


A cluster of orange and yellow autumn leaves in the top left corner.

**THIS WEEK AT FASTKIX**  
**September 16, 2023 to**  
**September 23, 2023**

**Regular schedule**  
**all week!**

**KICKBOXERS- New Weight**  
**Training class starts this**  
**week! We will have sign up**  
**sheets at class!**

A cluster of orange and yellow autumn leaves in the bottom right corner.





# SPIRIT WEEK!







# CONGRATULATIONS

TO OUR AUGUST 2023  
STUDENTS OF THE MONTH!

JJ



Kiyan





# CONGRATULATIONS

Wayne H.



TO OUR AUGUST 2023  
STUDENTS OF THE MONTH!

Sophie M.



Ryden D.



Robbie D.



Jackson M.



Kiara P.







# IMPORTANT DATES



**Tuesday, September 19, 2023 - FORMS training classes  
with Mr. Aaron**

**Thursday, September 21, 2023 - SPARRING agility classes  
with Mr. Mateo**

**Sunday, September 23 - Fastkix Picnic at Thompson Park  
Grove 2 from 11:00 am to 2:00 pm**

**Friday, September 29 & Saturday, September 30  
CLOSED for Black Belt Testing**

**Saturday, October 7  
MATAWAN DAY!**

**Friday, October 27  
HALLOWEEN PARTY**







# **IMPORTANT DATES**

## **Part 2**



**Tuesday, October 31**

**All afternoon/evening classes cancelled for Halloween  
(there is morning kickboxing)**

**Saturday, November 18**

**FASTKIX CHAMPIONSHIP!**

**Thursday, November 23 through Sunday, November 26**

**CLOSED for Thanksgiving break**

**Monday, December 25 through Monday, January 1**

**CLOSED for Winter break**





# TAEKWONDO FOCUS TESTING PRACTICE



**MONDAY - Kicks/Self Defense**

**TUESDAY-Spotswood Mr. Aaron's Forms Training (all classes)  
Matawan-Forms/Kicks**

**WEDNESDAY - Kicks/Breaking**

**THURSDAY-Spotswood-Mr. Mateo's Sparring Training (all classes)  
Matawan - Kicks/Forms**

**FRIDAY - Kicks/Sparring**

**BLACK BELT TESTING CANDIDATES BOARD BREAKING EVERY DAY!**



## SEPTEMBER 2023 FOCUS SCHEDULE



	<b>Mon 9/4</b>	<b>Tues 9/5</b>	<b>Wed 9/6</b>	<b>Thurs 9/7</b>	<b>Fri 9/8</b>	<b>Sat 9/9</b>
Build on Forms, Introduce Kicks/ Footwork	<b>SCHOOL CLOSED</b>	Kicks, Sparring	Footwork, Breaking Techniques, Forms	Forms, Sparring	Sparring	Review
	<b>Mon 9/11</b>	<b>Tues 9/12</b>	<b>Wed 9/13</b>	<b>Thurs 9/14</b>	<b>Fri 9/15</b>	<b>Sat 9/16</b>
<b>SPIRIT WEEK</b> Red Slash/ Stripe for those eligible	<b>Favorite Sport Team Day</b> Forms, Breaking Techniques	<b>Buddy Day</b> Kicks, Self Defense	<b>Color Wars</b> Forms, Kicks, Footwork	<b>Pajama Day</b> Forms, Breaking Techniques, Sparring	<b>CLOSED for PARENTS NIGHT OUT</b>	Forms, Sparring
	<b>Mon 9/18</b>	<b>Tues 9/19</b>	<b>Wed 9/20</b>	<b>Thurs 9/21</b>	<b>Fri 9/22</b>	<b>Sat 9/23</b>
Focus on new Kicks, Intro Self Defense	Kicks, Self Defense	Mr. Aaron's Forms Training (all classes)	Kicks, Breaking	Kicks, Forms	Kicks, Sparring	Kicks
	<b>Mon 9/25</b>	<b>Tues 9/26</b>	<b>Weds 9/27</b>	<b>Thurs 9/28</b>	<b>Fri 9/29</b>	<b>Sat 9/30</b>
Breaking Boards	Breaking, Self Defense	Breaking, Kicks	Breaking, Sparring, Footwork	Breaking, Forms	CLOSED for Black Belt Testing	CLOSED for Black Belt Testing
	<b>Mon 10/2</b>	<b>Tues 10/3</b>	<b>Wed 10/4</b>	<b>Thurs 10/5</b>	<b>Fri 10/6</b>	<b>Sat 10/7</b>
White Stripes	Kicks, Sparring	Kicks, Forms	Kicks, Breaking, Self Defense	Kicks, Footwork, Sparring	Kicks	Review

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!





Avyan

Connor C.

Joshua V.

Jacob V.

Luke C.

Miguel

Brian C.

Ayden

Jasmin

Aryan

Tami

Rayansh

Max

Richard

Daniel E.

Asher

Ishaan G.

Jason

Happy  
Birthday







RESCHEDULED

Join us for our

# FASTKIX PICNIC

with games, food and fun!

**Sunday,  
September 24, 2023**

**11:00 am - 2:00 pm**

**THOMPSON PARK**

**GROVE 2**

**Lakeview Drive**

**Monroe Twp., NJ**







## **TOURNAMENT FORMS PREPARATION CLASSES**

**Tuesday, September  
19 in ALL CLASSES!**

Don't miss this amazing training led by 8 time National forms Medalist Aaron Zimmer!

One of our most decorated Fastkix forms competitors, he is testing for 4th Degree

Master Black Belt in September and part of his test is creating and teaching a program to ALL taekwondo classes!

All classes on 9/19 will be led by Mr. Aaron to help you perfect your technique, stances and presentation to be a champion like him! These classes are completely FREE!







## **SPARRING AGILITY PREPARATION CLASSES**



**Thursday,  
September 21  
in ALL CLASSES!**

Don't miss this amazing training led by multi-time National AAU Medalist Mateo Rivera. His classes will focus on sparring agility since it's important to always be light on your feet to evade your opponent. Students will learn drills to improve their reaction time and speed and get to apply those in sparring matches. Mateo is testing for 4th Degree Master Black Belt in September and part of his test is creating and teaching a program to ALL taekwondo classes!

All classes on 9/21 will be led by Mr. Mateo to help you improve your sparring. These classes are completely FREE!



# **BLACK BELT TESTING**

Friday, September 29, 2023 at 6:00 pm

**All CURRENT 2nd Degree SENIOR  
Black Belts and higher**

Saturday, September 30, 2023 at 9:00 am

**All Black Belt Candidates,  
1st Degree, 1st Degree Senior &  
2nd Degree Black Belt**





# MATAWAN DAY

## Street Festival

SATURDAY, OCTOBER 7TH

RAIN DATE:  
SUN. - 10/8

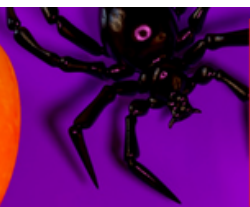
MAIN STREET  
12:00 PM - 5:00 PM

FUN FOR  
ALL AGES

 <p><b>Crafters, Artisans, Local Businesses</b></p>	 <p><b>Music, Performers, &amp; Live Bands</b></p>	 <p><b>Food Vendors and Food Trucks</b></p>	 <p><b>Kids Inflatables</b></p>
 <p><b>Beer and Wine Garden</b></p>	 <p><b>Dee Jay Entertainment</b></p>	 <p><b>Food Eating Contests</b></p>	 <p><b>Kidz Corral Activity Ave.</b></p>

For information, please contact us by email at [matawanday@gmail.com](mailto:matawanday@gmail.com), by phone at 732-290-1125 or visit [MACOCNJ.com](http://MACOCNJ.com) or [Matawawnborough.com](http://Matawawnborough.com) for information and registration

Brought to you by the  
Matawan Economic Development Commission and Matawan Aberdeen Chamber of Commerce



# HALLOWEEN PARTY



FASTKIX STYLE



**COSTUME IS REQUIRED!**

OCTOBER  
27TH

7:00 PM - 9:00 PM  
100 SUMMERHILL ROAD  
SPOTSWOOD, NJ



732-254-1214

INFO@FASTKIX.COM

**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!

