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## February 2021- Important upcoming dates and info

### Happy New Year (belated)!!

Since this is our first newsletter of 2021 we would like to wish everyone good luck and good health for the new year! For most of us 2020 is a year we would like to forget and put behind us. We have to look forward and keep the hope that this year will be better in every way.

### Our focus is more than kicking and punching

Some of our newer parents may not be aware, but almost every week we start our children's classes with the theme of the week. The theme may be a positive character trait, the meaning of a celebrated holiday, the power of self-belief, or something that is happening in our studio and why it is important. We often relate the theme to the students' daily lives or something they may experience as they grow older. Our goal is always to inform and empower to the best of our ability, and to reinforce the positive character traits that will hopefully make our students successful leaders and positive members of our community. Our weekly theme can also be an opportunity for our parents to discuss their personal thoughts and experiences with their children.

Here are our planned themes for February:

Week 1- Manners

Week 2- Active listening

Week 3- Sharing

Week 4- Encouragement

### Our studio after almost a year of Covid!

March will be one year since Covid upended the World. Our lives have changed in many ways, but we continue to move forward and adapt. We started March with posted online training videos. We then moved to ZOOM classes and reopened the studio in June. We have done and continue to do our best to balance the current state of the world with the benefits of martial arts training, which we deeply believe in. Even before covid we were dedicated to keeping our studio clean and organized (we have actually been complimented by many visiting martial artists on this). In addition we added cleanings in between classes for all equipment used, limited class sizes, asked parents to drop their children off instead of staying, and encourage the use of hand sanitizer. We have also continued running ZOOM classes during regular class times for those that would like to train virtually. Although there is no substitute for in person training at the studio we understand everyone has their own comfort level in this unprecedented time and respect everyone's individual decision. Whether you are in person or virtual we thank you for being a part of the ECTS family!

If you are a parent we would like to remind you that we stream all children's classes live on the BAND app so you can watch. Most days it works well, occasionally it does drop out. Please be sure you are part of our BAND to view your child's class. See Mr. or Mrs. Serrano if you are not part of BAND and we will send you an invite.

We also encourage parents to come and talk with us if you have any concerns with your child attending in-person. We can always have your child join in from home on ZOOM. Also, although we are asking parents to drop children off and not stay for the whole class (just to keep traffic down) we are available to meet with parents to discuss anything, or order equipment and uniforms. Most days we can do this at any point during the evening. Just let us know and we will make time.

Many martial arts studios around the US have closed during the past year. We are thankful that our studio remains healthy and prosperous. This is in no small part due to the commitment from parents and students who help clean and stay home when they are ill. Thank you for being diligent.

We will continue doing what we are doing. Providing a safe, positive outlet for training and interaction.

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

We would like to congratulate all of our students who recently achieved their next rank! Although there are basic areas we look at for each promotion, we also look at each student individually. Where they started and how they are progressing. There is also a "minimum number of classes" that must be attended between ranks. We are very proud of all our hard working students! Martial arts is a journey of hard work, dedication, and discipline. Every step in rank is a testament to your commitment; a step closer to Black Belt and beyond. Push yourself every class and train outside of the studio when possible. It will only make you better!

Rank promotional check sheets are available on our website, but you need to set up a log in. Email Master Serrano at [dserrano@ects.biz](mailto:dserrano@ects.biz) with your email and we can set it up.

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

- **Sunday, February 21- Sticks and Bo-Staff**- We will be focusing on various aspects of stick and bo-staff work. Classes will be by rank-
  - White belts- 12-1 pm
  - Yellow and Purple belts- 1-2 pm
  - Red belts- 2-3 pm
  - Brown to BB- 3-4 pm
- **USBA/WBA Spring Cup Online Breaking Championships- Saturday, March 6, 2021**- This is the first virtual event of 2021, via ZOOM. We will be breaking at the studio; outside if weather permitting, inside if not. The event offers divisions in Creative wood (pre-recorded and submitted by 3/3), Power Wood (hand, elbow, foot), Non-Spaced Power Wood (hand, elbow, foot- 18 and over Black Belts), Power Concrete (hand, elbow, foot- 18 and over); all ages, ranks, and genders. Spectators welcome, but space will be limited depending on how many are interested in competing. If you are interested please contact Master Serrano. Entry fee is \$15 for unlimited divisions plus materials. For more info go to <https://usbawba.org/events/spring-cup-2021> .

### **Leadership Team Training- Friday- February 12, 4-5:30 pm**

We will have a Leadership Team meeting/training on Friday, 2/12, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

### **Join our BAND!**

We have our own private group on BAND, an app accessible from your phone, tablet or computer. We post announcements and have a number of instructional videos covering everything from rolls to forms to weapons and more. We will continue to add content as possible. If you are not part of our BAND and would like to join please let us know and we will send you an invite. Only students and AFKTF Black Belts are allowed to join.