



# February Newsletter

We LOVE our Fastkix Family!



The groundhog said we'll have an early spring, and we're gearing up for tournament and testing season! This is the time of year when we start recruiting help for our NJ AAU Taekwondo Tournament on Saturday, May 9<sup>th</sup> at Rider University. Once a year, we need help with setup on Friday, May 8<sup>th</sup>, and all day on Saturday, May 9<sup>th</sup> for admissions, timekeeping, ring assistants, officials – you name it. Whether it's all day or just an hour or two, every little bit helps, so please, if you have a little extra time that weekend, we'd really appreciate it.

There will be sign-up sheets in the waiting room.

THANK YOU!

# **IMPORTANT DATES**

## **FRIDAY FIGHT NIGHT**

**All ranks, all ages – Every Friday school is open**

**7:15 pm -9:00 pm - \$10 at the door**

Saturday, February 15<sup>th</sup> - Adirondack NY AAU Taekwondo Qualifier

There is regular kickboxing and taekwondo class. Competition class is cancelled.

Sunday, February 16<sup>th</sup> –\_SKI TRIP at Willard Mountain

Don't miss a great weekend with our competition team. Saturday tournament, followed by skiing, snowboarding and snowtubing! Please see Master Charles for more information

Sunday, February 16<sup>th</sup> – No kickboxing

Monday, February 17<sup>th</sup> – HAPPY PRESIDENT'S DAY

We are OPEN for regular schedule!

Sunday, February 23<sup>rd</sup> – Special Forms practice classes for brown belts and higher

Please check your email for sign-up information

9:45 am – 10:15 am – white & yellow belt forms

10:15 am – 10:45 AM – green belt forms

10:45 am – 11:15 am – blue belt forms

11:15 am – 11:45 am – brown & red belt forms

11:45 am – 12:15 pm – 1<sup>st</sup> degree black belt forms

12:15 pm – 12:45 pm – 2<sup>nd</sup> degree black belt forms

Classes are FREE but must register online please

Friday, March 20<sup>th</sup> at 5:00 pm – Black Belt Testing for all current 2<sup>nd</sup> Degree Black Belts and higher

**ALL AFTERNOON AND EVENING CLASSES CANCELLED**

Saturday, March 21<sup>st</sup> at 9:00 am – Black Belt Testing for all current black belt candidates and 1<sup>st</sup> degree black belts

**ALL CLASSES CANCELLED**

Sunday, April 12<sup>th</sup> – No Kickboxing. Happy Easter!

Saturday, April 25<sup>th</sup> – Color Belt Testing

9:00 am for all kids white, yellow and green belts

11:00 am for all kids blue, brown and red belts and young adults/adults of all ranks

**ALL CLASSES CANCELLED**



## **FEBRUARY BIRTHDAYS**

AJ Rivera, Nigel Clarke, Elianah Garcia, Jake Otero, Joseph Wallace, Siri Harish, Nicholas Carbley, Alexander Mailyants, David Gerges, JT Jaworowski, Isabella Kerwin, Samuel Selgado and Ms. Sue 😊

## **MARCH BIRTHDAYS**

Ava Koller, Sophie Martiak, Rishil Anne, Sebastian Deerson, Ian Basalatan, Rohan Singh, Eashna Kumar, James Massay, Selwyn Falk, Maria Mercado & Jennifer Pavlichko

## **APRIL BIRTHDAYS**

Advay Mathur, James Yu, Manav Patel, Danielle Mayo, Hema Chinnadhupparige, Bridget Bolan, Vijitha Koppiseti & Kerry Zavala

**DID YOU KNOW???**

**We offer kids' birthday parties!**

**Ask us about having a fun filled birthday party  
right here at Fastkix!**





**CONGRATULATIONS**  
to our Mini Masters for  
testing for higher level belts!  
Everyone did a great job and  
we're excited to see you  
continue to improve!

## **SNOW DAYS**

On bad weather days, please check your email and our Facebook page for updates on school closures. Typically, if Spotswood/Monroe schools are closed, we'll be closed, however it also depends on whether or not our parking lot is plowed and safe. Your safety and the safety of our staff is our primary concern, so get your workout making a snowman or shoveling your walks – just please remember to work smart and take frequent breaks!

### **PRIVATE LESSONS**

**Our staff members are available for private one-on-one lessons!**

**This is a great way to brush up on testing material with one of our masters!**

**Lessons count toward class attendance.**

**Schedule yours today with any of our staff – Mr. Balon, Mr. Charles, Mr. Gabe or Ms. Sue**

**Lessons are \$20 per half hour cash payable directly to the instructor.**

**CONGRATULATIONS** to all of our amazing color belts for a great testing! Hats off to our award winners!

**OUTSTANDING COMPETITOR**  
**Jake Otero**



**OUTSTANDING STUDENT**  
**Valentyna Kotsiubka**



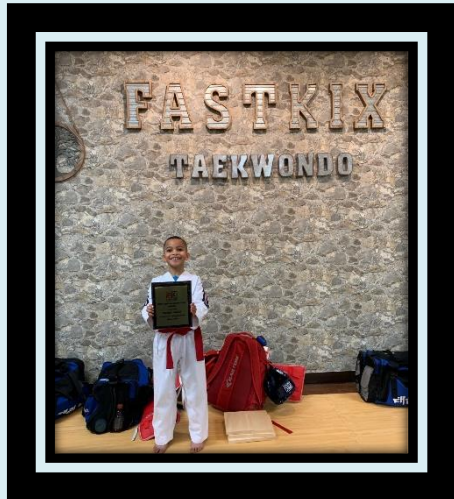
**OUTSTANDING STUDENT**  
**Blake Lavelle**



**OUTSTANDING STUDENT**  
**Gabriella Labib**



**OUTSTANDING INSTRUCTOR**  
**Lorenzo Garcia**



**MOST IMPROVED STUDENT**  
**Lynsey Hakim**



**STUDENT OF THE YEAR**  
**Aikas Kukreja**



## THIRD DEGREE BLACK BELT CANDIDATE SPECIAL PROJECTS

**As part of testing for 3<sup>rd</sup> degree black belt, candidates are required to develop and run a community service project. Aaron Zimmer and Mateo Rivera will be testing in March, so please support their projects.**

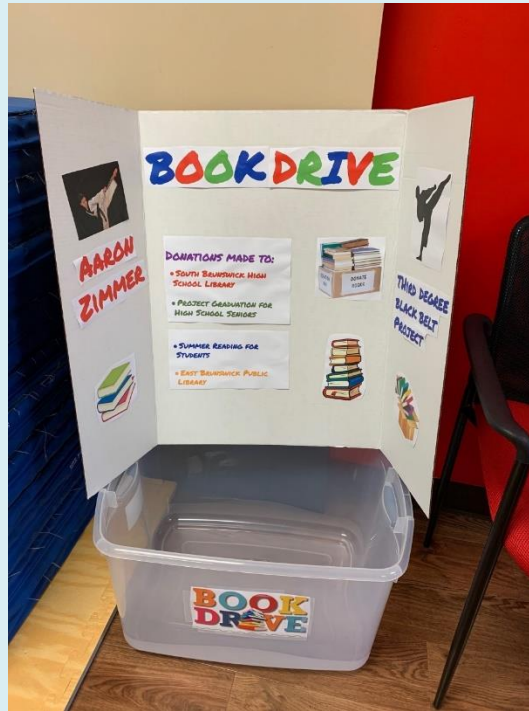
*Dear Fastkix Family,*

*I'm Mateo Rivera and in March I will be going to test for my 3rd degree black belt. As a 2nd degree black belt moving onto 3rd degree I must accomplish a community service project. For my community service project I will be doing Operation Gratitude, an organization that delivers care packages and letters to the soldiers overseas. Some of these soldiers are unable to get the necessities that are needed for every day. As an American citizen I want to give back to the soldiers that fight for this country. Items such as wipes, deodorant, batteries, board games, clothing, etc. can be delivered to our collection box at the school, and there is a list attached of the most requested items. You don't have to buy anything, since even just a simple letter saying thank you is a wonderful gift of gratitude for all that they do. Collection starts February 1 and ends February 29. Thank you for your help.*

*Sincerely, Mateo*



# THIRD DEGREE BLACK BELT CANDIDATE SPECIAL PROJECTS



*Dear Fastkix Family,*

*I'm Aaron Zimmer, a second degree senior black belt and student instructor at Fastkix. In March, I'm testing for my third degree black belt. One of the requirements for advancement includes a community service project. I am doing a book drive for a number of different organizations. They are South Brunswick High School Library, Project Graduation Book Fair, summer reading opportunities for students, and the East Brunswick Public Library. All types of books for all ages may be donated in reasonable condition. There is a collection box at Fastkix. Please help me by donating any books you can to this drive by Saturday, February 29.*

*Thank you!*

*Aaron*





CONGRATULATIONS TO OUR ANNIVERSARY AWARD  
WINNING KICKBOXERS!  
Lenny Carulli for 15 years  
Vishakha Patel for 10 years  
YOU ARE INCREDIBLE!





On Saturday, January 25<sup>th</sup>, we had a special visit from Sergeant Vincent Mignone, US Army! Vince's mother, Donna was a longtime kickboxer here, and he was deployed in Africa for 9 months. Our amazing students sent him beautiful cards and good wishes, so Vince came to our special ninja Saturday class to say thank you! It was a great day!



**Saturday, May 9<sup>th</sup>, 2020**

**Held at Rider University Student Recreation Center  
2083 Lawrenceville Rd., Lawrenceville, NJ 08648**

**TOURNAMENT INFO:** Kevin Balon, Tournament Director- (732) 254-1214/fastkixtkd@gmail.com *Tournament is hosted by Fastkix Taekwondo & Sanctioned by Amateur Athletic Union.*

**COMPETITION AGE:** All athletes shall compete at their age as of **December 31, 2020**

**AAU MEMBERSHIP:** All athletes, coaches, officials, & volunteers must be current individual members of the AAU and should be able to present their current AAU membership card on request.

**EQUIPMENT:** Please refer to the AAU Taekwondo Handbook for the mandatory equipment requirements as well as the respective rules for competition. The handbook is available online at [www.aautaekwondo.org](http://www.aautaekwondo.org).

**REGISTRATION & ENTRY FEES:** Register online at  
[www.TOURNEYREG.net](http://www.TOURNEYREG.net)

**Payments must be received before May 1<sup>st</sup>: One event - \$100.00, \$20 each additional event  
Any registrations or payments received after May 1<sup>st</sup> \*a \$15 late fee must be included in payment.**

*\*Athlete name may not be available to print on the souvenir tee shirts.*

**\*\*\*There will be no refunds issued for any reason\*\*\***

**Coach's Pass:** \$25.00 Fee, must complete a separate coach's application!

**Spectator Admission:** \$10.00 (PAID AT DOOR) *Children ages 4 & under are Free*

*\*\*\*No smoking, food or drinks are permitted inside the facility\*\*\**



# SCHEDULE OF EVENTS

## WEIGH-IN

**Friday, May 8<sup>th</sup>, 5pm-9pm for  
Black Belts ages 10-32 only**

**At Fastkix Taekwondo 100 Summerhill Rd., Spotswood, NJ 08884  
(NOTE: There is NO weigh-in at Rider University!)**

## TOURNAMENT

**Saturday, May 9<sup>th</sup>**

*Please note staging times are approximate.*

*Plan to arrive at least 15 minutes prior to your event. All events will be staged in age order.*

- **7:30 am – OFFICIALS MEETING [AAU Official Polo shirts permitted for this event]**
- **8:00 am – BOARD BREAKING All ages/all ranks**  
**\*\*\*Note: boards must be purchased at the event**
- **8:30 am – FORMS [WT, ITF & OPEN] all ages/all ranks**
- **9:30 am – POINT SPARRING - all ages/all ranks**
- **11:00 am –OLYMPIC SPARRING FOR**  
**Ages 9 & Under ALL ranks (non e-hogu) AND**  
**Ages 10-14 Advanced & Black belts (need Daedo Gen 2 socks)**
- **1:00 pm – OLYMPIC SPARRING FOR**  
**Ages 10-17 White through Blue Belts (non e-hogu)**
- **2:00 pm –OLYMPIC SPARRING FOR**  
**Ages 15-17 Advanced & Black Belts ages (need Daedo Gen 2 socks)**
- **4:00 pm – OLYMPIC SPARRING**  
**Ages 18 and up ALL BELTS**  
**(Ages 18-32 advanced and black belts need Daedo Gen 2 socks)**



# BOARD BREAKING COMPETITION RULES

- Boards must be purchased at event . To ensure fair competition, competitors may not bring own boards. All boards are subject to inspection.
- 90 second round (setup and break) with 10 board maximum per round
- Competitors must have their own coaches/holders to hold their boards. Any special breaking apparatus must be supplied by competitor. **(ALL coaches/holders on the competition floor must be registered AAU coaches. No exceptions)**
- No forehead breaking, open flames, blades or human obstacles may be used
- For multiple board techniques, if competitor fails to break all boards, they may reset to the original number of boards, but that attempt will count as a failed attempt for scoring
- Athletes will be judges on technique, focus, balance, power and creativity
- Single elimination