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## December 2025- Important upcoming dates and info

### Merry Christmas, Happy Holidays, and Wishes for a Happy New Year!

2025 is coming to a close and the Holiday Season is upon us. We are so thankful for another great year of training, competition, and growth. This month starts our 3<sup>rd</sup> year here in Middlebury after 11 years on Watertown Ave. in Waterbury, and many locations before that. How time flies! We have seen many students come through our doors, and some have stayed the entire time. We thank you all for entrusting us with your Martial Arts training journey and please know that it is YOU who makes our studio a special place! Looking forward to 2026! Have a joyous time with family and friends during this holiday season!



### Christmas Party- 12/22 5-8 pm! Special Schedule

We will have a Christmas/Holiday Party at the studio on December 22nd at 7 pm, but beforehand we will have a special class for all students. Little Tigers class will be 4:30-5 pm, and our Little Tigers are invited to either stay or return at 6:15 pm. We will have a group class for all other students from 5-6:30 pm. This will be followed by a whole studio picture, pizza, and refreshments. Family is welcome. Please let GM Serrano know if you can attend and how many family members will be coming so we can order enough.



### Looking for a stocking stuffer?

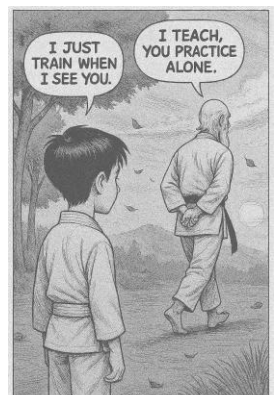
Looking for a little something for your Martial Artist? How about some ECTS gear! We have a limited number of beanies (one size, black and blue), stainless steel water bottles and book bags that would make a great gift. Christmas special- Beanies- \$10, Water bottles- \$8, Book bag- \$5. Buy all three for \$20. See GM Serrano for details. Supplies are limited.



We can also order any items from Asian World of Martial Arts or Century Martial Arts at discounted prices. See GM Serrano for info. Orders should be placed by 12/12 to arrive for Christmas.

### I teach- You practice

Came across this picture the other day. When I started in Martial Arts back in the 70's it was not uncommon for students to practice 3-5 times per week, and then on weekends. As with any endeavor you truly want to excel in "the more time you put in, the better the results". I continue to train 3-5 days per week, now to keep the skills I have acquired. Life can get busy, and it seems busier than it was in the 70's maybe. But make time to practice, especially outside of the studio. Progress is built over time; muscle memory, flexibility, hand-eye coordination, technical prowess, strength of technique. Without practice it easy to regress as a student causing progress to slow or stall. ~GM Serrano



## **No Class 12/24 and 12/31**

In observance of Christmas and New Year 's Day there will be no classes Wednesday, December 24<sup>th</sup> and Wednesday, December 31<sup>st</sup>.

## **Sparring week**

This month sparring weeks will be December 8th and December 29th. Please be sure to bring your sparring gear those weeks.

## **Thanks to our Veterans who joined us on 11/10**

On Monday, 11/10, we had the pleasure of being joined by a number of Veterans who shared stories, experiences and insights. A sincere thank you to them and all who attended from the studio!



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

Here are our planned weekly themes for this month:

Week 1- Confidence- Freedom from doubt and believing in yourself.

Week 2- Belief- trust, faith, or confidence in yourself, someone or something.

Week 3- Patience- Ability to remain calm and to wait for what you want.

Week 4 - Appreciation and Thanks– Showing appreciation for even the smallest gesture of kindness; it is the thought that counts.

Week 5- New Year's Resolutions– Setting new goals and implementing changes to reach those goals.

## **Upcoming Events and Special Classes**

- **Studio Christmas Party- Monday, 12/22/2025- 5-8 pm**
- **Adult class Christmas Party- Mirabele's in Prospect- Saturday, 12/20/2025- 4:30 pm**
- **Next 8 week Women's Self Defense class starts January 2<sup>nd</sup> - 6-7 pm, Friday nights-** This class runs in 8 week sessions. \$120 for all 8 weeks, \$210 for 2 people that come together.
- **FREE Escape Alive Women's Self Defense 1 day class- January 31<sup>st</sup>, 1-5pm- Unionville, CT –** Women and girls only, 12 yrs and older with parental permission. Attend by yourself or with a friend. Mothers and daughters are encouraged to attend together. No experience necessary. You must register online, but there is no cost. For more info go to <https://www.escapealive.org/escapealiveclasses> .

