



**THIS WEEK AT FASTKIX**  
**September 28, 2024 to**  
**October 5, 2024**

**This week's schedule**

**Regular schedule Monday-Friday AM**

**NO AFTERNOON/EVENING CLASSES  
ON FRIDAY, OCTOBER 4th FOR  
PARENTS NIGHT OUT!**

**Regular schedule Saturday 10/5**

**DON'T FORGET MATAWAN DAY IS  
ON OCTOBER 5TH**



## **IMPORTANT DATES**

**Wednesday, October 2 - Low Rank Forms Class with Master Sue 6:15 pm to 7:00 pm in Matawan**

**Friday, October 4 - PARENTS NIGHT OUT 6-9 pm in Spotswood**

**Saturday, October 5 - MATAWAN DAY**

**Wednesday, October 16 - Low Ranks Forms Class with Master Sue 5:30 pm to 6:15 pm in Spotswood**

**Sunday, October 13 - Fastkix PAINTBALL!**

**Saturday, October 19 - Instructor Class and Tryouts 11:30 am to 1:00 pm**

**Friday, October 25 - HALLOWEEN PARTY 6-8 pm in Spotswood**





## **IMPORTANT DATES**

**Thursday, October 31- CLOSED all day (no morning or night classes) HAPPY HALLOWEEN!**

**Friday, November 8 - Girls Spa Night  
6pm in Spotswood**

**Saturday, November 23 - FASTKIX CHAMPIONSHIP**

**Thursday, November 28 through Sunday, December 1  
CLOSED for Thanksgiving weekend**

**Friday, December 13 - Color Belt Test in Matawan**

**Saturday, December 14 - Color Belt Test in Spotswood**

**Monday, December 23 through Wednesday, January 1  
CLOSED for winter break**

**We reopen on Thursday, January 2**



# TAEKWONDO FOCUS

**MONDAY - Sparring/Breaking Techniques**

**TUESDAY - Self Defense/Forms/Breaking Techniques**

**WEDNESDAY - Self Defense/Forms/Breaking Techniques**

**THURSDAY - Sparring/Breaking Techniques**

**FRIDAY - CLOSED for Parents Night Out**

**SATURDAY - Forms/Self-Defense**



## SEPTEMBER 2024 FOCUS SCHEDULE



	<b>Mon 9/2</b>	<b>Tues 9/3</b>	<b>Wed 9/4</b>	<b>Thurs 9/5</b>	<b>Fri 9/6</b>	<b>Sat 9/7</b>
BACK TO SCHOOL REVIEW WEEK	CLOSED	BACK TO SCHOOL REVIEW CLASS	BACK TO SCHOOL REVIEW CLASS Breaking	BACK TO SCHOOL REVIEW CLASS Black Belt Breaking	BACK TO SCHOOL REVIEW CLASS	BACK TO SCHOOL REVIEW CLASS
	<b>Mon 9/9</b>	<b>Tues 9/10</b>	<b>Wed 9/11</b>	<b>Thurs 9/12</b>	<b>Fri 9/13</b>	<b>Sat 9/14</b>
Finish Forms & Sparring for Color Belts / Black Belt Test Review & Breaking (Bring Boards!)	Finish Forms, Sparring / Black Belt Testing Review	Finish Forms, Sparring / Black Belt Testing Review	Finish Forms, Sparring / Black Belt Testing Review	Finish Forms, Sparring / Black Belt Testing Review	Finish Forms, Sparring / Black Belt Testing Review	Finish Forms, Sparring / Black Belt Testing Review
	<b>Mon 9/16</b>	<b>Tues 9/17</b>	<b>Wed 9/18</b>	<b>Thurs 9/19</b>	<b>Fri 9/20</b>	<b>Sat 9/21</b>
#3, #4, Jump / Spin Kick for Color Belts Intro Self Defense / Black Belt Test Review	#3, #4, Jump / Spin Kick for Color Belts Intro Self Defense / Black Belt Test Review	#3, #4, Jump / Spin Kick for Color Belts Intro Self Defense / Black Belt Test Review	Forms, Intro Self Defense / Black Belt Test Review	#3, #4, Jump / Spin Kick for Color Belts Intro Self Defense / Black Belt Test Review	BLACK BELT TESTING	#3, #4, Jump / Spin Kick for Color Belts Intro Self Defense / Black Belt Test Review
	<b>Mon 9/23</b>	<b>Tues 9/24</b>	<b>Wed 9/25</b>	<b>Thurs 9/26</b>	<b>Fri 9/27</b>	<b>Sat 9/28</b>
SPIRIT WEEK	BLACK OUT DAY (wear all black!)	HAT DAY!	BUDDY DAY!	BUDDY DAY!	Color Wars!	Ninja Saturday!
	<b>Mon 9/30</b>	<b>Tues 10/1</b>	<b>Wed 10/2</b>	<b>Thurs 10/3</b>	<b>Fri 10/4</b>	<b>Sat 10/5</b>
Sparring, Breaking, Self Defense	Sparring, Breaking Techniques	Self Defense, Forms, Breaking Techniques	Self Defense, Forms, Breaking Techniques	Sparring, Breaking Techniques	PARENTS NIGHT OUT	Forms, Self Defense Intro

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!



# **INSTRUCTOR CLASS**

**NEXT CLASS  
SPOTSWOOD**

**SATURDAY, OCTOBER 19  
11:30 am to  
1:00 pm**

**ALL INSTRUCTORS  
MUST ATTEND!**

**New Trainees are welcome  
to try out in this class!**

**Age 11 or younger and at least a Senior Brown belt  
-OR- age 12 and up and at least a Green belt**





# PARENTS NIGHT OUT

**FRIDAY, OCTOBER 4 FROM 6-9 PM  
IN SPOTSWOOD  
\$35 PER CHILD  
(CASH ONLY PLEASE)**

**OPEN TO STUDENTS & SIBLINGS AGE 4 AND UP  
ALL TAEKWONDO CLASSES CANCELLED ON 10/4  
PARENTS-ENJOY A KID-FREE NIGHT!  
GAMES, MOVIES, VIDEO GAMES, PIZZA,  
SNACKS & MORE WITH MASTER CHARLES!**

**PLEASE REGISTER AT  
[WWW.FASTKIX.COM/EVENTS](http://WWW.FASTKIX.COM/EVENTS)**



**REGISTER  
HERE**

**ZELLE  
PAY  
HERE**





# MATAWAN DAY FALL FESTIVAL

2  
0  
2  
4

**SATURDAY, OCTOBER 5TH**

**RAIN DATE: SUNDAY, 10/6**

**12:00 PM - 5:00 PM**

FOOD TRUCKS



VENDORS



CRAFTERS



THE KIDZ CORRAL



LIVE BROADCAST



MUSIC & DEMONSTRATIONS



BEER/WINE GARDEN



***Same Great Event! New Location!***  
**From Terhune Park to Hourihan Field**



Brought to you by the Matawan Borough Economic Development,  
Business & Redevelopment Commission  
with the Matawan-Aberdeen Chamber of Commerce





# FORMS PREP CLASSES

Low Rank Forms Review Classes for Brown belts and higher  
FREE with Master Sue!

**DON'T WAIT UNTIL RIGHT BEFORE TESTING TO  
REVIEW LOW RANK FORMS!**

**Thursday, September 5**  
**MATAWAN 6:15 pm to 7:00 pm**  
**For all brown belts and higher**

**Monday, September 9**  
**SPOTSWOOD 7:00 pm to 7:45 pm**  
**For all brown belts and higher**  
**LAST SESSION BEFORE BLACK BELT TESTING!**



**Wednesday, October 2**  
**MATAWAN 6:15 pm to 7:00 pm**  
**For all brown belts and higher**

**Wednesday, October 16**  
**SPOTSWOOD 5:30 pm to 6:15 pm**  
**For all brown belts and higher**





HER CHANCE TO MAKE YOUR DREAMS COME TRUE



## FASTKIX GIRL TO GIRL MENTOR PROGRAM

Every month, we'll be meeting in both locations so our older female students can be mentors to our younger female students! It's a fun class to support and encourage our females!

### MATAWAN

**WEDNESDAY, OCTOBER 16TH 6:15 PM TO 7:00 PM**

### SPOTSWOOD

**THURSDAY, OCTOBER 17TH 6:15 PM TO 7:00 PM**





# **HALLOWEEN PARTY**

**COSTUME IS REQUIRED!**

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!

**FRIDAY, OCTOBER 25, 2024**

**6:00 PM TO 8:00 PM**

100 Summerhill Road, Spotswood, NJ

**BEST COSTUME PRIZES  
MUSIC – GAMES –  
SNACKS**







**FASTKIX PAINTBALL**  
**Sunday, October 13, 2024**

**12-2:30 pm**

**Long Live Paintball**  
**1989 Englishtown Road**  
**Monroe Township**



**\$100 per person**

**Open to ages 8 and up**  
**(low density paintballs)**

**Includes admission, paintballs,**  
**gun, mask, vest, pizza & drink**  
**and event t-shirt**  
**(\$75 without t-shirt)**

**[www.fastkix.com/events](http://www.fastkix.com/events)**





Some girls dream of  
being a princess



Others dream of being a warrior

Why NOT BE BOTH?

Girls  
Spa  
Night!

Friday, November 8, 2024

6:00 p.m. to 8:30 p.m.

at our Spotswood  
location

Open to girls of all ages!

Free!

Please  
RSVP!







# FASTKIX CHAMPIONSHIP

SATURDAY, NOVEMBER 23, 2024



ALL AGES & RANKS  
MINI MASTER EVENTS  
GRAND CHAMPION TROPHIES!