



**THIS WEEK AT FASTKIX**  
**September 27, 2025**  
**to**  
**October 4, 2025**

**CONGRATULATIONS**  
**to all our students who**  
**tested this weekend!**  
**You made us very proud!**

**REGULAR SCHEDULE**  
**THIS WEEK**



# IMPORTANT DATES

**Monday, September 29 in Matawan (All Classes)**

**Tuesday, September 30 in Spotswood (All Classes)**

**LEADERSHIP IN SCHOOL AND AT HOME**

**A special day of classes led by Miss Isabella as part of her  
4<sup>th</sup> Degree Black Belt Testing**

**Wednesday, October 1, 2025 Color Belt Makeup Test**

**4:30 pm in Spotswood (additional fee applies)**

**Saturday, October 4, 2025 MATAWAN DAY!**

**Friday, October 10 - Black Belt Test 5:00 pm in Spotswood**

**Friday, October 24 - Halloween Party 6-8 pm in Spotswood**

**No afternoon or evening classes (there is morning kickboxing)**

**Thursday, October 31 - CLOSED**

**No afternoon or evening classes (there is morning kickboxing)**

**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! (more details to come)**

**Wednesday, December 24 through Thursday, January 1**

**Closed for Winter Break**



# FOCUS SCHEDULE

**Mon-Matawan-Miss Isabella's Leadership Class**

**Spotswood-New Forms Basics/Sparring**

**Tues- Matawan-New Forms Basics/Sparring**

**Spotswood-Miss Isabella's Leadership Class**

**Wednesday - Saturday**

**New form basics and sparring**

**BLACK BELT TESTING CANDIDATES PLEASE BRING  
BOARDS EVERY DAY!**



## OCTOBER 2025 FOCUS SCHEDULE



	<b>Mon 9/29</b>	<b>Tues 9/30</b>	<b>Wed 10/1</b>	<b>Thurs 10/2</b>	<b>Fri 10/3</b>	<b>Sat 10/4</b>
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
	<b>Mon 10/6</b>	<b>Tues 10/7</b>	<b>Wed 10/8</b>	<b>Thurs 10/9</b>	<b>Fri 10/10</b>	<b>Sat 10/11</b>
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	<b>CLOSED- Black Belt Test</b>	Forms & Intro to new kicks
	<b>Mon 10/13</b>	<b>Tues 10/14</b>	<b>Wed 10/15</b>	<b>Thurs 10/16</b>	<b>Fri 10/17</b>	<b>Sat 10/18</b>
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
	<b>Mon 10/20</b>	<b>Tues 10/21</b>	<b>Wed 10/22</b>	<b>Thurs 10/23</b>	<b>Fri 10/24</b>	<b>Sat 10/25</b>
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	<b>CLOSED- Halloween Party!</b>	Forms / Kicks
	<b>Mon 10/27</b>	<b>Tues 10/28</b>	<b>Wed 10/29</b>	<b>Thurs 10/30</b>	<b>Fri 10/31</b>	<b>Sat 11/1</b>
In school Tournament Practice	Tournament Practice	Tournament Practice	Tournament Practice	Tournament Practice	<b>CLOSED- Happy Halloween!</b>	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!



# Mr. Rishil's 3<sup>rd</sup> Degree Community Service Project

Hi, my name is Rishil. As I am testing for my 3rd degree black belt, my community service project will be a book drive. This book drive will support the East Brunswick Public Library and all who visit it. I

picked this project because ever since I was little, I have always loved reading books, since they would let my imagination run wild and take me into a different world each time I opened a new book.

With this project, I hope to share the love of books with others.

There are donation bins at each school so please be generous!







# Mr. Daniel's 3<sup>rd</sup> Degree Community Service Project

My name is Daniel Edward, third degree black belt candidate who has been with the school for 10 years. My sister, Saira, a second-degree black belt and eight years older had joined in 2008, the year I was born and hence I have been a frequent visitor at Fastkix since my infancy. I have looked on Mr. Balon, Mr. Charles, Mr. Nick, Mr. Gabe, Miss Isabella, Ms. Sue, Mr. Neil, Mr. Lenny and the rest of the team as my second family. We have travelled together, some of us have grown up together and more importantly we have been kicking each other in the head for years. We bonded in that unique way. I am grateful for having such exemplary mentors and having made such lasting friendships. Recently one of my track teammates was talking about the importance of adequate protein in our diet and I came to learn of protein energy malnutrition, a condition known as Kwashiorkor and that led to the discussion of nutritional deficiencies and starvation at large especially in children. While some of us obsess about the amount of protein we need to build muscle as athletes, there are underprivileged amongst us who are unsure if they are going to get two square meals a day. This is what motivated me to do a Food Drive as my Community service program.

The holidays are coming up and it would be comforting to know that we're contributing in some small way in alleviating the hunger of one child or one family in our midst while we are partaking of sumptuous feasts. Imagine carving up that Turkey consumed with guilt! Wouldn't you rather have only pleasant things on your mind like having contributed to our Food drive to ease the suffering of our fellow brothers and sisters? Donate a few cans of soup or Tuna (or anything non- perishable) and you are going to feel so good about yourself that you might even enjoy an overcooked green bean casserole! Hope you all have guilt free holidays this year because of the Fastkix Food Drive!



29/30  
SEPT

2025



# LEADERSHIP IN SCHOOL & AT HOME

Mentorship, Emotional  
Control, Perseverance,  
Confidence, & Focus

Matawan: Sept 29 (All Classes)  
Spotswood: Sept 30 (All Classes)

Led by Miss Isabella







**MATAWAN BOROUGH ECONOMIC DEVELOPMENT COMMISSION  
WITH THE MATAWAN-ABERDEEN CHAMBER OF COMMERCE**



# **MATAWAN DAY 2 FALL 0 FESTIVAL 2 5**

**Saturday,  
October 4th**  
Rain Date: October 5th  
**12 PM - 5 PM**  
Terhune Park to Hourihan  
Field at 201 Broad Street

**LIVE MUSIC & ENTERTAINMENT  
GAMES & ACTIVITIES | FOOD TRUCKS & STANDS  
150+ VENDORS | BEER & WINE GARDEN  
LIVE BROADCAST AND MORE!**

## **THANK YOU TO OUR SPONSORS:**

### **NEW JERSEY SPORTS CHIROPRACTIC & PHYSICAL THERAPY**

**BEDLE FUNERAL HOME | BELLAZIO COLLECTIVE  
JERSEY MEDICAL CARE | MJ'S RESTAURANT  
WAITT FUNERAL HOME & CREMATION SERVICES**

**CANNON & MCGUINN, LLC | THE GEEKERY | MIC SQUARED EVENTS  
MONMOUTH COUNTY BOARD OF COUNTY COMMISSIONERS  
NW FINANCIAL GROUP, LLC | OCEANFIRST BANK MATAWAN  
VIGOR DISPENSARY**

**ABY'S MEXICAN RESTAURANT | ALL AROUND MATAWAN-ABERDEEN  
BREW COFFEE BAR | COMMUNITY CARE PARTNERS | GARDEN STATE SMILES  
JOHN VINCENT SCALIA HOME FOR FUNERALS, INC. | MAIN STREET DONUTS  
MIKEY'S MEATS | TAO & ZEN ACUPUNCTURE | VIN GOPAL CIVIC ASSOCIATION**

**THE CANNA BAR | MATAWAN-ABERDEEN PUBLIC LIBRARY  
PIVOTAL PILATES | SHARK TOOTH STUDIOS | TEMPLE BETH AHM**

**[www.MatawanBorough.com](http://www.MatawanBorough.com)**

**[www.macocnj.com](http://www.macocnj.com)**





# **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://www.fastkix.com/events)

REGISTER  
HERE

ZELLE  
PAY  
HERE

