

September 2023- Important upcoming dates and info

Happy Back to School!

Back to school time is here. Some kids don't look forward to school for one reason or another. Sure it means full days and homework, but it also means time with friends, learning new things, and preparing for the rest of your life. To our younger students, please be thankful for the opportunity you have of going to school. There are children around the world who can't read or write, who don't have the opportunity to learn. Be thankful and treat schooling as a gift. If you have issues that are making your school experience unpleasant (not understanding a subject, bullying) talk to your parents. Talk to your principal. Our instructors are also here to listen and help where we can. All obstacles can be overcome and you can succeed! Your parents believe in you and we do as well!

Please wash your uniforms and sparring gear

Our classes can be very strenuous at times. And this will cause you to sweat. And sweat can be smelly. We ask that students wash their uniforms between classes. Please. Although it may not always smell like a garden, we can all do our best to make our studio smell better.

If you have your own sparring gear it is good practice to keep your gear clean. Sweat and grime from a hard sparring session can accumulate and cause skin irritation. Keep your gear clean and prevent issues before they happen.

Congratulations to Mr. Murphy, Akeem, Lisa and Sophia on their recent wins at the Northeast Open in Albany, NY

We recently traveled to Albany, NY to take part in the Northeast Open Martial Arts Tournament. This is one of our favorite events of the year hosted by our friend Master Adam Grogan. There is competition in sparring, forms, weapons, self-defense, and breaking.

We would like to congratulate some of our students who competed. Firstly, a huge congratulations to Akeem! This was his first breaking event and his practice paid off. Akeem won two 1st places in Wood Hand and Elbow, and a 2nd in Wood Foot against a big division of boys, most of which were higher ranks.

Lisa took a 1st in Wood Elbow and a 3rd in Concrete Foot. Her 1st place win was also a new personal best break of 9 boards with an elbow!

Mr. Murphy (CJ) is almost always in the top of the 13-17 year old boys group. This was his last tournament in that age group and he now moves on to the adult divisions. Mr. Murphy took 1st place in Creative and Wood Foot, 2nd in Wood Hand, and 3rd in Wood Elbow.

Sophia took 3rd in Wood Foot. Please give them congratulations when you see them in class. The next competition will be November 11th in Cheshire. If you are interested please see GM Serrano. We will be practicing during classes and have special weekend practices as well.



Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be September 11th and September 25th. 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- Honesty- Being truthful in what you say and do

Week 2- Listening- Actively listening and responding

Week 3- Sharing- Of one's belongings, time, and thoughts

Week 4- Encouragement- Cheering someone on, displaying belief in someone

Monthly dues are due by the 12th of the month

Every month we print out a statement for each student. We try to distribute these statements the first week of the month, but may forget at times. If you do not receive a statement by the 2nd week of the month please ask GM Serrano. We do our best to accommodate individual situations when it comes to payments, but please keep in mind the studio costs money to operate. Please do your best to pay any monthly dues or outstanding balances by the 12th of the month to avoid possible late fees. Thank you in advance.

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

We will have a Leadership Team Meeting/Training on Friday, 8/18, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see GM Serrano if you cannot attend.

Special Training- Purple and Red Belts- September 16th- 1-2:30 pm

We will be having a special training for all Purple and Red Belts on 9/16, 1-2:30 pm. The focus will be on content related to these ranks. All Purple and Red Belts, adults and children, are **required** to attend. Please see GM Serrano if you cannot attend.

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

This is one of the few local tournaments of the year. This is a breaking and forms tournament. It is open to all ranks and ages and a great opportunity for our students to compete close to home. Please see GM or Mrs. Serrano if you or your child is interested. We will practice during regular classes and have a number of dedicated practices late September and October.



Upcoming Events and Special Classes

- **Purple and Red Belt Special Training- September 16th, 1-2:30 pm** –The focus will be on content related to these ranks.
- **FREE Escape Alive Women's Self Defense 1 day class- September 24th, 1-5pm- Southbury, 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> .
- **Next 8 week Women's Self Defense class starts September 15th- 6-7 pm, Friday nights**- This class runs in 8 week sessions. \$99 for all 8 weeks, \$175 for 2 people that come together. Students, parents and siblings of students receive a 10% discount.
- **Men's Only Classes- Fall 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
 - **September 2nd, 16th, 23rd, 30th - \$45/mo**
 - **October 14th, 21st, 28th - \$35/mo**
 - **November 4th, 18th, 25th - \$35/mo**