

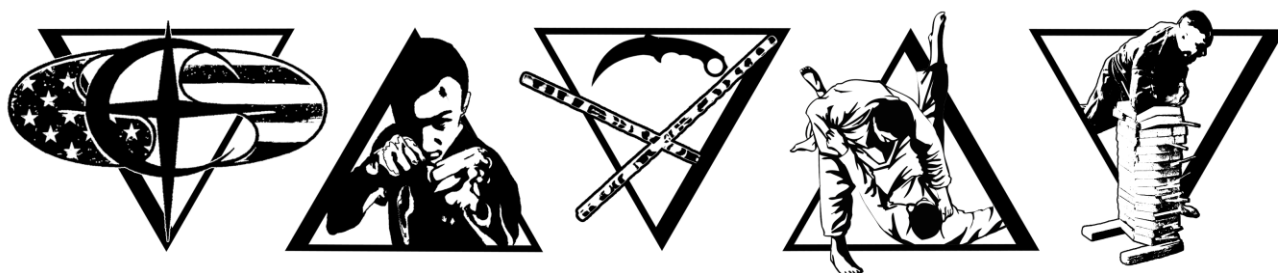


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May 2026- Important upcoming dates and info

Our style of Martial Arts- American-Filipino Kun Tao

There are thousands of Martial Arts styles in the World! Some focus on competition, some on self-defense, others health and inner energy. There are hard arts and soft arts, empty hand arts and weapons arts. Some focus on striking, some throwing, and some on ground fighting. Some arts are strictly traditional and teach techniques as they were passed down for hundreds of years; other arts are constantly evolving, adding, and tweaking. In the world of Martial Arts there is definitely a lot to choose from depending on preference, ability and a practitioner's overall goal. So where does American-Filipino Kun Tao (AFKT) fit?



AMERICAN-FILIPINO KUN TAO

Some bullet points about AFKT and our logo:

- The 5 Triangle logo: The first triangle symbolizes love of our country. AFKT can generally be broken down into three areas: striking arts, weapons arts and throwing/grappling arts. The next 3 triangles symbolize these areas. In 2025 we added a fifth triangle to represent our 25 years involved in and leading competitive breaking. Practitioners of AFKT are known as some of the best competitive Martial Arts Breakers in the World. GM Rossi was well known for his breaking ability in the CT area. GM Serrano, GM Bergamo, and AFKT Black Belts gained world recognition starting in the early 2000's as they traveled across the US and abroad competing and performing demonstrations. Currently, GM Serrano and GM Bergamo run the United States and World Breaking Association and are Co-Directors for ISKA Breaking (International Sport Karate Association).
- AFKT was originally founded by the late Grandmaster Joseph Rossi. The basic structure was based on GM Rossi's experience as an amateur boxer, his time in the US Special Forces during WWII, his training in Philippine Karate, and his training in a number of other arts. Kun Tao was originally described by GM Rossi as consisting of techniques and concepts derived from Karate, Savate, Aikido, Judo, Jujitsu and Western Boxing.
- AFKT is an evolving art with a traditional base. Some of the techniques and concepts taught are the same as when GM Rossi started teaching; other aspects of AFKTF have been added and/or refined over the years.
- AFKT, as the name implies, is strongly influenced by the Filipino Arts. This is especially evident in our close quarter applications, stick and knife work.

There is much more to American-Filipino Kun Tao, its history, and training methods. As you move up through the ranks you will learn more, and hopefully one day add to American-Filipino Kun Tao.

No Class Memorial Day – Monday, May 25th

In observance of Memorial Day there will be no classes on Monday, May 25th. Please take time that day to remember those who made the ultimate sacrifice in service to the United States of America.

To our younger students: Martial Arts traits should carry over into your everyday life

Some of the areas we frequently discuss in class are respect, focus, dedication, being truthful, being a leader, having courage, showing gratitude and much more. These character traits are not exclusive to Martial Arts of course, but traits that you should strive to display in your everyday life. The one thing you can truly control is YOU and YOUR ACTIONS. How you treat people, how much of yourself you dedicate to a goal, the respect you give your parents and peers, how you approach a new challenge, how you spend your time. Try your best everyday. No one is perfect, but if you try your best everyday you will build a foundation that will follow you into the future.

North American Breaking Championships

The USBA/WBA and ISKA North American Breaking Championships is June 6th in Wallingford. This is a great local event for those interested in trying competition. USBA/WBA Breaking and Forms Divisions are for all ranks, ages, and genders. There will also be a banquet after the competition. If you are interested please see GM Serrano.

www.nabreaking.com

Plan ahead- North East Open Martial Arts Championships- August 8th- 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 and breaking. Discounted room rates are available at the connected Renaissance Albany Hotel. If you are interested in attending please see GM Serrano.

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be May 11th and May 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- Respect- Treating others with courtesy and honor; in particular yourself, parents, and elders.

Week 2- Honesty- Being truthful in what you say and do.

Week 3- Listening- Actively listening and responding.

Week 4- Sharing- Of one's belongings, time, and thoughts.

Upcoming Events and Special Classes

- **FREE Escape Alive one day class- May 9th, 2026 – 1 pm- 5pm- Winsted, CT-** This is a one day mother/daughter class. 12 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 Escape Alive one day class- June 20th, 2026 – 1 pm- 5pm- Northford, CT-** This is a one day mother/daughter class. 12 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
- **US Open ISKA World Martial Arts Championships- July 3rd - 4th, 2026- Orlando, FL-** One of the largest open Martial Arts competitions in the world. Competition in breaking, forms, weapons, sparring, and so much more. Held at the beautiful Coronado Springs Resort in the heart of Disney. This is a great family friendly event. For more information see GM Serrano or go to www.usopen-karate.com