



520 Watertown Ave.  
Waterbury, CT 06708  
Tel: 203-768-2866  
203-410-9222  
www.ECTS.biz

## April 2022- Important upcoming dates and info

### **USBA/WBA North American- Breaking and Forms Competition!**

The USBA/WBA North American Breaking Championships will be May 22<sup>nd</sup> at the Naugatuck Events Center in Naugatuck. Not only will there be competition in Breaking, but new for this year there will be competition in Open Hand and Weapons Forms! There are divisions for all ages, ranks and genders. We would love to see some of our students show off their forms skills in addition to breaking. There will have a number of practices for both breaking and forms. In Form Competition you will perform the form you choose and are judged on technique, intensity, and flow. See Master Serrano or Mrs. Serrano if you are interested in competing. Information can be found online at [www.nabreaking.com](http://www.nabreaking.com).

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

Here are our planned weekly themes for April:

Week 1- Respect- yourself, parents, friends, teachers, etc.

Week 2- Loyalty- faithfulness or devotion to a person, country, or cause.

Week 3- Honesty- Being truthful in what you say and do.

Week 4- Trust- to rely upon or place confidence in a person or thing.

### **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 April 11<sup>th</sup> and April 25<sup>th</sup>. Please be sure to bring your sparring gear those weeks.

### **Upcoming Events and Special Classes**

- **USBA/WBA North American Breaking Championships- Sunday, May 22, 2022- Naugatuck, CT- Breaking and Forms Competition.** Divisions for all ranks and genders. Online registration is open at [www.nabreaking.com](http://www.nabreaking.com).
- **Throwing class- Saturday, 4/9-** White & Yellow- 1-2 pm; Purple, Red, Brown, and App BB- 2-3 pm
- **Breaking and Forms practices for North American (we may schedule separate times if there is interest in forms)-** 4/16- 1-2:30 pm, 4/30- 1-2:30 pm

### **Leadership Team Training- Friday- April 22, 4-5:30 pm**

We will have a Leadership Team meeting/training on Friday, 4/22, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

### **Prayers to the Bonaventura family**

We were saddened to hear of the passing of Mary Bonaventura last month. Mary was the mother of Mia and Michael in our kid's class. She was an amazing women and Mrs. Serrano had many conversations with her over the past year and a half. We extend our prayers of comfort to her husband Mark, Michael and Mia, and all whose lives she touched. There is an educational fund set up at her request and we are accepting donations at the studio.

### **ECTS History- Master Serrano**

We will be taking the next few months to give some history about our studio and our instructors. This month we will start with Master Serrano.

As a kid Master Serrano was the victim of bullying, many times chased home from school, called names, and picked on. It was one of the reasons he started his journey in the Martial Arts. And it truly changed his life.

Mr. Serrano started his Martial Arts career in 1977, studying Judo at the Waterbury YMCA. He studied Judo for just over a year before the program was discontinued. Being a big fan of the old Kung Fu movies that ran on Saturday afternoons, Mr. Serrano's interest in the Martial Arts continued to grow and he worked out with other kids from his neighborhood who trained at other studios. In 1980, Mr. Serrano joined "Mi Sun's School of Martial Arts", a Tang Soo Do/Moo Duk Kwan studio, under the instruction of Robert Dunlap. Mr. Dunlap was known for his fast kicks, nunchuk work, and sparring ability; Mr. Serrano credits much of his kicking ability and forms knowledge to his early years in Tang Soo Do under Mr. Dunlap. Mr. Serrano was an avid competitor at local tournaments, which there were many of at that time, and placed well in forms and fighting divisions; he trained at Mi Sun's until 1985, achieving the rank of Apprentice Black Belt, when the studio closed.

Mr. Serrano first met Grand Master Rossi, founder of Rossi Kun Tao, in Early 1982. GM Rossi was the only instructor in New England teaching Kun Tao. GM Rossi would teach Self-Defense at his affiliate schools, such as Mi Sun's, once a week. GM Rossi was often accompanied by Master Michael Byrnes, who would later promote Mr. Serrano as his first Black Belt.

After Mi Sun's closed GM Rossi invited all Mi Sun's students to attend his studio in the "Brooklyn" section of Waterbury. Two of the students who took him up on his offer were Mr. Serrano and Mr. Gentile of Las Vegas; they were the only two to make it to Black Belt in Kun Tao from the Mi Sun's studio. Mr. Serrano continued to train Under GM Rossi and eventually Master Byrnes who took over studio operations in the late 80's. Mr. Serrano was appointed the Brooklyn studio director in 1993, and later moved the studio to Lakewood Rd and Freight St. in Waterbury. Mr. Serrano continued his training under GM Rossi who visited the studio weekly.

In 1998 Mr. Serrano closed his Freight Street studio and joined Bergamo's Martial Arts, Naugatuck and Cheshire. Mr. Serrano had met GM Bergamo and some of his students in the mid-80's at the Brooklyn studio where all of the Kun Tao instructors would come to train periodically. When Mr. Serrano opened his Freight Street studio in 1996 GM Bergamo was one of the first fellow Kun Tao practitioners to come and wish Mr. Serrano luck. This stuck with Mr. Serrano and is what prompted him to join Bergamo's MA.

From 1998 to 2008 Mr. Serrano was part of Bergamo's MA. Initially Mr. Serrano's intentions were just to train, but he soon became one of the head instructors and helped GM Bergamo run the studios and Team Bergamo. During this time there were many Kun Tao Black Belts involved at Bergamo's MA and this allowed for the formation of a very strong competition and demonstration team. The team traveled across the US and other countries; was featured on Discovery Channel, ESPN2, The Tonight Show, Late Night with David Letterman, news outlets and martial arts publications; and performed numerous live demonstrations at martial arts events. The team was known for breaking and self-defense. There is a documentary on the team, "Breaking All Records", and they were also actors in the movie "The Agent" starring Mr. Serrano. It was during this time, 2005, that GM Bergamo and Master Serrano created the United States and World Breaking Association.

In 2008 Mr. Serrano decided to venture on his own once more with the help of Mrs. Serrano. Together they started teaching Escape Alive classes at area businesses and teaching adult classes at local gyms and other Martial Arts studios. In 2012 kids classes were added and in 2013 they opened the current location on Watertown Ave.

Master Serrano has had the opportunity to experience many things due to his involvement in the Martial Arts, and has made friendships with other Martial Artists from around the world. Through the Escape Alive program he has had the opportunity to teach thousands of ladies and girls self-defense techniques. He has won multiple World, National and International Championships and is a World Record Holder. He is a member of numerous Martial Arts Organizations, and is the co-founder of the AFKTF and the USBA/WBA.