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May 2024- Important upcoming dates and info

Our style of Martial Arts- American-Filipino Kun Tao

There are thousands of Martial Arts styles in the World! Some focus on competition, some on self-defense, others health and inner energy. There are hard arts and soft arts, empty hand arts and weapons arts. Some focus on striking, some throwing, and some on ground fighting. Some arts are strictly traditional and teach techniques as they were passed down for hundreds of years; other arts are constantly evolving, adding, and tweaking. In the world of Martial Arts there is definitely a lot to choose from depending on preference, ability and a practitioner's overall goal. So where does American-Filipino Kun Tao (AFKT) fit?

Some bullet points about AFKT:

- AFKT was originally founded by the late Grandmaster Joseph Rossi. The basic structure was based on GM Rossi's experience as an amateur boxer, his time in the US Special Forces during WWII, his training in Philippine Karate, and his training in a number of other arts. Kun Tao was originally described by GM Rossi as consisting of techniques and concepts derived from Karate, Savate, Aikido, Judo, Jujitsu and Western Boxing.
- AFKT is an evolving art with a traditional base. Some of the techniques and concepts taught are the same as when GM Rossi started teaching; other aspects of AFKTF have been added and/or refined over the years.
- AFKT can generally be broken down into three areas: striking arts, throwing/grappling arts, and weapons arts. Our 4 triangle logo symbolizes this.
- AFKT, as the name implies, is strongly influenced by the Filipino Arts. This is especially evident in our close quarter applications, stick and knife work.
- Practitioners of AFKT are known as some of the best competitive Martial Arts Breakers in the World. GM Rossi was well known for his breaking ability in the CT area. GM Serrano, GM Bergamo, and AFKT Black Belts gained world recognition starting in the early 2000's as they traveled across the US and abroad competing and performing demonstrations.



There is much more to American-Filipino Kun Tao, its history, and training methods. As you move up through the ranks you will learn more, and hopefully one day add to American-Filipino Kun Tao.

Upcoming competition in Atlantic City, NJ

The USBA/WBA (United States and World Breaking Association founded by GM Serrano and GM Bergamo) will be running a breaking competition as part of the NAFMA Nationals. The NAFMA Nationals is a full competitive experience with forms, weapons, sparring and more. If you are interested in competing in breaking or something else please see GM Serrano. If there is interest we will schedule a practice or two.

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be May 13th and May 27th. 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- Listening- Actively listening and responding to those around you.

Week 2- Sharing- Of one's belongings, time, and thoughts.

Week 3- Encouragement- Cheering someone on, displaying belief in someone, helping others to believe in themselves.

Week 4- Manners- Displaying good social conduct when in the company of others.

Upcoming Events and Special Classes

- **Next Ladies Only session starts May 3rd**- Our next 8 week session for ladies only will start May 3rd. Fridays, 6-7/7:15 pm, ladies and girls over 15 only. See GM Serrano, or email 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.
- **FREE Escape Alive one day class- May 19th, 2024 – 1 pm- 5pm- South Windham, CT- South Windham Fire Dept-** 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- June 9th, 2024 – 1 pm- 5pm- South Windsor, CT- Timothy Edwards Middle 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
- **USBA Atlantic City and ISKA North American Breaking Championships- May 25th, 2024- Atlantic City, NJ-** Breaking competition, all ages, ranks and genders. Part of a larger event with forms, weapons, and sparring. For more information see GM Serrano or go to usbawba.org/compete/tournaments.
- **US Open ISKA World Martial Arts Championships- July 4th-6th, 2024- Orlando, FL-** One of the largest open Martial Arts competitions in the world. Competition in breaking, forms, weapons, sparring, and so much more. Held at the beautiful Coronado Springs Resort in the heart of Disney. This is a great family friendly event. For more information see GM Serrano or go to usopen-karate.com

