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August 2022- Important upcoming dates and info

AFKTF/ECTS Family Outing! August 28th, 11 am- 5 pm

It's been a while, but it's time to get together and not punch and kick each other. Mr. Padin, Ms. Majocon, and Mrs. DiGiovancarlo have organized a family outing for all of our students and families. Our sister studios and families from the American-Filipino Kun Tao Federation will also be invited. Cookout style food, games and prizes. This will be great time for the whole family. Please see the full page flyer on the back for complete info.



Welcome to our new students and their families!

Over the past several months we have had some new students join the ECTS Family. Welcome! If you are a veteran student or have been part of the ECTS family for some time please take some time to welcome our new families. The success of our studio is greatly due to our family atmosphere, let's carry that forward.

A Journey of Dedication, Perseverance, and Growth

Although Martial Arts training can provide a number of quickly acquired benefits, both mental and physical, the core of our training is a journey over time. Moving up through the ranks, becoming technically proficient, building mental fortitude, and other goals/stepping stones are not things that are achieved overnight. Dedication, practice, and perseverance are essential parts of the journey. In a world of instant gratification martial arts training, in particular our style of American-Filipino Kun Tao, can be a lifelong process and not something instantly mastered. Each step in the journey is an achievement, one to be proud of. It also presents the next challenge. Whether you are a longtime student in the upper ranks or a brand new student, we look forward to seeing you grow in the arts. And hopefully, one day, to carry on the traditions and philosophy of our style.

Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

- Week 1- Commitment- Being dedicated or devoted to a cause or activity.
- Week 2- Compassion- Sympathy and sorrow for someone's misfortune, and the desire to alleviate it.
- Week 3- Community- A sense of belonging to something larger than yourself.
- Week 4- Kindness- Good or charitable behavior, pleasant disposition, and concern for others.
- Week 5- Discipline- Controlling one's actions to achieve a goal.

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be August 8th and August 22nd. Please be sure to bring your sparring gear those weeks.

Leadership Team Training- Friday- August 19th, 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 7/15, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

Upcoming Events and Special Classes

- **FREE Escape Alive one day class- August 20th – 1 pm- 5pm- Naugatuck, YMCA-** This is a one day Adult class. Ladies, 15 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 Men's Only Class-** August 6th, 10-11 am. See Mr. Serrano if interested.
- **Next 8 week Men Only session starts August 20th-** Our next 8 week session for men only starts August 20th. Saturdays, 10-11/11:30 am, 30 yrs. and older. \$99 for 1 person, \$175 for 2 people that come together. Email Master Serrano, dserrano@ects.biz, if interested.
- **USBA/WBA Northeast Regional Breaking Championships at the Northeast Open Martial Arts Championships- Saturday, August 13th, 2022- Albany, NY-** This is a great medium sized event! Friendly and family oriented atmosphere. Competition in sparring, forms, breaking and more. This event is hosted by our good friend Master Adam Grogin. Anyone interested in competing in breaking, forms, weapons forms, or sparring please see Master Serrano.

AFKTF Family Outing



HOP BROOK STATE PARK

Meadows Shelter 002

Aug 28th 11am - 5pm

\$30/pp includes Cookout Style Meal

hot dogs ~ hamburgers ~ sides ~ salads

Additional appetizers, sides or desserts are welcomed and appreciated.

Water will be provided; you may bring any additional beverages you would like.

To RSVP, by 8/25, checks can be brought to your studio, made payable to Tracy DiGiovancarlo or via Venmo @ Tracy-DiGi

Please include your name and count with your payment.

For any additional information, please text 203 509-2294



Although we won't be swimming as part of this organized event, Hop Brook Lake is open for families who chose to swim.
Event Start - 11am
Games - 12:30pm
Lunch - 3pm
End - 5pm

FAMILY - FOOD - GAMES - PRIZES - FUN - SWIMMING