

May 2023- Important upcoming dates and info

Special Request for our Little Tigers class and first Kids class

We love our Little Tigers, but they can be easily distracted. Something as simple as someone coming in during their class can cause them to lose focus. With this in mind we would like to request the following. For all parents of the Little Tigers we welcome you to stay and watch, but please be prepared to stay in the seating area for their entire class so as not to take their focus away from the class. If you drop off your child please do your best to come right at 4:30 for pick up and not during the class. For our 4:40 Kids class we would ask that children arrive no earlier than 4:30 if possible. If for any reason students or parents need to enter the studio between 4-4:30 please be mindful of our Little Tigers while they are hard at work. Thank you in advance for your help.

Congratulations to Mr. Sean Anderson and his wife on the birth of their baby girl

Mr. Anderson is a 4th degree Black Belt under Grand Master Bergamo and he occasionally is a guest instructor here at ECTS. We would like to congratulate Mr. Anderson and his wife Jamie on the birth of a baby girl on May 4th, Maeve. Wishing the Andersons many blessings.

Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

Week 1- Integrity- Always doing the right thing even when no one else is watching.

Week 2- Responsibility- Taking ownership of what you say and do, not passing the blame.

Week 3- Belief- trust, faith, or confidence in yourself, someone or something.

Week 4- Leadership- Leading by example, being the first to tackle a new challenge or task.

Week 5- Commitment- being dedicated or devoted to a cause or activity.

Breaking Technique and Practice- June 4th – 2-4:30 pm

Since we have a number of new students many may not be aware that American Filipino Kun Tao practitioners are known worldwide for competitive Martial Art's breaking. GM Serrano, Mrs. Serrano, Mr. Padin and many of the other Black Belts that are part of the American Filipino Kun Tao Federation have been featured on Discovery Channel, David Letterman, Jay Leno, local news and numerous live shows around the world. They are also World Record Holders, and have won International and World Championships. GM Serrano and GM Bergamo are the founders of the United States and World Breaking Association which sanctions breaking events and World Records. Martial Art's breaking is as much mental as it is physical. In addition to the technique being honed and the body being conditioned the mind must be trained to believe and overcome doubt. This mental fortitude carries over to many aspects of everyday life.

For this class we will be going over proper mindset, breaking technique and body conditioning associated with breaking. All students are welcome. We will practice on our training boards and then those who are interested can try boards and concrete blocks (concrete for adults only). Boards and blocks will be available for those interested: Boards \$1.75 each, Blocks \$2 each.



Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be May 8th and May 22nd. Please be sure to bring your sparring gear those weeks.

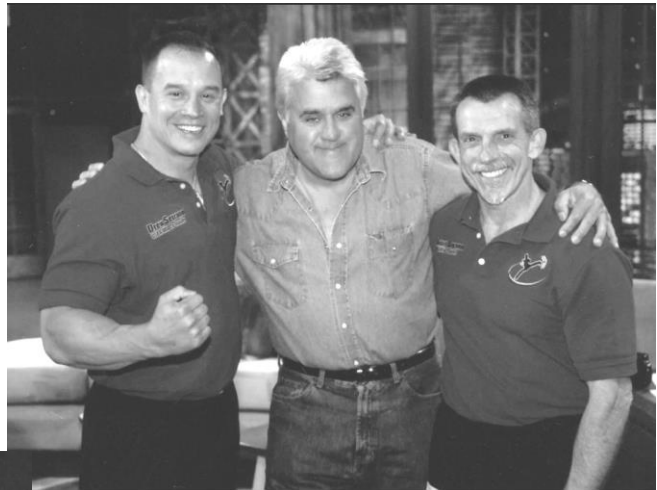
Leadership Team Training- Friday- May 19th , 4-5:30 pm

We will have a Leadership Team Meeting/Training on Friday, 5/19, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see GM Serrano if you cannot attend.

Upcoming Events and Special Classes

- **Men's Only Classes- Summer Schedule** – We will be running 3 classes per month starting in June for Men 30yrs and older. Classes are Saturday mornings, 10-11/11:30 am. Light fitness workout, striking, and practical self-defense training. Dates are below. \$35 per month or \$15 drop-in per class. Email GM Serrano, dserrano@ects.biz , if interested
 - **June 3rd , 10th , 24th**
 - **July 8th , 22nd , 29th**
 - **August 5th , 19th , 26th**
- **FREE Escape Alive Women's Self Defense 1 day class- June 3rd , 1-5pm- Girls Inc., Waterbury** – This is part of our Escape Alive program in partnership with Jane Doe No More. Every month we do at least one free class somewhere in CT. This month it will be in Waterbury. Women and girls only, 12 yrs and older with parental permission. Attend by yourself or with a friend. Mothers and daughters are encouraged to attend together. No experience necessary. You must register online, but there is no cost. For more info go to <https://www.escapealive.org/escapealiveclasses> .
- **Breaking Technique and Practice- June 4th , 2-4:30 pm-** All students 9 yrs and older welcome.

GM Serrano, Jay Leno, and GM Bergamo during their appearance on "The Tonight Show" with Jay Leno



GM Bergamo, World Breaking Champion Larry Fields, UFC Fighter "Rampage" Jackson, GM Serrano, and World Record Holder Fernando Camerano at the Black Belt Magazine Festival of Martial Arts