



THIS WEEK AT FASTKIX
November 15, 2025 to
November 22, 2025

REGULAR SCHEDULE
this week



CONGRATULATIONS
TO ALL
OUR ATHLETES!

AND RANKS!
MINI MASTERS EVENTS!
GRAND CHAMPION TROPHIES!



IMPORTANT DATES

**Friday, November 21 - GIRLS GLOW PARTY 6-8
in Spotswood!
(Matawan open on 11/21)**

**Thursday, November 27 through Sunday, November 30
Closed for Thanksgiving weekend**

**Friday, December 5 - PARENTS NIGHT OUT!
6-9 pm in Spotswood**

**Saturday, December 6 - INSTRUCTOR CLASS AND
TRYOUTS 11:15 am to 1:00 pm**

**Wednesday, December 24 through Thursday, January 1
Closed for Winter Break**



FOCUS SCHEDULE

Monday - Saturday
Self-Defense and Breaking
Bring in your boards (any size) every day!



NOVEMBER 2025 FOCUS SCHEDULE



	Mon 11/3	Tues 11/4	Wed 11/5	Thurs 11/6	Fri 11/7	Sat 11/8
Cover new breaking techniques in class and talk about breaking technique	Breaking Technique / Tourbament forms	Breaking technique/ speed breaking	Breaking technique-padded weapon sparring	Breaking technique-Sparring	Breaking technique - forms	Breaking technique - forms
	Mon 11/10	Tues 11/11	Wed 11/12	Thurs 11/13	Fri 11/14	Sat 11/15
Students should have red stripes and know their kicks	Forms / Sparring	Forms / Kicks	Forms / Sparring	Forms / Breaking	Tournament Practice	Fastkix Championship
	Mon 11/17	Tues 11/18	Wed 11/19	Thurs 11/20	Fri 11/21	Sat 11/22
Self Defense / Breaking	Self Defense / Breaking	Self Defense / Breaking	Self Defense / Breaking	Self Defense / Breaking	Self Defense / Breaking	Self Defense / Breaking
	Mon 11/24	Tues 11/25	Wed 11/26	Thurs 11/27	Fri 11/28	Sat 11/29
Sparring / forms	Sparring / Forms	Sparring / Forms	Sparring / Forms	School Closed HAPPY THANKSGIVING!	School Closed	School Closed
	Mon 12/1	Tues 12/2	Wed 12/3	Thurs 12/4	Fri 12/5	Sat 12/6
White Stripe Testing	Kicks / Breaking	Kicks / Breaking	Kicks / Breaking	Kicks / Breaking	Kicks / Breaking	Kicks / Breaking

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!

GIRLS GLOW PARTY

FRIDAY, NOVEMBER 21, 2025

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



PARENTS NIGHT OUT!

GAMES!
PIZZA!
SNACKS!
VIDEO
GAMES!

OPEN TO STUDENTS & SIBLINGS AGE 4 AND UP
ALL SPOTSWOOD TAEKWONDO CLASSES CANCELLED ON 12/5

»» \$30 PER CHILD ««
(CASH ONLY PLEASE)

FRIDAY, DECEMBER 5, 2025
6:00 PM - 9:00 PM

FASTKIX TAEKWONDO
SPOTSWOOD, NJ



[FASTKIX.COM/EVENTS](https://www.fastkix.com/events)

REGISTER
HERE

ZELLE
PAY
HERE



INSTRUCTOR TRAINING & TRYOUTS

**SATURDAY, DECEMBER 6
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**





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

**NEXT
ORDER
CLOSES 11/15!**



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 for this month will be accepted until November 5th. We will be placing orders 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

