



THIS WEEK AT FASTKIX

June 28, 2025 to

July 5, 2025

REGULAR SCHEDULE

MONDAY-THURSDAY

We are CLOSED

Friday, July 4 through

Sunday, July 6

Reopening

Monday, July 7

Regular Schedule



IMPORTANT DATES

Monday, June 30 (DATE CHANGE)

Girl to Girl Mentor Class in Matawan

6:15 pm to 7:00 pm (during regular taekwondo class)

Tuesday, July 1 (DATE CHANGE)

Girl to Girl Mentor Class in Spotswood

6:15 pm to 7:00 pm (during regular taekwondo class)

Wednesday, July 2

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

7:00 pm to 7:15 pm in Spotswood

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

Friday, July 4 through Sunday, July 6

Closed for 4th of July weekend

Wednesday, July 9

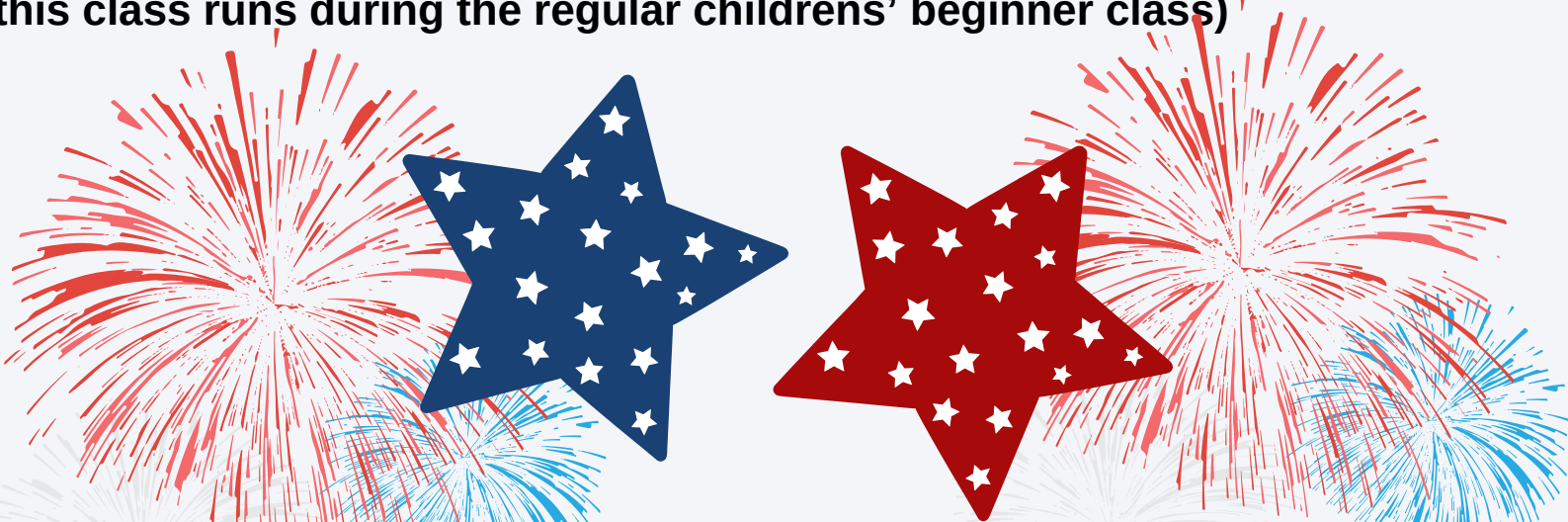
Instructor Camp 10:00 am to 3:00 pm in Spotswood

Wednesday, July 16

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)





IMPORTANT DATES

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

MONDAY THROUGH THURSDAY

Forms, Low Rank Forms, Kicks & Breaking

Please bring gear and boards every day!



JUNE 2025 FOCUS SCHEDULE



	Mon 6/2	Tues 6/3	Wed 6/4	Thurs 6/5	Fri 6/6	Sat 6/7
Finish forms - red slash / stripe for those who are ready and have enough classes	Finish Forms / Review Techniques / Sparring	Finish Forms / Review Techniques / Sparring	Finish Forms / Review Techniques / Sparring	Finish Forms / Review Techniques / Sparring	Matawan-Finish Forms / Review Techniques / Sparring Spotswood-GIRLS NIGHT	Finish Forms / Review Techniques / Sparring
	Mon 6/9	Tues 6/10	Wed 6/11	Thurs 6/12	Fri 6/13	Sat 6/14
Kicks & Breaking / Red Stripes	Finish learning new kicks & continue to work on breaking techniques- can start introducing wood / Red Stripes	Finish learning new kicks & continue to work on breaking techniques- can start introducing wood / Red Stripes	Finish learning new kicks & continue to work on breaking techniques- can start introducing wood / Red Stripes	BRING YOUR DAD TO CLASS DAY	Finish learning new kicks & continue to work on breaking techniques- can start introducing wood / Red Stripes	Finish learning new kicks & continue to work on breaking techniques- can start introducing wood / Red Stripes
	Mon 6/16	Tues 6/17	Wed 6/18	Thurs 6/19	Fri 6/20	Sat 6/21
Introduce 1-2 Self Defense techniques / Sparring / Footwork	Intro to Self Defense / Sparring / Footwork	Intro to Self Defense / Sparring / Footwork	Intro to Self Defense / Forms / Breaking	Intro to Self Defense / Sparring / Footwork / Breaking	Intro to Self Defense / Sparring / Footwork	Intro to Self Defense / Sparring / Footwork
	Mon 6/23	Tues 6/24	Wed 6/25	Thurs 6/26	Fri 6/27	Sat 6/28
Spirit Week!	Color Wars! Pt. 1 - Forms / Kicking / Sparring Challenges	Color Wars Pt. 2- Game Night!	Multi Cultural Day	Buddy Day	Break- A - Thon!	Ninja Saturday
	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

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 MISS ISABELLA



MATAWAN
MONDAY, JUNE 30, 2025
FROM 6:15 PM TO 7:00 PM
SPOTSWOOD
TUESDAY, JULY 1, 2025
FROM 6:15 PM TO 7:00 PM



Forms Classes

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

Wednesday, July 2, 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)



Wednesday, July 16, 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)

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)



May 2025 Students of the Month

Logan J.



Grace M.

Jaxon A.



Xavier J.



May 2025 Students of the Month

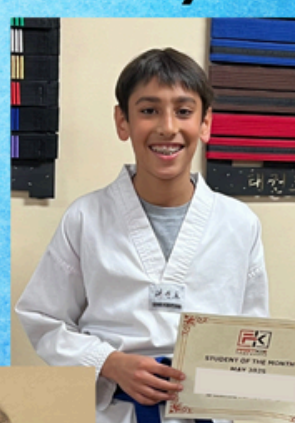
Tommy S.



Avani P.



Advitya V.



Caiden T.



Harlow W.



**GREAT
JOB!**

FASTKIX GRADUATE



CAMERON MASSAY
Monroe Township High
School

There aren't enough words to say how proud we are of Master Cameron for graduating from Monroe Township High School! Not only is he a 4th Degree Black Belt, he is also the most decorated competition athlete in Fastkix history!

He's off to Montclair State University to study Business Analytics.
CONGRATULATIONS MASTER CAMERON!



FASTKIX GRADUATE



EASHNA KUMAR
University of California
at Berkeley

Eashna graduated from UC Berkeley with her Bachelors in Business Administration. A 3rd Degree Black Belt and longtime competition team member, she will be working in San Francisco doing finance for a start-up company.

CONGRATULATIONS Eashna!



FASTKIX GRADUATE

RISHAN VACHHER

Hunterdon Central
Regional High School

Rishan graduated from Hunterdon Central Regional High School and is off to Rutgers in the fall to study business. We know this black belt will make us proud!
CONGRATULATIONS Rishan!



FASTKIX GRADUATE

BOBBY CONNELLY

Spotswood High School

A black belt and longtime competition team member, Bobby graduated from Spotswood High School. He's off to Ithaca College in the fall to study computer science.

CONGRATULATIONS BOBBY!
We are so proud of you!



FASTKIX GRADUATE

JOE NARDINO
Spotswood High School

Joe graduated from Spotswood High School and is off to Middlesex County College in the fall. He's still deciding on his career path. One of our best black belts, Joe will succeed at everything he does. CONGRATULATIONS!!



FASTKIX GRADUATE

STACY HE
Spotswood High School

Stacy graduated from Spotswood High School and is off to NJIT in the fall to student Information Technology.

Congratulation Stacy!
We are so proud of you!



Spotswood High School
Spotswood, New Jersey



INSTRUCTOR CAMP

WEDNESDAY, JULY 9, 2025
10:00 AM to 3:00 pm
in Spotswood

All Current instructors must attend!

New Trainees Welcome!

**Get in-depth specialized training on how
to make our classes amazing and
developing your teaching skills.**

REGISTER AT

WWW.FASTKIX.COM/EVENTS



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!!

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12:00 - 2:30PM

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EAST BRUNSWICK, NJ 08816

FOR GIRLS OF ALL AGES!

PLEASE RSVP



Summer Special



Limited offer for
current students' family members and
former students home for the summer only
2 months of unlimited classes
PLUS
FREE uniform & 1 free half hour
private lesson!
\$299

SIGN UP HERE



Offer expires July 15, 2025

Taekwondo classes only. Must be a family member living in same household as student. Former students welcome too! Payment due at sign-up.

SUMMER MEMBERSHIP HOLDS

Summer is almost here and with that brings vacation and other plans that may keep busy.

We hope you enjoy every minute of this summer! With a few exceptions during for holiday weekends we are OPEN all summer!

Specific membership hold information can be found in your membership agreement in kicksite, but in general, the following applies:

Month to Month Plans can be stopped at any time since they have no guaranteed rate. All we need is at least 2 weeks written notice (email is fine) to be sure we can stop your recurring billing in time.

12 and 24 month plans can be placed on a non-medical hold for 1 month maximum with a small fee for that month. This will guarantee your lower monthly membership fee for the full term of your agreement.

If you have any questions at all, please reach out to
Master Sue.

