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October 2021- Important upcoming dates and info

Halloween outing

Every year we try to plan something for Halloween. This year we would like to attend Quassy Amusement Park. They are having rides and scary attractions throughout the park. Tickets are \$29.99. Not recommended for very young children per the site. We are looking at October 30th at 6 pm. Please see Mr. or Mrs. Serrano if interested.

Halloween costume day

All students are welcome to wear their costumes on Wednesday, October 27th. We will have a shortened class for kids, play some games, and give prizes for the best costumes. If you have any questions please see Mr. or Mrs. Serrano.

ZOOM and BAND

Starting at the end of October we will be phasing out ZOOM classes. As our in person classes have grown in recent months we are unable to keep up with ZOOM during class. We will continue to broadcast classes on the BAND app (barring technical issues) and students can follow along if they miss in person classes.

Parking Reminder- Please keep this in mind

A reminder that parking for our studio includes available spaces on our side of the building, approximately 12 spaces directly in front of our front windows, and overflow parking on the other side of the building. **All cars should be parked in a parking spot**, please do not park in the open area on the side of the studio or double park in front of other vehicles. There is a map attached to the front door if you have any questions and we also have copies near the door. Thank you in advance.

Our focus is more than kicking and punching

Here are our planned themes for October:

Week 1- Kindness- Good or charitable behavior, pleasant disposition, and concern for others.

Week 2- Discipline- Controlling one's actions to achieve a goal.

Week 3- Charity- Giving without anything in return.

Week 4- Bravery- To do what is right even when it is not easy.

Sparring gear- 2nd and 4th week of the month

All students should bring their sparring gear the 2nd and 4th week of the month. If you would like to order sparring gear please see Master Serrano. We also have some used gear for sale, size availability varies.

Leadership Team Training- Friday- October 22nd, 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 10/22, 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

- **Boxing drills and hand strike combos- Saturday, 10/23-** White and Yellow Kids- 12-1 pm; Purple and above Kids- 1-2:30, Adults-2-3:30
- **Breaking practice- 10/30- 12:30-2:30 pm-** Open to all students looking to compete at the upcoming event in November.

Two upcoming breaking competitions!

We have two events coming up in October and November.

- **USBA/WBA World Cup Virtual Breaking Championships- October 16-** on ZOOM- 10 am: This is a virtual event on ZOOM. We will be gathering at the studio for those interested, or you can log in from home. This is the last virtual event of the year. Registration is \$15. Materials can be purchased at the studio- Board prices: 1/2x6"- \$1.35, 1/2x10" and 1x10"- \$1.75 per board; Patio blocks- \$1.75 ea. We will be breaking at the studio; outside if weather permitting, inside if not. The event offers divisions in Power Wood (hand, elbow, foot), Non-Spaced Power Wood (hand, elbow, foot- 18 and over Black Belts), Power Concrete (hand, elbow, foot- 18 and over); all ages, ranks, and genders. Spectators welcome, but space will be limited depending on how many are interested in competing. If you are interested please contact Master Serrano.
- **USBA/WBA Hall of Fame Breaking Championships and ISKA NA Breaking Championships- November 13-** Naugatuck Events Center, Naugatuck- 10 am: This is an in person event at the Naugatuck Event Center in Naugatuck. There will be divisions in Creative, Power Wood, and Power Concrete. The ISKA North American Breaking Championships will also be held. **Register** by November 2nd. USBA/WBA categories- First Time Breakers- \$50 (includes boards and community stand fee, competitors who register in First Time Breaker may not compete in other events); Other USBA/WBA divisions- \$50 for 1st, \$15 for 2nd, \$10 each additional. **Spectator Pricing:** General Admission- \$5 at door, children 12 and under Free. **Material Pricing:** Boards- \$3 and \$2, Blocks- \$3, Community stand fee (all competitors except First Time Breakers)- \$10. Register online at <https://usbawba.org/events/usba-wba-hof-iska-north-american-2021>.

Watching our students grow

Over the past several months our instructors have been reflecting on all of the people that have passed through our doors; and more importantly those of you that have remained part of our studio month after month, year after year. In our opinion a Martial Arts studio can be a unique place. Yes it is a place to train, to improve, to learn self-defense, to excel. But as instructors we find ourselves watching our students grow not only in the arts, but in life. From kids to young adults. Through life challenges and changes. Through growing families and the loss of loved ones. It is an amazing experience as our students truly become friends and extended family. We have concern for our students' well-being and enjoy celebrating life's milestones.

A sincere thank you to all of you who have enriched our lives. Who have been there in our challenging times. Who invite us to partake in your lives outside of the studio. Who have become friends and family. It truly means a lot to us and we cherish the memories you have allowed us to be part of. And we look forward to many more.