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## January 2023- Important upcoming dates and info

### Happy New Year!

2023 is here, and with it new hope, new goals, and new adventures! The New Year is a good time to reset and reevaluate. To set new goals and think of the future. We encourage our students to use this special time of year to do just that. Set a new fitness goal, learn something new, tackle a new project. There is no better time than the present.

We are asking all students to reflect on the above and give us one thing they would like to do in 2023. Anything that will make you better in some way because of it. Write this on a blank piece of white paper, no name, and drop it in the lock box used for payments. We will accept these goals until 1/11 and will make a new resolutions poster for the studio.

2023  
Happy New Year

### ECTS gear sale extended

We still have a limited supply of beanie hats, bottles, and book bags and will extend the sale until January 19. Beanies- \$9, Stainless Steel Water bottles- \$9, Book bag- \$7. All three for \$20. See Mr. or Mrs. Serrano for details.



### Cold and flu season!

It's that time of year again. Hopefully you and your children will stay healthy and illness free during the winter months, but if you are feeling ill please stay home and get better. If you are sneezing and coughing please stay home and watch Martial Arts training videos 😊, we would appreciate it. Thank you in advance.

### 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 January 9<sup>th</sup> and January 23<sup>rd</sup>. 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- Fitness and Flexibility- The positive life benefits.

Week 2- Please and Thank You- The importance of these words.

Week 3- Being a Leader, Not a follower.

Week 4- Being Truthful- telling the truth and the consequences of not.

Week 5- Courage- strength of mind to carry on in spite of danger or difficulty.

### Leadership Team Training- Friday- January 27<sup>th</sup>, 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 1/27, 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

- **Next Men Only session starts January 7<sup>th</sup>**- This class will run for 8 weeks. It is open to men 30 yrs and older. Each class includes a fitness workout, striking practice and self-defense applications. It's a workout, but fun as well. Saturdays, 10-11/11:30 am. \$99 per person. See GM Serrano if interested or email dserrano@ects.biz.
- **Bo Staff Class- Saturday, January 14<sup>th</sup>** – We will be working on various bo-staff manipulations, spins, and uses. We will also put together a custom form based on input from anyone who attends, and try to put it to music. **White and Yellow belts- 12-1:15 pm, Purple and up- 1:15-2:30 pm.**
- **USBA/WBA Massachusetts Breaking Championships- March 11<sup>th</sup>, 2023- Chicopee, MA.** More info will be forthcoming.
- **FREE Escape Alive one day class- January 22<sup>nd</sup>, 2023 – 1 pm- 5pm- Oakville, CT-** 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](http://www.escapealive.net). Registration open soon

