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November 2023- Important upcoming dates and info

A New Location starting in December

We are pleased to announce we have secured a new location! We will be moving to the Waterbury/Middlebury line near Post University. Our new address will be 900 Straits Turnpike, Middlebury. Our studio will be in the last space to the right as you enter the parking lot. (See yellow arrow). It is not too far from where we are currently (5-8 minutes depending on traffic), has plenty of parking, and is in a great plaza with a health food store, Powerhouse Gym, BMuse sandwich shop and Rita's Italian Ice and Frozen Custard. This location is just about everything we were looking for.



We are confident the new location will be a better experience for our students and their families, and are hoping you will join us as we embark on this next phase of East Coast Training Systems.

GM Serrano and Mrs. DiGiovancarlo on WTNH Channel 8

On Friday November 3rd GM Serrano and Mrs. Digiovancarlo were guests on Channel 8 during the morning show. They were invited to speak about self-defense and teach some basic strikes. They were also promoting the upcoming Escape Alive class in Naugatuck on November 19th. This class is sponsored in memory of AFKTF Black Belt and Escape Alive instructor Gary Reho who passed away earlier this year.



USBA/WBA Hall of Fame Breaking Championships- November 11th - Cheshire, CT



The USBA/WBA Hall of Fame Breaking Championships is Saturday, November 11th in Cheshire, 535 West Main Street. We have a number of students competing and are excited to see them in action. If you can, please come and support our ECTS students, and see what a tournament is all about. Admission is \$5, 12 and under are free.

Fall is here and Christmas is on the way. Order your ECTS jacket or hat today!

We have beanie hats in stock. For November hats will be \$10 (regular \$12). We will also put in an order for jackets. Hooded pull over sweatshirts, zip front sweatshirts, or all weather lightweight jackets. Prices will be forthcoming. If you are interested please let GM Serrano know.



Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be November 13th and November 27th. Please be sure to bring your sparring gear those weeks.

Veterans Day!

As many of our longtime students know Veterans Day is very important to us. Honoring the men and women who have served our country, both here and abroad, to ensure our way of life and help in times of disaster. We have a number of former students who have served and some serving currently. Mrs. DiGiovancarlo's son Angelo (Guido) is currently in basic training as one example.



In honor of Veterans Day we usually invite a number of Veterans to come and speak at our studio and show them a small token of appreciation in the form of a certificate and gift card. Knowing that we will have a hectic month preparing for the move we will be doing something different this year. If you have a family member or someone close to you who is a Veteran please let GM Serrano know. We will be providing you a certificate and gift card to pass along to them in appreciation of their service to our great country.

Happy Thanksgiving!

Thanksgiving is just a few weeks away, and with it the start of the holiday season. We would like to wish all of our students and families a very Happy Thanksgiving! We have a lot to be thankful for. Good health, great instructors, awesome students, a new studio, and all of the freedoms we enjoy in our great country! We hope you take the time this Thanksgiving to reflect on all you have to be thankful for and share the joy of the holiday season.



Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

Week 1- Please and Thank You- The importance of

Week 2- Being a Leader- Not a follower

Week 3- Thanksgiving- What do you have to be thankful for?

Week 4- Being Truthful- The importance of being truthful and honest

Leadership Team Training- TBA

Upcoming Events and Special Classes

- **FREE Friday Night Ladies Only Trial Class**- We will be having a FREE trial class on Friday November 17th as an introduction to our Ladies only program which runs in multi-week sessions. The class is open to females 15 yrs. and older. The last session of the year will be a 4 week session, 12/1-12/22. The cost will be 1/2 of the regular price, \$50 for one person, \$88 for 2 people that come together.
- **FREE Escape Alive Women's Self Defense 1 day class- November 19th, 1-5pm- Naugatuck, 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. This class is sponsored in memory of Escape Alive Instructor and fellow Black Belt Gary Reho. You must register online, but there is no cost. For more info go to <https://www.escapealive.org/escapealiveclasses> .
- **USBA/WBA Hall of Fame Breaking Championships- November 11th- Cheshire, CT- 9 am**
- **Men's Only Classes- Fall/Winter Schedule** –Men 30yrs and older. Classes are Saturday mornings, 10-11/11:30 am. Dates are below. \$15 drop-in per class. Email GM Serrano, dserrano@ects.biz , if interested
 - **November 18th & 25th - \$24/mo**
 - **December 9th, 16th, & 23rd - \$35/mo**