



THIS WEEK AT FASTKIX
March 8 – March 14, 2021

REGULAR SCHEDULE Monday through Saturday
NO SUNDAY KICKBOXING March 14th

This week's focus is Kicks and Self Defense!

Effective Monday, February 15th, please bring your sparring gear EVERY DAY! (Male students, please be sure to wear your cup to class every day)

Monday 3/8 – Kicks/Self Defense
Tuesday 3/9 – Self Defense/Breaking
Wednesday 3/10 – Kicks/Self Defense/Breaking
Thursday 3/11-Forms/Self-Defense
Friday 3/12-Review

**CONGRATULATIONS TO ALL OUR ATHLETES WHO COMPETED
TODAY AT OUR FASTKIX CHAMPIONSHIP!**

Pictures and results will be posted soon!
**Please send us your pictures (info@fastkix.com or
text to Ms. Sue at 732-406-4832)**



UPCOMING EVENTS

Friday, March 19 & Saturday, March 20 – BLACK BELT TESTING

Please check your email for the details.

SUNDAY, April 11 – INSTRUCTOR CLASS 10:00 am-10:45 am

All current instructors are required to attend. We're sorry but we are not accepting any new trainees at this time due to covid space limitations for classes.

REMOTE STUDENTS - Please make your board breaking appointments soon! Students must demonstrate their breaks at least 3 times in person to be eligible to test.

PLEASE CHECK YOUR SPARRING GEAR! We can't make our students stop growing, but we can keep them safe while sparring. Please inspect your gear for wear, tears, and sizing. We have easy gear ordering on our website for replacement pieces (you don't have to buy the whole set at once.) Improperly fitting gear doesn't protect you from injuries, so if you're wearing 3 or 4 year old gear, it's time to replace it!

NO JEWELRY IN CLASS AT ALL PLEASE! Please trim your finger and toenails too! Thank you 😊

**CONGRATULATIONS TO OUR
STUDENTS OF THE MONTH FOR
FEBRUARY, 2021**

**Taekwondo - Luke Custuna
Kickboxing - Akshar Pithadia**

FEBRUARY ATTENDANCE AWARDS

GOLD MEDAL			
Name	Program	# of classes	Medal
Marla Filippatos	Kickboxing	25	Gold
Tami Smith	Kickboxing	17	Gold
Kerry Zavala	Kickboxing	17	Gold
Pamela Grunenthal	Kickboxing	16	Gold
Josiah Anis	Taekwondo	19	Gold
Derrick Choi	Taekwondo	18	Gold
Aikas Kukreja	Taekwondo	18	Gold
Zeyas Chaliawala	Taekwondo	17	Gold
Tiana Chaliawala	Taekwondo	17	Gold
Gabriel Marquez	Taekwondo	17	Gold
Armaan Patel	Taekwondo	17	Gold
Rafael Marquez	Taekwondo	16	Gold
Lorenzo Garcia	Taekwondo	16	Gold
Anya Shah	Competition Team	15	Gold
Sofia Shumsky	Competition Team	12	Gold

FEBRUARY ATTENDANCE AWARDS

SILVER MEDAL			
Name	Program	# of classess	Medal
Lenny Carulli	Kickboxing	15	Silver
Joellen Wallace	Kickboxing	14	Silver
Vijitha Koppiseti	Kickboxing	12	Silver
Maria Mercado	Kickboxing	12	Silver
Savita Saxena	Kickboxing	12	Silver
Youg Patel	Kickboxing	12	Silver
Valentyna Kotsiubka	Taekwondo	15	Silver
Kirollos Hakim	Taekwondo	15	Silver
Priya Singh	Taekwondo	14	Silver
Siri Harish	Taekwondo	14	Silver
Shreya Harish	Taekwondo	14	Silver
Luke Custuna	Taekwondo	14	Silver
Louis Custuna	Taekwondo	14	Silver
Jared Ramos	Taekwondo	14	Silver
Suday Kukreja	Taekwondo	13	Silver
Miguel Guzman	Taekwondo	13	Silver
Cecilia Pitti	Taekwondo	13	Silver
Siri Koppiseti	Taekwondo	12	Silver
Rohan Singh	Taekwondo	12	Silver
Lynsey Hakim	Taekwondo	12	Silver
Elianah Garcia	Taekwondo	12	Silver
Nicole Girgis	Taekwondo	12	Silver
Persis Garg	Competition Team	11	Silver
Jaiden Shah	Competition Team	11	Silver
Connor Corcoran	Competition Team	9	Silver
Ryan Garg	Competition Team	8	Silver
Aikas Kukreja	Competition Team	8	Silver
Luke Custuna	Competition Team	8	Silver

FEBRUARY ATTENDANCE AWARDS

BRONZE MEDAL			
Name	Program	# of classes	Medal
Nihaal Anne	Taekwondo	10	Bronze
Anay Patel	Taekwondo	10	Bronze
Nicholas Tsoukalas	Taekwondo	10	Bronze
Dakshin Samy	Taekwondo	10	Bronze
Tyler Grunenthal	Taekwondo	10	Bronze
Jakob Duncan	Taekwondo	10	Bronze
Neil Bloom	Taekwondo	10	Bronze
Joyce Nadler	Taekwondo	10	Bronze
Anvi Ajay	Taekwondo	11	Bronze
Ryan Garg	Taekwondo	11	Bronze
Jivin Mazumder	Taekwondo	11	Bronze
Aarav Patel	Taekwondo	11	Bronze
Kaitlyn Perez	Taekwondo	11	Bronze
Advay Mathur	Taekwondo	11	Bronze
Nicholas Jach	Taekwondo	11	Bronze
Natale Pitti	Taekwondo	11	Bronze
Peter Pitti	Taekwondo	11	Bronze
Travis Jaworowski	Competition Team	6	Bronze
Cameron Massay	Competition Team	6	Bronze
Anvi Ajay	Competition Team	7	Bronze
Aaron Zimmer	Competition Team	7	Bronze
Jake Otero	Competition Team	7	Bronze



HAPPY BIRTHDAY TO

**Aline Batista
Cori Hatter
Ian Basalatan
Maria Mercado
Rohan Singh
Sophie Martiak
Eashna Kumar
Rishil Anne**