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December 2023- Important upcoming dates and info

Welcome to the new ECTS!!

We would like to officially welcome you to the new East Coast Training Systems! Although we are still organizing and making final touches we are up and running. First and foremost we would like to thank the close to 40 people who helped the day of our main move Thanksgiving weekend. Many hands made quick work filling 3 small trailers, pickups and cars, and a 30 foot trailer. Who would have thought we had so much stuff ☺ We truly appreciate everyone’s efforts and couldn’t have done it without you! Thank you, thank you, thank you!

A special thanks to those who have been putting in extra hours to help organize the new studio- Mrs. DiGiovancarlo, Lisa Mingione, Brittney Kilfeather, and Ms. Pearce. Your efforts have helped tremendously.

We will continue to run classes as we always have, so nothing on that front will change. Our goals are and always have been to create a family friendly atmosphere, a positive outlet for our students, and to instill in our students all of the aspects of American-Filipino Kun Tao. We hope you will continue to be a part of ECTS!



What is Naugatuck Valley Martial Arts and Self Defense?

By now you have noticed the new signs. So what is Naugatuck Valley Martial Arts and Self-Defense, and how does it fit with East Coast Training Systems?

At our last location our sign featured our ECTS logo and the Bunker Hill Karate logo, but the main highlight of the sign in big letters was “Martial Arts, Self Defense, and Fitness”. Although you as a student or parent are now familiar with what East Coast Training Systems is (and many in Waterbury are as well) our name can be a bit non-descriptive. That is one reason it wasn’t the dominate part of our sign in Waterbury.

Once we established we would be moving to Middlebury we wanted to come up with a name that would be descriptive and easily recognizable. The “Naugatuck Valley” name seemed to fit perfectly and was not in use. The Naugatuck Valley name is actually under the East Coast Training Systems business, but we will be using it as an umbrella name for our studio and the various programs we offer. We also have a website NaugatuckValleyMartialArts.com as a landing page that links to the various programs.

Nothing will change for now and you are still a student of East Coast Training Systems.

NAUGATUCK VALLEY
Martial Arts & Self-Defense
 WWW.NAUGATUCKVALLEYMARTIALARTS.COM

American-Filipino Kun Tao
 East Coast Training Systems
 www.ECTS.biz



Traditional Tang Soo Do
 Bunker Hill Karate
 www.BunkerHillKarate.com



Escape Alive Survival Skills
 On Location Self-Defense Training
 www.EscapeAlive.org



Martial Arts Breaking
 U.S. & World Breaking Association
 www.USBAWBA.com



No Class 12/25 and 1/1

In observance of Christmas and New Year 's Day there will be no classes Monday, December 25th and Monday, January 1st.

Sparring week

This month there will only be one sparring week, the week of December 11th. Please be sure to bring your sparring gear.

Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

Week 1- Being Truthful- telling the truth and the consequences of not

Week 2- Belief- trust, faith, or confidence in yourself, someone or something

Week 3 & 4- Appreciation and Thanks– Showing appreciation for even the smallest gesture of kindness; it is the thought that counts.

Merry Christmas and a Happy New Year to all of our students and their families!

Christmas/Holiday Party- 12/27 , Special Schedule

During this very special time of year we wish all of our students and their families a very Merry Christmas and Joyous Holiday Season!

We also hope that the New Year will bring you joy, health, and success!

We will have a Christmas/Holiday Party at the studio on December 27th at 6:30 pm, but beforehand we will have a special class for all students. Little Tigers class will be 4:30-5 pm, and those students are invited to either stay or return at 6 pm. We will then have a group class for all other students from 5-6:15 pm. This will be followed by a whole studio picture, pizza, and refreshments. Family is welcome. Please let GM Serrano know if you can attend and how many family members will be coming so we can order enough.



Upcoming Events and Special Classes

- **Next 8 week Women's Self Defense class starts January 5th - 6-7 pm, Friday nights-** This class runs in 8 week sessions. \$99 for all 8 weeks, \$175 for 2 people that come together.
- **FREE Escape Alive Women's Self Defense 1 day class- January 28th , 1-5pm- Ridgefield, 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> .
- **Men's Only Classes have moved to Friday night- 7:30 pm-** Men 18 and older. We will be having 2 free trial classes 12/15 and 12/29. Stop in and give it a try. The focus is on striking and self-defense.

