



THIS WEEK AT FASTKIX
October 11, 2025 to
October 18, 2025

REGULAR SCHEDULE
THIS WEEK

Congratulations
to all our new Black Belts!





IMPORTANT DATES

**Monday, October 13 - Girl to Girl Mentor Class with Miss Isabella
6:15 pm to 7:00 pm in Matawan
(This class runs during regular taekwondo class)**

**Monday, October 14 - Girl to Girl Mentor Class with Miss Isabella
6:15 pm to 7:00 pm in Spotswood
(This class runs during regular taekwondo class)**

**Friday, October 24 - Halloween Party 6-8 pm in Spotswood
No afternoon or evening classes (there is morning kickboxing)**

**Friday, October 31 - CLOSED ALL DAY
Happy Halloween!**

Saturday, November 15 - FASTKIX CHAMPIONSHIP!

**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**

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



FOCUS SCHEDULE

Monday through Saturday

Forms

Introduction to breaking techniques

Introduction to self defense



OCTOBER 2025 FOCUS SCHEDULE



	Mon 9/29	Tues 9/30	Wed 10/1	Thurs 10/2	Fri 10/3	Sat 10/4
Intro to New Moves, stances, kicks & technique work on new form / Sparring	Spotswood - New Form Basics/Sparring Matawan - Miss Isabella's Leadership Class	Spotswood - Miss Isabella's Leadership Class (all classes) Spotswood - New Form	New Form Basics / Sparring	New Form Basics / Sparring	New Form Basics / Sparring	New Form Basics / Sparring
	Mon 10/6	Tues 10/7	Wed 10/8	Thurs 10/9	Fri 10/10	Sat 10/11
Keep building on forms and working on first 1/2. Intro to new Kicks	Forms & Intro to new kicks	Forms & Intro to new kicks	Forms & Intro to new kicks	Forms & Intro to new kicks	CLOSED- Black Belt Test	Forms & Intro to new kicks
	Mon 10/13	Tues 10/14	Wed 10/15	Thurs 10/16	Fri 10/17	Sat 10/18
3/4 of forms should be done and new breaking techniques.	Forms, New breaking technique on pads, intro to self defense	Forms, New breaking technique on pads, intro to self defense	Forms, New breaking technique on pads, intro to self defense	Forms, New breaking technique on pads, intro to self defense	Forms, New breaking technique on pads, intro to self defense	Forms, New breaking technique on pads, intro to self defense
	Mon 10/20	Tues 10/21	Wed 10/22	Thurs 10/23	Fri 10/24	Sat 10/25
Finishing up forms and preparing for In School Tournament	Finish Forms / Sparring	Finish Forms / Kicks	Finish Forms / Self Defense / New Breaks	Finish Forms / Footwork / Sparring	CLOSED- Halloween Party!	Forms / Kicks
	Mon 10/27	Tues 10/28	Wed 10/29	Thurs 10/30	Fri 10/31	Sat 11/1
In school Tournament Practice	Tournament Practice	Tournament Practice	Tournament Practice	Tournament Practice	CLOSED- Happy Halloween!	Tournament Practice

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!

Thank you



Thanks to everyone for the overwhelming book donations. We appreciate everyone's contribution!

Rishil Anne

**WELCOME
NEW MEMBER!**



SALVATORE



LOGAN & TYLER



CLAIRE



GIRL TO GIRL

MONTHLY MENTOR CLASS



LED BY MISS ISABELLA



MATAWAN

MONDAY, OCTOBER 13, 2025

FROM 6:15 PM TO 7:00 PM

SPOTSWOOD

TUESDAY, OCTOBER 14, 2025

FROM 6:15 PM TO 7:00 PM





HALLOWEEN Party



FRIDAY, OCTOBER

24

6:00 PM TO 8:00 PM
100 SUMMERHILL ROAD
SPOTSWOOD, NJ

BEST COSTUME PRIZES
MUSIC – GAMES –
SNACKS

PARTY IS FREE!

ADMISSION IS TWO BAGS OF CANDY
(10-12 OZ SIZE) PER GUEST.

OPEN TO STUDENTS AND SIBLINGS ONLY
PLEASE. PARENTS-WEAR YOUR COSTUME TOO!



COSTUME IS REQUIRED!



FASTKIX CHAMPIONSHIP

SATURDAY, NOVEMBER 15, 2025



ALL AGES AND RANKS!
MINI MASTERS EVENTS!
GRAND CHAMPION TROPHIES!

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://fastkix.com/events)

REGISTER
HERE

ZELLE
PAY
HERE



SEPTEMBER 2025

ATTENDANCE AWARDS

Name	Program	# of classes	Medal
Eden Cardillo	Matawan Mini Masters	10	Gold
Theodore Katz	Mini Masters	10	Gold
Joellen Wallace	Strength Training	12	Gold
Alissa Toht	Strength Training	12	Gold
Tami Smith	Strength Training	14	Gold
Ricky (Jose) DeSousa	Matawan Kickboxing	16	Gold
Anthony Garay	Taekwondo	16	Gold
David Martinez	Taekwondo	16	Gold
Henry Howe	Taekwondo	16	Gold
Easton MacNeill	Taekwondo	17	Gold
Matthew Domingo	Matawan Taekwondo	18	Gold
Azure Park	Matawan Taekwondo	18	Gold
Denise Spicuzzo	Kickboxing	20	Gold
Denise Spicuzzo	Strength Training	20	Gold
Karen DiCicco	Strength Training	21	Gold
Karen DiCicco	Kickboxing	22	Gold

SEPTEMBER 2025

ATTENDANCE AWARDS

Name	Program	# of classes	Medal
Anvi Ajay	Competition Team	8	Silver
Nicholas Jach	Competition Team	8	Silver
Jadan Jain	Mini Masters	8	Silver
Lyle Annino	Strength Training	9	Silver
Willow Straeter	Matawan Mini Masters	9	Silver
Sonia Jaising	Strength Training	10	Silver
Kristina Hatter	Kickboxing	12	Silver
Joellen Wallace	Kickboxing	12	Silver
Lyle Annino	Kickboxing	12	Silver
Dylan Eskow	Taekwondo	12	Silver
Olivia Giurato	Taekwondo	12	Silver
Arjun Sodusta	Matawan Taekwondo	12	Silver
Alissa Toht	Kickboxing	12	Silver
Gavin Anselmo	Matawan Taekwondo	13	Silver
Lincoln Anduaga	Matawan Taekwondo	13	Silver
Anvi Ajay	Taekwondo	14	Silver

Alex Annino	Taekwondo	14	Silver
Aryan Chinta	Taekwondo	14	Silver
Veronica Sharkan	Matawan Taekwondo	14	Silver
Mackenzie Appell	Matawan Taekwondo	14	Silver
Aidan McGorty	Taekwondo	14	Silver
Emma Wood	Taekwondo	14	Silver
Harif Saenz	Matawan Taekwondo	14	Silver
Saad Khan	Taekwondo	14	Silver
Tami Smith	Kickboxing	15	Silver
Daniel Edward	Taekwondo	15	Silver

SEPTEMBER 2025

ATTENDANCE AWARDS

Name	Program	# of classes	Medal
Rishil Anne	Taekwondo	11	Bronze
Robert D'Amodio	Taekwondo	11	Bronze
Kiyan Patel	Matawan Taekwondo	11	Bronze
Aiden McDonald	Matawan Taekwondo	11	Bronze
Luke Eskow	Taekwondo	11	Bronze
Kayla Jessup	Taekwondo	11	Bronze
Dean Colgan	Matawan Taekwondo	11	Bronze
Melony Straeter	Matawan Taekwondo	11	Bronze
Maia Anduaga	Matawan Taekwondo	11	Bronze
Addison Midtbo	Matawan Taekwondo	11	Bronze
Nicholas Jach	Taekwondo	10	Bronze
Asher Ta	Taekwondo	10	Bronze
Jaxon Aponte	Matawan Taekwondo	10	Bronze
Nirvi Paliwal	Taekwondo	10	Bronze
Jackson McHale	Taekwondo	10	Bronze

Aiden Varghese	Taekwondo	10	Bronze
Savannah Cruz	Matawan Taekwondo	10	Bronze
Stav Mantzor	Matawan Taekwondo	10	Bronze
Aarie Saravanan	Taekwondo	10	Bronze
Brayden Wright	Taekwondo	10	Bronze
Asher Ta	Competition Team	6	Bronze
Caiden Ta	Competition Team	6	Bronze
Colt Germain	Competition Team	6	Bronze
Mikah Padilla	Mini Masters	6	Bronze
Nicholas Reyes	Matawan Mini Masters	6	Bronze