



THIS WEEK AT FASTKIX
Saturday, November 19
to
Saturday, November 26

Fastkix will be open
Monday, Tuesday & Wednesday
Regular Schedule

We will be CLOSED
Thursday, November 24 through
Sunday, November 27 for
Thanksgiving.

We reopen Monday, November 28



Dear members,

THANK YOU for being part of our Fastkix family! We are so blessed to have so many wonderful families in our program, and wanted to take a moment this week to say thank you.

Everyone's lives are so busy and we are grateful that you chose us for your training and that you make the time to bring your amazing energy to class. Our school is a special place because of you!

**Have a wonderful Thanksgiving!
Grandmaster Balon and Linda Balon &
Master Charles**



CONGRATULATIONS TO ALL OUR ATHLETES! RESULTS AND PICTURES TO COME!



FASTKIX CHAMPIONSHIP

SATURDAY, NOVEMBER 19TH
COMPETITION STARTS AT 10:00 AM
ALL AGES & RANKS WELCOME!



**\$40 for 1st event &
\$10 each additional event
(does not include boards)
REGISTRATION ends
Friday, Nov. 11, 2022
ALL athletes must be current
AAU members
Event is licensed by the Amateur
Athletic Union of the US, Inc.**



Forms
Olympic Sparring
Speed Breaking
Padded Weapon
Sparring
NEW FOR 2022
Mini Masters
Events!



**GRAND
CHAMPION
TROPHIES
Male &
Female!**

Hosted by Fastkix Taekwondo
100 Summerhill Road, Spotswood, NJ 08884
732-254-1214 info@fastkix.com www.fastkix.com

Awards for Every Athlete!



IMPORTANT DATES

***Thursday, November 24 through Sunday,
November 26 - CLOSED for Thanksgiving
weekend***

***Saturday, December 10 - NINJA SATURDAY IN
SPOTSWOOD! (Matawan will be closed)***

Tuesday, December 13 - MINI MASTERS TESTING

***Friday, December 16 - Parents Night Out! More
info to come***

***Saturday, December 24 through Sunday,
January 1 - CLOSED FOR WINTER BREAK***

***Saturday, May 20, 2023 NJ STATE AAU TAEKWONDO
CHAMPIONSHIP!***



**Fastkix is proud to be an official donation site for
TOYS FOR TOTS!**

**Now through December 10th, please bring in a new, unwrapped toy
for any age and donate it to those less fortunate.**

**Please be generous and help brighten up the holiday of those less
fortunate.**

We know we can count on our Fastkix family's generosity.

Thank you!



WWW.FASTKIX.COM

MATAWAN TAEKWONDO FOCUS



MATAWAN-This week's taekwondo focus

MONDAY - Kicks & Self Defense Intro

TUESDAY - Self Defense Intro, Kicks, Cardio workout

WEDNESDAY - Board Breaking, Self Defense Intro

THURSDAY, FRIDAY & SATURDAY- CLOSED

	MATAWAN NOVEMBER 2022 FOCUS SCHEDULE					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOCUS		Nov. 1	Nov. 2	Nov. 3	Nov. 4	Nov. 5
		Forms (Stances) Sparring	Speed Breaking & Padded Weapon Sparring	Forms (Power) & Speed Breaking	Sparring & Padded Weapon Sparring	Sweaty Saturday
	Nov. 7	Nov. 8	Nov. 9	Nov. 10	Nov. 11	Nov. 12
Tournament Prep/ Intro to New Kicks	Sparring & Forms	Sparring & Speed Breaking	Padded Weapon Sparring & Forms (Hand Placement)	Kicks & Sparring	Practice Tournament	REVIEW
	Nov. 14	Nov. 15	Nov. 16	Nov. 17	Nov. 18	Nov. 19
Tournament Prep/ Kicks & Stretching	Sparring & Padded Weapon Sparring	Forms, Kicks & Speed Breaking	Padded Weapon Sparring & Kicks / stretches	Forms & Speed Breaking	Practice Tournament	CLOSED for FASTKIX CHAMPIONSHIP!
	Nov. 21	Nov. 22	Nov. 23	Nov. 24	Nov. 25	Nov. 26
White Stripe Testing / Intro to Self Defense	Kicks & Self Defense intro	Self Defense Intro / Kicks / Cardio Workout	Board Breaking Practice Techniques, Self Defense Intro & Workout	CLOSED for THANKSGIVING	CLOSED for THANKSGIVING	CLOSED for THANKSGIVING
	Nov. 28	Nov. 29	Nov. 30	Dec. 1	Dec. 2	Dec. 3
POWER / Self Defense Week	Self Defense & Form/Low Rank Forms	Self Defense & Sparring	Self Defense & Breaking	Self Defense & Kicks	REVIEW	Sweaty Saturday

PLEASE NOTE: There are some days that we deviate from the printed schedule for various reasons, but you have our promise that we will do our best to follow this schedule as much as possible. As our tournament gets closer, we'll be spending more class time working on tournament preparation for forms and sparring competition while still balancing regular curriculum instruction. Thank you!

SPOTSWOOD TAEKWONDO FOCUS



SPOTSWOOD-This week's taekwondo focus

MONDAY - Kicks & Self Defense Intro

TUESDAY - Self Defense Intro, Kicks, Cardio workout

WEDNESDAY - Board Breaking, Self Defense Intro

THURSDAY, FRIDAY & SATURDAY- CLOSED



SPOTSWOOD NOVEMBER 2022 FOCUS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOCUS		Nov. 1	Nov. 2	Nov. 3	Nov. 4	Nov. 5
Tournament Prep / Red Stripe Testing		Forms (Stances) Sparring	Speed Breaking & Padded Weapon Sparring	Forms (Power) & Speed Breaking	Sparring & Padded Weapon Sparring	Sweaty Saturday
	Nov. 7	Nov. 8	Nov. 9	Nov. 10	Nov. 11	Nov. 12
Tournament Prep/ Intro to New Kicks	Forms (Timing) & Kicks	Sparring & Speed Breaking	Padded Weapon Sparring & Forms (Hand Placement)	Kicks & Sparring	Practice Tournament	REVIEW
	Nov. 14	Nov. 15	Nov. 16	Nov. 17	Nov. 18	Nov. 19
Tournament Prep/ Kicks & Stretching	Sparring & Padded Weapon Sparring	Forms, Kicks & Speed Breaking	Padded Weapon Sparring & Kicks / stretches	Forms & Speed Breaking	Practice Tournament	CLOSED for FASTKIX CHAMPIONSHIP!
	Nov. 21	Nov. 22	Nov. 23	Nov. 24	Nov. 25	Nov. 26
White Stripe Testing / Intro to Self Defense	Kicks & Self Defense intro	Self Defense Intro / Kicks / Cardio Workout	Board Breaking Practice Techniques, Self Defense Intro & Workout	CLOSED for THANKSGIVING	CLOSED for THANKSGIVING	CLOSED for THANKSGIVING
	Nov. 28	Nov. 29	Nov. 30	Dec. 1	Dec. 2	Dec. 3
POWER	Self Defense & Form/Low Rank Forms	Self Defense & Sparring	Self Defense & Breaking	Self Defense & Kicks	REVIEW	Ninja Saturday

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MINI MASTERS NEWS



MINI MASTERS TESTING
will be Tuesday,
December 13, 2022

Week of November 21 will be
testing preparation in class

CHALLENGE QUESTION: Name the stances in Dan-Gun



Competition Class News

SCHEDULE

WE ARE ON REGULAR SCHEDULE THIS WEEK

All regularly scheduled Competition Team Classes will be held except for the following days:

Saturday, November 19th (In-School Tournament)

Thursday, November 24 & Saturday, November 26
(Thanksgiving break)

Saturday, December 10

Saturday, December 24 through Saturday,
December 31 (Christmas Break)



FASTKIX FALL REFERRAL BONUS!

EXTENDED!

**October 15th through
November 30th**

**All student referrals who enroll
will earn a DOUBLE referral
bonus!**

That's right-DOUBLE!!

Mini Masters Referrals earn \$50!

Kickboxing referrals earn \$50

Taekwondo referrals earn \$100!

(New students must actually enroll-two week trial does not count)

Fastkix Taekwondo Adult Class Special

Two Months for \$99 for both
Spotswood or Matawan locations!

Offer starts November 1st
Expires: December 31st

Package Includes:

Uniform

Contact Us:

Call to book your Trial

732-254-124

Or visit Fastkix.com

Exercise
Self Defense

Gain another
place to call
home and meet
people!

Gain confidence



**Offer available to new students ages 18 and up
only. Must start classes by December 31, 2022.**

WWW.FASTKIX.COM



**IT'S
ON!**



2023

**NJ STATE AAU TAEKWONDO
CHAMPIONSHIP**

Saturday, May 20, 2023

**Rider University
Lawrenceville, NJ**