DeSousa	Matawan Kickboxing	12	Silver
Aanvi Javia	Taekwondo	12	Silver
Liana Jessup	Taekwondo	12	Silver
Eileen DeSousa	Matawan Kickboxing	12	Silver
Kayla Jessup	Taekwondo	12	Silver
Tami Smith	Strength Training	11	Silver
Colt Germain	Competition Team	11	Silver
Eden Cardillo	Matawan Mini Masters	9	Silver
Giovanni Pitera	Mini Masters	9	Silver
Anvi Ajay	Competition Team	8	Silver
Asher Ta	Competition Team	8	Silver
Eli Shamailov	Competition Team	8	Silver
Savannah Cruz	Matawan Mini Masters	8	Silver
Tyler Nalitt	Matawan Mini Masters	8	Silver
Rylie Nalitt	Matawan Mini Masters	8	Silver

June 2025 Attendance Awards



Name	Program	# of classes	Medal
Louis Custuna	Taekwondo	11	Bronze
Dylan Eskow	Taekwondo	11	Bronze
Nirvi Paliwal	Taekwondo	11	Bronze
Yasith Abeynayaka	Taekwondo	11	Bronze
Aiden Varghese	Taekwondo	11	Bronze
Colt Germain	Taekwondo	11	Bronze
Aidan McGorty	Taekwondo	11	Bronze
Alex Annino	Taekwondo	10	Bronze
Asher Ta	Taekwondo	10	Bronze
Jackson McHale	Taekwondo	10	Bronze
Gavin Anselmo	Matawan Taekwondo	10	Bronze
Declan Everard	Taekwondo	10	Bronze
Finley Everard	Taekwondo	10	Bronze
Joseph Marretta	Taekwondo	10	Bronze
Lincoln Anduaga	Matawan Taekwondo	10	Bronze
Dilia Jain	Taekwondo	10	Bronze
Louie Wydrinski	Taekwondo	10	Bronze
Harvey Wydrinski	Taekwondo	10	Bronze
Lyle Annino	Strength Training	8	Bronze
Nicholas Jach	Competition Team	7	Bronze
Caiden Ta	Competition Team	7	Bronze
Jayden Dasti	Competition Team	6	Bronze
Lilly Giglio	Mini Masters	6	Bronze

Forms Classes

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

Monday, August 18, 2025

5:30 pm to 6:15 pm in Spotswood

For all Brown, Sr. Brown, Red & Senior Red Belts

(This class runs at the same time as the children's intermediate class)

Wednesday, August 20, 2025

5:30 pm to 6:15 pm in Matawan

For Brown, Sr. Brown, Red & Sr. Red Belts

(This class runs at the same time as the children's beginner class)

Wednesday, August 27, 2025

7:00 pm to 7:45 pm in Spotswood

For Brown, Sr. Brown, Red & Sr. Red Belts

(This class runs at the same time as the children's intermediate class)





GIRLS FIELD DAY!

\$20 PER GIRL!
**SNACKS AND DRINKS WILL BE
PROVIDED, PLEASE BRING LOTS OF
WATER!!**
DON'T MISS THE FUN!

SATURDAY **13** **SEPTEMBER**

12:00 - 2:30PM

**GREAT OAK PARK
260 RUES LANE
EAST BRUNSWICK, NJ 08816**

FOR GIRLS OF ALL AGES!

PLEASE RSVP



SNACKS AND DRINKS WILL BE PROVIDED, PLEASE BRING LOTS OF WATER!!

13

12:00 - 2:30PM

EAST BRUNSWICK, NJ 08816

FOR GIRLS OF ALL AGES!

PLEASE RSVP



WELCOME NEW MEMBERS!



SHREYES



MAYA



RIDHAANSH



WELCOME NEW MEMBERS!



DEAN (WELCOME BACK!)



RIDHAANSH

WELCOME NEW MEMBERS!



SHREYES



MAYA