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February 2025- Important upcoming dates and info

30 Year Anniversary!

March of this year will mark our 30-year anniversary! GM Serrano opened his own location in 1995 on Lakewood Road in Waterbury. There have been a couple of different names over the years (Modern Self-Defense Center, Gemini's Kun Tao Academy), but in the late 90's East Coast Training Systems became the official name. Even during GM Serrano's time at GM Bergamo's studio (from 1999-2008), East Coast Training Systems provided on-location and private training. In 2008 GM Serrano re-established his own location and here we are.



We are hoping to plan something special to celebrate this milestone. A sincere thank you to all of our students, past and present, for sharing in our journey!

To our younger students, use your electronics wisely...

We regularly discuss the positives and negatives of technology and electronics. Computers, ipads, smart phones; electronics are all around us and part of our daily lives. They are great tools, but they can also zap productivity and waste precious time.

Unlimited knowledge is at your fingertips. You can find tips, tutorials and websites for almost anything you want to learn or get better at (discretion is necessary and you should always look for guidance from your parents). On the flip side of this are the funny cat videos, video games, and videos of others playing video games (as if video games weren't bad enough ☺).



Life needs balance. There are limited hours in everyday, there are limited days before High School, before you know it you will be an adult. If you are spending time doing or watching something that does not add to your future it is called entertainment. It is important to balance this with things that make you smarter or better in some way. Entertainment lasts a moment, knowledge lasts a lifetime. School is most important, reading is essential, and if you are going to use electronics use them wisely.

GM Serrano and Mrs. DiGiovancarlo on the news

On January 15th GM Serrano and Mrs. DiGiovancarlo were once again asked to do a segment on WTNH Channel 8 to discuss self-defense and our Escape Alive program! GM Serrano started the Escape Alive program back in 1996 and thanks to our partnership with Jane Doe No More, which Mrs. Digiovancarlo was instrumental in facilitating, the program has become one of the most popular self-defense programs in CT! In addition to GM Serrano and Mrs. Digiovancarlo, the team of instructors includes many of our adult students and others outside of our studio. The team teaches 1-2 one day classes every month at different locations throughout CT. And the classes are FREE to participants! For more information on the Escape Alive program and upcoming classes visit www.EscapeAlive.org.



Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be February 10th and February 24th. Please be sure to bring your sparring gear those weeks.

Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

Week 1- Teamwork- Working together toward a common goal.

Week 2- Focus- Concentrating on the task at hand.

Week 3- Pride- Feeling good about an accomplishment or creation in which you exerted effort to achieve.

Week 4- Respect- Treating others with courtesy and honor; in particular yourself, parents, and elders.

Breaking practices for The North American Breaking Championships

We will have the following practices in preparation for the upcoming North American Breaking Championships (www.NABreaking.com) in Chicopee, MA. All competitors are welcome and encouraged to attend:

- Sunday, 2/9- 12:30-2 pm
- Saturday, 2/22- 12-1:30 pm
- Saturday, 3/1- 12-1:30 pm

Upcoming Events and Special Classes

- **Next Ladies Only session starts February 28th** - Our next 8 week session for ladies only will start February 28th. Fridays, 6-7/7:15 pm, ladies and girls over 15 only. Email GM Serrano, dserrano@ects.biz, if interested
- **Men Only classes are Friday, 7:30-8:30 pm** - This class is open to men 18 yrs and older. Each class includes a fitness workout, striking practice and self-defense applications. It's a workout, but fun as well. Fridays, 7:30-8:30 pm. See GM Serrano if interested or email dserrano@ects.biz.
- **USBA and ISKA North American Breaking Championships- March 15th, 2025, 9 am- Chicopee, MA.** This tournament is usually the Bay State Breaking Championships, but this year it is the host of the USBA and ISKA North American. This is a small, family friendly, economical competition that is close by. \$75 for unlimited divisions. ISKA is a separate competition and starts earlier than the USBA portion. There is competition in breaking, open hand and weapons forms. If you are interested please see GM Serrano.
- **FREE Escape Alive one day class- February 23rd, 2025 – 1 pm- 5pm- Falls Village, CT- Housatonic Regional High School-** 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. Register online at www.escapealive.net.
- **FREE Escape Alive one day class- March 9th, 2025 – 1 pm- 5pm- Cheshire, CT- Cheshire High School-** 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. Register online at www.escapealive.net.
- **FREE Escape Alive one day class- March 29th, 2025 – 1 pm- 5pm- Orange, CT- Holy Infant Church-** 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. Register online at www.escapealive.net.
- **FREE Escape Alive one day class- April 6th, 2025 – 1 pm- 5pm- Oxford, CT- Oxford Grange-** 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. Register online at www.escapealive.net.