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May 2025- 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 or 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?

Some bullet points about AFKT:

- 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 can generally be broken down into three areas: striking arts, throwing/grappling arts, and weapons arts. Our 4 triangle logo symbolizes this.
- 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.
- 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.

American-Filipino Kun Tao

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.

Kids: Practicing at home will help in class

We are very proud of the hard work our younger students put in every class. Maybe you don't realize it, but we see the progress you are making. Seeing and realizing the results of your hard work will keep you motivated and increase your progress. To this end, try to fit in some time between classes, especially on the weekend, to practice what you can. Striking, forms, weapons…anything you can do on your own. Try to fit in some exercise everyday. Stretching, push-ups, sit-ups, squats…you will get stronger and more flexible at a quicker pace. What you do outside of the studio will reflect inside 😊

Attention Parents

As most of you are aware we teach our self-defense program called Escape Alive throughout CT. Because of this we do our best to stay up to date on trends in violence and threats to our children. A very serious threat that has been discussed lately, but we have known about for several months, are specific groups targeting children online. We would like to do a short, parents only presentation and discussion on May 24th, late morning or early afternoon. We are thinking parents only so we can speak freely and will even open it up to friends or family that you have. There is no cost associated with this. If you are interested please see GM Serrano.

Upcoming Kids Breaking Challenge at Bergamo's Martial Arts, Cheshire- June 8th

Bergamo's Martial Arts will be hosting a small invitation only breaking event for kids 12 and under on June 8th at their studio in Cheshire. This will be a great introductory event for those curious about competing. 1st division is $25, additional divisions $10, boards $3. See GM Serrano if interested, or if you have already registered. We will have some practices if we have interested students.

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 12th and May 26th. 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- Being a Leader- Not a follower.
Week 2- Being Truthful- telling the truth and the consequences of not.
Week 3- Courage- strength of mind to carry on in spite of danger or difficulty.
Week 4- Gratitude- being thankful for what you have and receive.

North East Open Martial Arts Championships- August 9th- 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, self-defense, and breaking. Discounted room rates are available at the connected Renaissance Albany Hotel. If you are interested in competing please see GM Serrano. If we have students interested we will schedule practices starting in July.

Upcoming Events and Special Classes

- **Next Ladies Only session starts Mid-June**- Our next 8 week session for ladies only will start Mid-June. Fridays, 6-7/7:15 pm, ladies and girls over 15 only. See GM Serrano, or email dserrano@ects.biz , if interested.
- **FREE Escape Alive one day class- May 31st, 2025 – 1 pm- 5pm- Bolton, 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 8th, 2025 – 1 pm- 5pm- Bristol, 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
- **Kids Breaking Challenge- 12 years and under- June 8th, 2025- Cheshire, CT-** Breaking competition. 12 and under. For more information see GM Serrano.
- **US Open ISKA World Martial Arts Championships- July 17th-19th, 2025- 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