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October 2025- Important upcoming dates and info

Adults compete in Brooklyn, NY

On September 20th adult students Pete and Mike competed at the UMAN OG Nationals in Brooklyn, NY. This tournament was specifically for Martial Artists 35 years and older. The oldest competitor was in their late 70's. Pete and Mike competed in point sparring at the event. Pete won 2 first places for his age/rank division and Mike took a second place in a large division made up mostly of younger competitors. Pete has previously competed in local Mixed Martial Arts events years ago, representing ECTS. This was Mike's first ever competition. Please congratulate them when you see them!



Student grooming, jewelry, and hygiene

Training at our studio can many times be upclose and hands on. Training as we do, it is important to be considerate of others. To this end we request the following:

- All students should keep their nails trimmed to avoid unintentional scratching of your training partner. Females are required to keep their nails at a reasonable length that will allow for a closed fist punch without discomfort. Any questions should be directed to GM Serrano.
- Please keep your uniform clean. It is not pleasant to have a training partner that has body odor.
- If you sweat a lot, please bring a towel or use paper towels to dry off as needed.
- Please wash your hands and avoid coming in with filthy feet for class. Basically don't come in for class having run barefoot through the dirt all day or working on a greasy car. Clean up before class as best as possible!
- Long hair should be kept in a pony tail if below shoulders.
- Absolutely no loose jewelry, watches, accessories, etc. We are here to train, not make a fashion statement. Wedding bands are fine as long as nothing is protruding from the ring.

Any questions can be directed to GM Serrano. Thank you for your help.

Advanced Training- Red Belt and above- October 21st – 5:30-7 pm

We will be having a special training for all students with the rank of Red Belt or above on Tuesday, October 21st. We will be focusing on a number of advanced techniques from striking to self-defense. We request that all students that have a Red Belt or above be in attendance. If you have any questions, please see GM Serrano.

Halloween Classes- Wednesday, October 29th!

We will have games and take-home treats on October 29th for all of our children's classes! Children can wear their costumes if they would like and we may give out some prizes for best costume in each class. It will be a light training day followed by fun activities!



Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be October 13th and October 27th. Please be sure to bring your sparring gear those weeks.

Veterans Day at the studio- November 10th, 6:15 pm!

On November 10th we will be celebrating Veterans Day at the studio (Veterans Day is November 11th). We would like to invite 5-6 Veterans to the studio, 6:15-6:45 pm, to discuss their service and their experiences. If you have a family member, relative, or family friend who has served in the armed forces that may be free please see GM Serrano. We encourage all students and families to join us on November 10th at 6:15 pm to welcome and thank our Veterans. **We will be running a modified class schedule that day. The 4:40 and 5:40 class will be combined together from 4:45-6:15 pm. The 6:50 pm class will run as normal.**



Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

Week 1- Sharing- Of one's belongings, time, and thoughts.

Week 2- Manners- Displaying good social conduct.

Week 3- Encouragement- Cheering someone on, displaying belief in someone.

Week 4- Priorities- Doing those things that are most important first.

Hoodies and beanie hats

We have beanies and pull over hoodies available as we go into Fall and Winter. Beanies (black or blue) are \$10, Hoodies \$35 (sizes are limited). Please see GM Serrano if interested.



Upcoming Events and Special Classes

- **FREE Escape Alive Women's Self Defense 1 day class- October 25th, 1-5pm- Bridgeport (Bullard Havens HS), CT** – 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>.
- **FREE Escape Alive Women's Self Defense 1 day class- November 8th, 1-5pm- Norwalk (Norwalk Fit Body Boot Camp), CT** – 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.
- **Advanced Training (Red and above), October 21st, 5:30-7 pm**
- **Halloween classes- Wednesday, October 29th- Normal class schedule, but with games and treats.**
- **Veterans Day at the Studio- November 10th, 6:15-6:45 pm- Modified class schedule**