NEWSLETTER
October 31 to November 7

REGULAR SCHEDULE this week



IMPORTANT DATES

Monday, November 2
BACK TO FULL UNIFORM IN CLASS!

Friday, November 6 - GIRLS NIGHT!

Saturday, November 14 - Fastkix Championship
REGISTRATION IS OPEN!

Thursday November 26 through Sunday November 29 - Closed for Thanksgiving

Saturday, December 5, 2026 INSTRUCTOR CLASS
11:00 am to 12:30 pm in Spotswood
Monday, December 7, 2026 INSTRUCTOR CLASS
6:30 pm to 7:30 pm in Matawan

Friday, December 11 - MOVIE NIGHT 6-9 pm at Fastkix!

Thursday, December 24 through Sunday, January 3
Closed for Winter Break
Wednesday, January 20, 2027 Spotswood Mini Masters Test
Thursday, January 21, 2027 Matawan Mini Masters Test
Friday, January 22, 2027-Matawan Color Belt Test
Saturday, January 23, 2027-Spotswood Color Belt Test

FOCUS SCHEDULE

WEEK OF November 2-7

Monday-Self Defense/Forms
Tuesday-Self Defense/Breaking/Kicks
Wednesday-Self Defense/Forms
Thursday-Self Defense/Sparring
Friday-Self Defense/Forms
Saturday-Self Defense

OCTOBER 2026 FOCUS SCHEDULE

	Mon 10/5	Tues 10/6	Wed 10/7	Thurs 10/8	Fri 10/9	Sat 10/10
Practice Testing for Black Belts / Color belts BRING SPARRING GEAR ALL WEEK	BB- Testing Practice / CB- Forms/ Sparring	BB- Testing Practice / CB- Forms/ Sparring	BB- Testing Practice / CB- Forms/ Sparring	BB- Testing Practice / CB- Forms/ Sparring	CLOSED For Black Belt Testing	Sweaty Saturday!
WEAPONS	Yellow Chevron form review, escrima sticks					
	Mon 10/12	**Tues 10/13**	**Wed 10/14**	**Thurs 10/15**	**Fri 10/16**	**Sat 10/17**
BUDDY WEEK!	BUDDY WEEK!	BUDDY WEEK!	BUDDY WEEK!	BUDDY WEEK!	BUDDY WEEK!	BUDDY WEEK!
WEAPONS	Yellow Chevron form review, creative forms, trick kicks					
	Mon 10/19	**Tues 10/20**	**Wed 10/21**	**Thurs 10/22**	**Fri 10/23**	**Sat 10/24**
Fastkix Championship Prep	Forms/ Padded Weapon Sparring	Tournament Breaking / Forms	Forms/ Sparring	Forms/ Sparring / Breaking	Forms/ Sparring / Breaking	Forms/ Kicks
WEAPONS	Yellow Chevron form review, creative forms, intro to nunchucks					
	Mon 10/26	**Tues 10/27**	**Wed 10/28**	**Thurs 10/29**	**Fri 10/30**	**Sat 10/31**
Kicks / Footwork	Kicks / Footwork	Kicks / Footwork / Breaking	Kicks / Footwork / Sparring	Kicks/ Footwork/ Forms	Halloween Party! 6-8pm	School Closed - Happy Halloween!
WEAPONS	Yellow Chevron form part 6, escrima sticks, padded weapon Sparring					
	Mon 11/2	**Tues 11/3**	**Wed 11/4**	**Thurs 11/5**	**Fri 11/6**	**Sat 11/7**
Self Defense Intro	Self Defense Intro/ Forms	Self Defense intro / Breaking / Kicks	Self Defense Intro/ Forms	Self Defense Intro/ Sparring	Self Defense Intro/ Forms	Self Defense Intro
WEAPONS	Yellow Chevron form review, intro to nunchucks, escrima sticks					

Please note: We follow this schedule as much as possible but there may be some days that the students' needs mean we focus on another topic. We appreciate your understanding!

FASTKIX

Please support Emmanuel Cancer Foundation's Food Drive!

October 12-November 30

WE NEED YOUR HELP!

Food drive for families of children with cancer

EMMANUELcancerFOUNDATION
SERVING NEW JERSEY'S CHILDREN AND THEIR FAMILIES SINCE 1983

Please help us make their lives a little easier.

- Peanut and other nut butters
- Jelly
- Boxed and packaged Rice
- Canned Fruit, Veggies, Soup
- Tuna
- Tomato sauce
- Boxed and packaged Pasta
- Mac N Cheese
- 100% Juices Boxes
- Beans
- Paper towels/Toilet paper/Tissues
- Grocery Gift Cards

- Hot/Cold Cereal
- Pancake Mix / Syrup
- Crackers and Saltines
- Granola/Cereal bars
- Oatmeal
- Boxed Cake Mix / Canned Frosting for Birthday bags
- Dish detergent
- Laundry Detergent
- Natural/Sulfate and Fragrance-Free Toiletries

No time to shop today?

Scan here to make a donation, and one of our volunteers will shop for you!

We are very grateful for your support - thank you so much!

FASTKIX
TAEKWONDO

Girls Night







FRIDAY, NOVEMBER 6, 2026
6:00 PM TO 8:00 PM
FASTKIX, SPOTSWOOD

OPEN TO FASTKIX GIRLS OF ALL AGES
$20 PER GIRL

FASTKIX CHAMPIONSHIP

SATURDAY, NOVEMBER 14, 2026



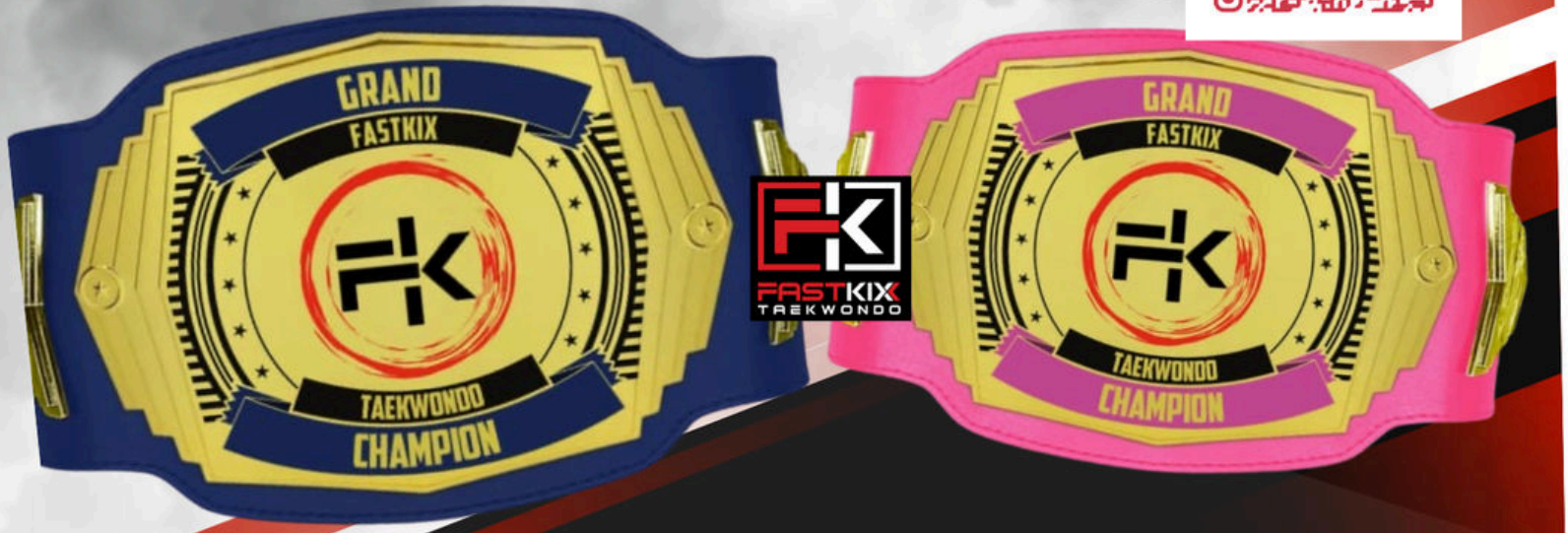







ALL AGES AND RANKS
MINI MASTERS EVENTS
GRAND CHAMPION BELTS!

ALL EVENTS REGISTER HERE



FASTKIX TAEKWONDO

INSTRUCTOR CLASS & TRYOUT

JOIN THE FINEST INSTRUCTOR TEAM IN THE WORLD!

SATURDAY, DECEMBER 5, 2026
11:00 AM TO 12:30 PM
IN SPOTSWOOD
OR MONDAY, DECEMBER 7, 2026
6:30 PM TO 7:30 PM
IN MATAWAN (DURING CLASS)

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

FASTKIX TAEKWONDO

MOVIE Night

FRIDAY, DECEMBER 11, 2026
6:00 PM - 9:00 PM
AT FASTKIX SPOTSWOOD



fastkix.com

PIZZA, DRINKS & SNACKS PROVIDED

OPEN TO STUDENTS & SIBLINGS
AGES 5 & UP
$25 PER ATTENDEE

PLEASE HELP FASTKIX WITH YOUR GOOGLE REVIEW

Your feedback means the world to us! Google reviews help our school reach more families, support our community and continue to make a positive impact on lives through martial arts!

THANK YOU!

MATAWAN

SPOTSWOOD



DON'T FORGET!

As of November 1, 2026, full uniform is required in class!

ALL TAEKWONDO & MINI MASTER STUDENTS (ALL AGES & RANKS) WILL NOW BREAK BOARDS AS PART OF THEIR RANK TESTING!





Orders will be placed monthly so please get your order in TODAY to ensure your child has plenty of practice boards.

Age 9 and under White through Senior Green Belt break 1 station with 1 board
Age 10 and up White through Senior Green Belt break 1 station with 2 boards
Age 9 and under Blue through Red break 2 stations with 1 board each
Age 10 and up Blue through Red break 2 stations with 2 boards each
All ages Senior Red and up break 2 stations with 2 boards each

ORDER HERE

PRIVATE LESSONS

Feeling stuck?
Want to brush up on material for testing?
Need a little extra push?



We've got the answer!
-Personalized attention in a 30 minute one-on-one session
-Focus on your specific needs
-Feel more confident and prepared

Private lessons are available Monday through Friday (with some Saturdays available too depending on scheduling)

Cost - $40 per 1/2 hour session, payable directly in cash to the instructor
(We're sorry but lessons can't be charged to your account)

BOOK HERE