

## January 2026- Important upcoming dates and info

### Happy New Year!

2026 is here, and with it new hopes, new goals, and new adventures! The New Year is a good time to reset and reevaluate. To set new goals and think of the future. We encourage our students to use this special time of year to do just that. Set a new fitness goal, learn something new, tackle a new project, read more, focus on your grades, spend less time on video games or in front of the TV, spend more time with elderly parents or grandparents, enjoy nature, plan for the future. One thing you realize as you get older is there is no better time than the present. If you never try you can't succeed. And each new experience, whether a success or failure, is a brick in the foundation of your future self!



HAPPY NEW YEAR

### Thank you to everyone who attended our Christmas party!

It was great having so many of our students together for the group class and pizza party on the 22<sup>nd</sup>. Over 40 students and many families came. There was great energy! We would also like to thank everyone for the generous Christmas gift! Hopefully everyone had a great time at the party and a joyous Holiday Season overall.



## **Congratulations to our newest Apprentice Black Belts- Ms. Serrano and Ms. Reynolds!**

On December 17<sup>th</sup> we had some significant promotions at the studio. Ms. Sophia Serrano and Ms. Erika Reynolds achieved the rank of Apprentice Black Belt 4<sup>th</sup> degree. Ms. Serrano and Ms. Reynolds have shown consistent hard work, dedication, and commitment over their many years of training. In our style of American-Filipino Kun Tao this is the start of the final stage on the journey to Black Belt. Just as with Black Belts, Apprentice Black Belts should be referred to as Mr. or Ms. and his/her last name as a sign of respect.



In addition to Ms. Serrano and Ms. Reynolds, Mr. Surya Thapa achieved the rank of Apprentice Black Belt 1<sup>st</sup> degree, the final step before Black Belt. Mr Thapa and Ms. Serrano both started as little tigers over 10 years ago, and Ms. Reynolds started shortly after. The road to Black Belt is filled with ups and downs, a lot of sweat, sometimes bruises, and hard work. A goal achievable if you believe and dedicate yourself.

Also promoted on that night were Autum, Greg, and Mike (pictured above). Very proud of everyone, especially our Apprentice BB's. Keep up the great work!

## **Cold and flu season!**

It's that time of year again. Hopefully you and your children will stay healthy and illness free during the winter months, but if you are feeling ill please stay home and get better. If you are sneezing and coughing please stay home and watch Martial Arts movies or training videos 😊. One thing we don't want to share is being sick. Thank you in advance. And remember your Vitamin C, D, Quercetin, and Zinc (not medical advice). It's a good combo to help you feel better.

## **Sparring weeks**

We try to do sparring the 2<sup>nd</sup> and 4<sup>th</sup> full week of the month each month. This month sparring weeks will be January 12<sup>th</sup> and January 26<sup>th</sup>. 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- New Year's Resolutions— Setting new goals and implementing changes to reach those goals.

Week 2- Integrity- Always doing the right thing even when no one else is watching.

Week 3- Responsibility- Taking ownership of what you say and do, not passing the blame.

Week 4- Leadership- Leading by example, being the first to tackle a new challenge or task.

## **Upcoming Events and Special Classes**

- **Next 8 week Women's Self Defense class starts January 2<sup>nd</sup> - 6-7:15 pm, Friday nights-** This class runs in 8 week sessions. \$120 for all 8 weeks, \$214 for 2 people that come together. You can still join up until the second week, Jan 9<sup>th</sup>. Receive a 10% discount if you have a family member that is currently a student.
- **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> .
- **January 17<sup>th</sup>, Breaking Tournament- Albany, NY-** There will be no formal practices for this tournament. If you are interested in competing see GM Serrano.