

## September 2022- Important upcoming dates and info

### **Congratulations to all recently promoted students!**

We would like to congratulate all students who recently achieved their next rank! Moving up in rank requires commitment, dedication, practice and fortitude. As you move up in rank the higher you go the more challenging it will become. But don't worry, each step prepares you for the next. Our ranking system takes into account class attendance, knowledge of required technical areas from your promotion sheet, and your overall work ethic in classes. For kids under 18 we also take into consideration the input from your parents and teachers through your Promotion Eligibility take home sheet, You cannot be promoted without submitting this sheet. Proper conduct and positive character traits are required in and out of the studio, you represent ECTS and we want you to represent us in the most positive light possible. Looking forward to seeing you all progress and hopefully one day achieving the rank of Black Belt in American Filipino Kun Tao!



### **AFKTF Picnic was great fun!**

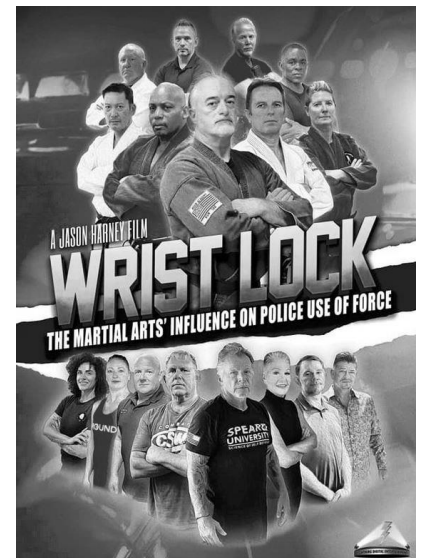
What a great time we had at the AFKTF Picnic at Hop Brook last month! Families and students from our studio and our sister studios gathered for a day of fun activities, food, and conversation. So great to see everyone out of the class setting. We would like to thank Mrs. DiGiovancarlo, Ms. Majarocon, and Mr. Padin for their hard work on organizing and running this event. We look forward to more similar activities in the future.



### **A visit from Master Gentile**

A couple of weeks ago we had a visit from Master Jon Gentile of Las Vegas. Master Gentile has been friends with Master Serrano for close to 40 years. Both Master Serrano and Master Gentile trained in Tang Soo Do back in the 80's and later went on to join GM Rossi at his studio in the Brooklyn section of Waterbury after their Tang Soo Do studio, Mi Sun's, closed. Out of the group of students that joined GM Rossi from Mi Sun's only Master Serrano and Master Gentile made it to Black Belt in Kun Tao.

Recently Master Gentile retired from the Las Vegas Police Department after a full career, a majority of which was spent in vice and undercover work. He set out to put together a documentary on how the Martial Arts influence the tactical aspects of law enforcement and military training. His documentary "Wrist Lock" is scheduled to be released this month for digital download. He is also starting a podcast and interviewed Master Serrano for one of the episodes. We will keep everyone updated on the release of the above.



## **Our focus is more than kicking and punching**

Here are our planned weekly themes for this month:

Week 1- Charity- Giving without anything in return.

Week 2- Bravery- To do what is right even when it is not easy.

Week 3- Humility- Being modest and respectful; Not boasting or bragging.

Week 4- Teamwork- Working together toward a common goal.

## **Sparring weeks**

We try to do sparring the 2<sup>nd</sup> and 4<sup>th</sup> full week of the month each month. This month sparring weeks will be September 12<sup>th</sup> and September 26<sup>th</sup>. Please be sure to bring your sparring gear those weeks.

## **Leadership Team Training- Friday- September 16<sup>th</sup>, 4-5:30 pm**

We will have a Leadership Team meeting/training on Friday, 9/16, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

## **Upcoming Events and Special Classes**

- **FREE Escape Alive one day class- September 17<sup>th</sup> – 1 pm- 5pm- Plainville, CT-** This is a one day Adult class. Ladies, 15 yrs. and older to attend. The class starts with a 1.5 hour presentation/discussion followed by physical training. Register online at [www.escapealive.net](http://www.escapealive.net).
- **FREE Escape Alive one day class- October 8<sup>th</sup> – 1 pm- 5pm- Ridgefield, CT-** This is a one day Mother/Daughter class. 12 yrs. and older to attend. The class starts with a 1.5 hour presentation/discussion followed by physical training. Registration open soon at [www.escapealive.net](http://www.escapealive.net).
- **Next 8 week Ladies Only session starts mid-September-** Our next 8 week session for ladies only will start mid-September. Fridays, 6-7/7:30 pm, ladies and girls over 15 only. \$99 for 1 person, \$175 for 2 people that come together. Email Master Serrano, [dserrano@ects.biz](mailto:dserrano@ects.biz), if interested.
- **USBA Invitational Roundup- Sunday, September 25<sup>th</sup>, 2022- Point Pleasant, NJ- 10 am-** This is not a tournament. This will be a fun gathering where people can try different breaks and participate in friendly challenges. See Master Serrano if interested. Here is some info:
  - \$25 Cover Charge at the Door
  - All Boards and Bricks need to be purchased from the Host
  - Participants may bring their own NON-Standard breaking materials they wish to try (coconuts, bats, etc)
  - Anyone can break with any techniques they want!
  - Breaks can be motivated by:
    - Urge to try something new with a crowd of friends/breakers watching
    - Friendly Competition among friends/breakers
    - Friendly Challenges organized by the host/other breakers
  - No paperwork, no division sheets, no time limits
  - Breaking is organized for safety & timeliness – few basic house rules and flow will be organized by the Host!
  - In addition we will be having FUN Challenges, that participants can OPT into participating in, no charge, that will offer some small but fun awards!
- **MARK YOUR CALANDER- USBA/WBA Hall of Fame Breaking Championships- November 12<sup>th</sup>- Naugatuck, CT-** This is a breaking and forms tournament for all ages, ranks and genders. Registration will open soon.