

## February 2026- Important upcoming dates and info

### **Congratulations TEAM ECTS- Samantha, Pete, and GM Serrano**

On January 17<sup>th</sup>, Samantha, Pete, and GM Serrano traveled to Albany, NY to compete in breaking at the 8<sup>th</sup> US International Kyokushin Championships. There were competitors from across the US, Canada and Europe. ECTS took home a number of 1<sup>st</sup>-3<sup>rd</sup> place wins and faired very well against some tough competition. Please join us in congratulating them!



### **Congratulations to Mr. Padin on his retirement from the Department of Corrections**

We would like to congratulate Mr. Daniel Padin on his recent retirement from the CT Department of Corrections where he served 20 years! Being a Correctional Officer is a taxing career, keeping order and a watchful eye on those that are incarcerated in our state prisons. Mr. Padin, a 4<sup>th</sup> degree Black Belt and one of GM Serrano's longest training students, had to use his mental and physical training in American-Filipino Kun Tao on a number of occasions throughout his career. We thank him for his service and dedication, and wish him all the best as he starts the next chapter!



### **How good do you want to be?**

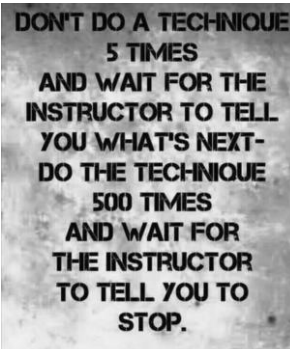
Recently I have been discussing my younger years in the Martial Arts with various students. It was definitely a different time. I started really dedicating myself to training consistently just before 1980. There were no computers, no cell phones, and we had one TV in our house. There was no social media (that I was aware of), no doom scrolling to waste hours a day, and no urge to post every aspect of your life online. It was definitely a different, and in some ways better, time.

My early years consisted of training 3-5 times per week. I competed at many tournaments in my early years, mostly fighting and forms. With limited distractions, and a motivation to not be bullied, I spent many hours in my parents' garage or my small bedroom training after class and on off days. Stretching, push-ups, sit-ups, kicks and punches almost every night before bed. Those early years set me on a positive path and instilled a good work ethic that has kept me training 45 plus years later.

The times are sure different from when I started my journey, but there is one concept that remains the same. THE OUTCOME WILL REFLECT THE EFFORT! This holds true in every aspect of life. When it comes to Martial Arts, every kick, every punch, every push-up, every sit-up, etc., builds on the last. Sometimes exponentially. Although this applies to all ages, the ideal time to build a foundation that lasts a lifetime is when you are young. Youth allows the body to adapt, to heal, and create muscle memory quickly.

Make every minute of class count. Put in your best effort. Really stretch until you feel it, try to do that extra push-up, throw 5 extra kicks, get in extra reps of a technique while the instructors are working with others. In addition, find time between classes to train. Shut off the computer, put down the cell phone, switch off the video game, get away from the TV for a bit. YOUR outcome will reflect YOUR effort.

So, how good do you want to be? It is truly up to you. ~GM Serrano



## To our younger students, use your electronics wisely...

We regularly discuss the positives and negatives of technology and electronics. Computers, ipads, smart phones; electronics are all around us and part of our daily lives. They are great tools, but they can also zap productivity and waste precious time.

Unlimited knowledge is at your fingertips. You can find tips, tutorials and websites for almost anything you want to learn or get better at (discretion is necessary and you should always look for guidance from your parents). On the flip side of this are the funny cat videos, video games, and videos of others playing video games (as if video games weren't bad enough ☺).



Life needs balance. There are limited hours in everyday, there are limited days before High School, before you know it you will be an adult. If you are spending time doing or watching something that does not add to your future it is called entertainment. It is important to balance this with things that make you smarter or better in some way. Entertainment lasts a moment; knowledge lasts a lifetime. School is most important, reading is essential, and if you are going to use electronics use them wisely.

## 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 February 9<sup>th</sup> and February 23<sup>rd</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- Commitment- being dedicated or devoted to a cause or activity.

Week 2- Compassion- Sympathy and sorrow for someone's misfortune, and the desire to alleviate it.

Week 3- Community- A sense of belonging to something larger than self.

Week 4- Kindness- Good or charitable behavior, pleasant disposition, and concern for others.

## Belt Reviews

We occasionally have special Belt Review classes. During these classes we touch on rank specific areas that can be missed during regular classes. Please make every effort to attend the appropriate class for your rank:

- Tuesday, 2/10- 5-6:30 pm- Purple Belt 2<sup>nd</sup>-Red Belt 2<sup>nd</sup>
- Tuesday, 2/17- 5-6:30 pm- Red Belt 1<sup>st</sup> and above

## Upcoming Events and Special Classes

- **Next Ladies Only session starts February 27<sup>th</sup>** - Our next 8 week session for ladies only will start February 27<sup>th</sup>. Fridays, 6-7:15 pm, ladies and girls over 15 only. Email GM Serrano, [dserrano@ects.biz](mailto:dserrano@ects.biz), if interested
- **USBA and ISKA North American Breaking Championships- June 6th, 2026- Wallingford, CT.** More info coming soon.
- **FREE Escape Alive one day class- February 22<sup>nd</sup>, 2026 – 1 pm- 5pm- Cheshire, CT- Cheshire High School-** 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](http://www.escapealive.net).
- **FREE Escape Alive one day class- March 8<sup>th</sup>, 2026 – 1 pm- 5pm- Southbury, 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](http://www.escapealive.net).
- **FREE Escape Alive one day class- April 19<sup>th</sup>, 2026 – 1 pm- 5pm- Oxford, CT- Oxford Grange-** 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](http://www.escapealive.net).