

June 2023- Important upcoming dates and info

Martial Arts can be a life long journey

Everyone starts their Martial Arts journey at a different point in their life. Some start as young children, some in their teens, others start as an adult. Some train for a period of their life, others for a lifetime. We have mentioned this before, but recently something occurred that brought this even more to the forefront. Grandmaster Bergamo, who owns our sister studio in Cheshire, recently won the ISKA North American Breaking Championships (held in Atlantic City) in lightweight power concrete. This is an awesome achievement and something he has been working toward for 15 years. And he achieved this at the young age of 73, competing against all younger competitors ranging from 20-50 years old. How? Commitment, dedication, practice, and never giving up! Martial Arts have been a life journey for Grandmaster Bergamo and it shows.



Something we can all takeaway from Grandmaster Bergamo's win is setting a goal and striving to achieve it. Whether it is a competitive challenge, perfecting a form, getting more proficient at a throw or kick, learning a new weapon, or something else. This will help keep you motivated to train, to keep you on the path. A huge congratulations to Grandmaster Bergamo!

No classes June 28th-July 4th in observance of 4th of July

There will be no classes June 28th-July 4th for the 4th of July weekend. The last class before the break will be June 26th and we will resume classes on July 5th. We are wishing everyone a safe and happy 4th of July weekend celebrating the USA!



Special Multi-Studio Training- June 20th – 6-8:30 pm

We will be having an advanced multi-studio training on June 20th at Grandmaster Bergamo's studio in Cheshire from 6-8:30 pm. Black Belts, Apprentice Black Belts, Brown Belts, and invited upper belts are welcome and encouraged to attend.

US Open World Martial Arts Championships- June 30th-July 1st

The US Open World Martial Arts Championships are held in Orlando, FL every year around the 4th of July. Grandmaster Serrano, Mrs. Serrano, Grandmaster Bergamo, Mr. Padin, Ms. Majarocon and many of our AFKT Black Belts and students have traveled to this event over the past 24 years. This is one of the largest open martial arts competitions in the world with competitors traveling from all over to compete. It is usually televised live on ESPN2. If you are ever interested in attending this world class event in the future please speak to Mr. or Mrs. Serrano for info.



Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be June 12th and June 26th. 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- Compassion- Sympathy and sorrow for someone's misfortune, and the desire to alleviate it

Week 2- Community- A sense of belonging to something larger than self

Week 3- Kindness- Good or charitable behavior, pleasant disposition, and concern for others

Week 4- Discipline- Controlling one's actions to achieve a goal

North East Open Martial Arts Championships- August 12th - Albany, NY

The North East Open is a favorite tournament for us. It is a medium sized tournament with a large event feel hosted by our friend Adam Grogin. Held at the Capitol Events Center in Albany, NY it is a great venue. There is competition in sparring, forms, weapons, self-defense, and breaking. Discounted room rates are available at the connected Renaissance Albany Hotel. If you are interested in competing please see GM or Mrs. Serrano. If we have students interested we will schedule practices starting in July.



Upcoming Events and Special Classes

- **Men's Only Classes- Summer Schedule** – We will be running 3 classes per month starting in June for Men 30yrs and older. Classes are Saturday mornings, 10-11/11:30 am. Light fitness workout, striking, and practical self-defense training. Dates are below. \$35 per month or \$15 drop-in per class. Email GM Serrano, dserrano@ects.biz, if interested
 - **June 3rd, 10th, 24th**
 - **July 8th, 22nd, 29th**
 - **August 5th, 19th, 26th**
- **Next 8 week Women's Self Defense class starts in July- 6-7 pm, Friday nights-** If you are female and haven't tried our ladies only Friday night class, are interested in learning the basics of self-defense and are up for a workout, we invite you to give this class a try. The class runs in 8 week sessions. Every week starts with a light full body workout followed by training in striking techniques (think punches, elbows, knees, and low kicks) and ends with a self-defense scenario (what if someone is choking you, grabs you, approaches you when walking to your car, has a weapon, etc.) No experience necessary and participants work at their own pace and ability level. \$99 for all 8 weeks, \$175 for 2 people that come together. Students, parents and siblings of students receive a 10% discount. See GM Serrano, Mrs. Serrano, or the lead instructor of the class Mrs. DiGiovancarlo for more info.
- **The Northeast Open Martial Arts Tournament- August 12th- Albany, NY-** This is a great area event run by our friend Master Adam Grogin. It is family friendly, well run, and affordable. There is competition in sparring, forms, weapons, self-defense, and breaking. If you are interested in competing please see GM or Mrs. Serrano. If we have students interested we will schedule practices starting in July.