



THIS WEEK AT FASTKIX

March 22, 2025

to March 29, 2025

We are open

regular schedule all week!

Congratulations!

*to all of our black belts who
tested on Friday! We are so
proud of you!*





IMPORTANT DATES

Thursday, March 27

7:00 pm to 7:45 pm in Spotswood

For all Brown, Senior Brown & Red Belts

(This class runs at the same time as the children's Green & Blue belt class)

Monday, March 31

5:30 pm to 6:15 pm in Matawan

For all Brown, Senior Brown & Red Belts

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

Saturday, April 12

FASTKIX CHAMPIONSHIP!

Monday, April 14

Girl to Girl Mentor Class in Matawan

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

Tuesday, April 15

Girl to Girl Mentor Class in Spotswood

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

Friday, April 18 - CLOSED all day

Saturday, April 19 - OPEN REGULAR SCHEDULE



IMPORTANT DATES

**Saturday, April 26 - Movie night in Matawan 4-6:30 pm
More info coming soon!**

Tuesday, April 29 Mini Masters Testing (in class)

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

Week of May 5 - 10 - BUDDY WEEK

Thursday, May 8 - Bring your Mom to class day

Monday, May 12

Girl to Girl Mentor Class in Matawan

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

Tuesday, May 13

Girl to Girl Mentor Class in Spotswood

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

Saturday, May 17 - NJ AAU Taekwondo Championship

Teaneck Armory

**Friday, May 23 through Monday, May 26 - Closed for Memorial Day
Weekend**

Thursday, June 12 - Bring your Dad to class day

Week of June 23 - SPIRIT WEEK



FOCUS SCHEDULE

FASTKIX

All week-Tournament Preparation

Monday-Tournament Forms

Tuesday-Tournament Breaking

Wednesday-Tournament Sparring

Thursday-Tournament Forms & Speed Kicking

Friday - Tournament Sparring

Saturday-Tournament Practice



MARCH 2025 FOCUS SCHEDULE



	Mon 3/3	Tues 3/4	Wed 3/5	Thurs 3/6	Fri 3/7	Sat 3/8
White Stripe Week	Kicks, Forms Breaking (BB testing candidates only)	Kicks, Sparring, Footwork	Kicks, Sparring, Breaking	Kicks, Breaking, Self Defense	Kicks, Footwork,	Kicks, Forms
	Mon 3/10	Tues 3/11	Wed 3/12	Thurs 3/13	Fri 3/14	Sat 3/15
Sparring & Breaking Week	Sparring & Paddle Drills Breaking practice (technique)	Practice Matches & Terminology / Forms Breaking practice (selecting technique)	How to be a good coach / Heavy Bag Work / Forms Review Breaking (BB testing candidates only)	Paddle & Shield Holding / Kicks Breaking	Paddle & Shield Holding / Sparring / Forms	Heavy Bag Class
	Mon 3/17	Tues 3/18	Wed 3/19	Thurs 3/20	Fri 3/21	Sat 3/22
Forms Review / Self Defense	Forms, Stances, Self Defense Breaking (BB testing candidates only)	Forms, Power / Self Defense Breaking (BB testing candidates only)	Forms, Kicks / Self Defense Breaking (BB Testing candidates only)	Forms, Hand Placement / Self Defense	CLOSED FOR BLACK BELT TESTING	Forms Tournament
	Mon 3/24	Tues 3/25	Wed 3/26	Thurs 3/27	Fri 3/28	Sat 3/29
Tournament Preparation	Tournament Forms	Tournament Board Breaking (speed and power)	Tournament Sparring (Olympic and Padded Weapon)	Tournament Forms and speed kicking	Tournament Sparring (Olympic and Padded Weapon)	Tournament Practice
	Mon 3/31	Tues 4/1	Wed 4/2	Thurs 4/3	Fri 4/4	Sat 4/5
Practice Testing	Practice Testing (Giving a lot of feedback where students can improve for testing)	Practice Testing (Giving a lot of feedback where students can improve for testing)	Practice Testing (Giving a lot of feedback where students can improve for testing)	Practice Testing (Giving a lot of feedback where students can improve for testing)	Practice Testing (Giving a lot of feedback where students can improve for testing)	Practice Testing (Giving a lot of feedback where students can improve for testing)

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!

CLASS REMINDERS

GEAR

**STUDENTS MUST BRING GEAR EVERY DAY!
EVEN IF THE SCHEDULE DOES NOT MENTION
SPARRING, YOU MUST BRING YOUR GEAR IN CASE WE DO
DRILLS OR OTHER ACTIVITIES THAT REQUIRE GEAR.**

MALE STUDENTS MUST WEAR GROIN CUPS TO CLASS!

WATER

PLEASE BRING YOUR OWN **LABELED WATER BOTTLE
TO EVERY CLASS! WE KEEP A VERY LIMITED AMOUNT
OF WATER ON PREMISES FOR EMERGENCIES ONLY,
SO PLEASE BRING YOUR OWN WATER EVERY DAY.**

JEWELRY

**TAEKWONDO IS A CONTACT SPORT. NO JEWELRY OF ANY
KIND IS PERMITTED DURING CLASS, EXCEPT SMALL POST
TYPE EARRINGS (NOTHING THAT HANGS) THIS INCLUDES
RINGS, NECKLACES, BRACELETS, HARD HAIR ORNAMENTS,
ANKLETS, ETC. ABSOLUTELY NO JEWELRY IS PERMITTED AT
TESTING. THIS IS A SAFETY ISSUE AND FOR YOUR
PROTECTION AS WELL AS YOUR FELLOW STUDENTS!**

Forms Classes

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

Monday, March 3, 2025

5:30 pm to 6:15 pm in Spotswood

For Senior Red belts and higher

(This class runs at the same time as the children's Green & Blue belt class)

**LAST FORMS REVIEW CLASS BEFORE BLACK
BELT TESTING**

Thursday, March 27, 2025

7:00 pm to 7:45 pm in Spotswood

For all Brown, Senior Brown & Red Belts

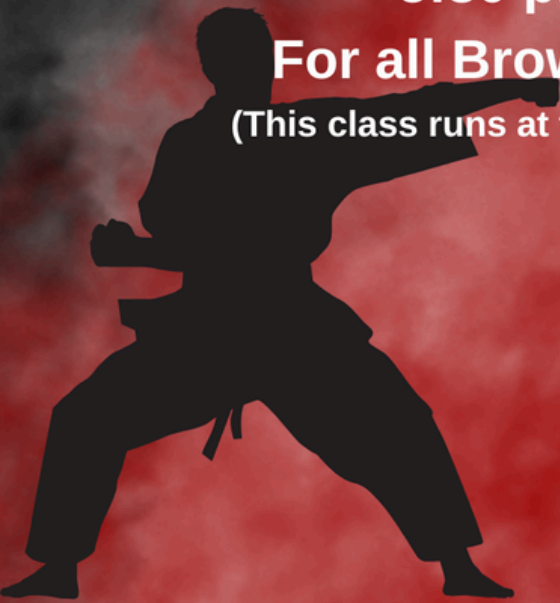
(This class runs at the same time as the children's Green & Blue belt class)

Monday, March 31, 2025

5:30 pm to 6:15 pm in Matawan

For all Brown, Senior Brown & Red Belts

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





MARCH MADNESS

**MEMBERSHIP DRIVE
TUITION GIVEAWAY**

\$100 Per Student! (\$50 Extra Bonus)

- OR -

***Bring 5 Students and earn
1 FREE YEAR of Tuition!***

Students must be ages 5+ and enroll in at least a 1 year program.

Mini Masters ARE NOT INCLUDED. Offers cannot be combined.

For families of 2 or more the lowest tuition rate student will receive free tuition.

(See details on reverse)

Fastkix Taekwondo Membership Referral Program

Program Overview

Fastkix Taekwondo is excited to launch our Membership Referral Program, rewarding our dedicated members for sharing the benefits of Taekwondo with friends and family! By referring new students, you can earn a free full year of tuition!

How It Works

1. Refer a Friend or Family Member

The referred student must be at least 5 years old and enrollment must be in a regular Taekwondo program (Mini Masters excluded).

2. Complete Enrollment

The referred 5 students must officially enroll and complete registration by May 31, 2025. Enrollment includes signing up for a 12 or 24 month program and fulfilling any required tuition and fees.

3. Earn Your Reward

Receive a \$100 credit towards tuition for each referral - OR-

Once 5 new students have completed enrollment, the referring family receives one full year of tuition credit for the lowest monthly membership family member on their account. (if you have 2 or more students on the same account, credit applies to the 2nd, 3rd, or subsequent member and not the first member). This credit applies to regular tuition only and cannot be transferred, exchanged for cash, or applied to other fees. You cannot combine these offers.

Terms & Conditions

The program is open to all active members of Fastkix Taekwondo. The referred student must be a new enrollment (previously enrolled students do not qualify). Tuition credit is non-transferable and must be used for the first (or second) family member on the account. The program ends on May 31, 2025—all referrals must complete enrollment by this date to qualify.

How to Get Started

Scan the QR code to register your friends for a free trial class! Make sure your referral mentions your name at enrollment.

Watch your Fastkix Taekwondo family grow while earning your free year of training! Start referring today and enjoy the rewards of training together!



