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## April 2026- Important upcoming dates and info

### Thank You to our Students and Families

We cannot thank you enough for your continued confidence in and loyalty to our studio! It is incredible to think some of you have been with ECTS for 2, 4, 10, 14 years or more! Many of you have helped teach our newer students, represented us in competition, and have helped make the Escape Alive program the most popular self-defense program in CT. Thank you for making it all possible! We look forward to watching all of you grow in American-Filipino Kun Tao and moving up through the ranks. One day joining our other AFKT Black Belts and enjoying the journey along the way.

### Do you have the itch to compete?

At our studio we don't require students to compete until Apprentice Black Belt ranks, but we do believe that it is an important part of the Martial Arts journey. Grand Master Serrano was an avid competitor in his younger years competing in sparring, forms, and self-defense. He still competes on occasion in breaking. Many of our students have competed and won World and National Championships. Competition is an opportunity to test yourself, meet other Martial Artists, and set goals. There are some competitions like the US Open in FL that are large and others like the Northeast Open in Albany that are medium sized, offering a full variety of competitive opportunities. Some competitions like the upcoming North American Breaking Championships are focused on breaking, but it does offer forms divisions. Competing creates a challenge to tackle, and can give you motivation to increase your training regimen. If you or your child is interested in trying a tournament please see GM Serrano. Practices are scheduled based on participation.



### Congratulations to Miguel!

Speaking of competing, Miguel is a regular competitor! He has competed for a number of years already and is getting better with every tournament. Miguel recently attended the Unified Breaking Challenge in MA and represented our studio in fine fashion. He competed in Open Hand Forms, Weapons Forms, and a bunch of Breaking divisions. He took home 3 firsts, 2 seconds, and a third. Way to go Miguel! Keep it up!



## 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 April 13<sup>th</sup> and April 27<sup>th</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- Teamwork- Working together toward a common goal.

Week 2- Focus- Concentrating on the task at hand.

Week 3- Pride- Feeling good about an accomplishment or creation in which you exerted effort to achieve.

Week 4- Good Sportsmanship- Displaying a good attitude win or lose.

## USBA/WBA and ISKA North American Breaking Championships and Banquet- Wallingford, CT- June 6<sup>th</sup>

This year the North American Breaking Championships returns to Wallingford at the Hilton Garden Inn. It will be a full day of competition in Breaking and Forms. In addition to USBA/WBA events there will be ISKA (International Sport Karate Association) divisions for adult Black Belts, winners will secure their spot at the ISKA World Breaking Championships held in Florida in July. Following the competition there will be a Banquet from 6:30-10:30. There will be awards given by the USBA/WBA and other studios and organizations. For complete information go to [www.NABREAKING.com](http://www.NABREAKING.com). If you are intending to compete, please see GM Serrano. Practice schedule will be forthcoming.

## Upcoming Events and Special Classes

- **Next Ladies Only Friday Night Fight Club session starts April 24<sup>th</sup>** - Our next 8-week session for ladies only will start April 24<sup>th</sup>. Fridays, 6-7/7:15 pm, ladies and girls over 15 only. Light fitness workout, striking, and self-defense. This is an informal class, we have fun. See GM Serrano, or email [dserrano@ects.biz](mailto:dserrano@ects.biz), if interested.
- **FREE Escape Alive one day class- April 19<sup>th</sup>, 2026 – 1 pm- 5pm- Oxford, CT-** This is a one day 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- May 9<sup>th</sup>, 2026 – 1 pm- 5pm- Winsted, CT-** This is a one day 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)
- **USBA/WBA and ISKA Breaking Championships and Banquet- June 6<sup>th</sup>, 2026- Wallingford, CT-** Breaking and Forms competition. Banquet in the evening. [www.NABREAKING.com](http://www.NABREAKING.com). For more information see GM Serrano.
- **FREE Escape Alive one day class- June 20<sup>th</sup>, 2026 – 1 pm- 5pm- Northford, CT-** This is a one day 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- July 19<sup>th</sup>, 2026 – 1 pm- 5pm- Old Saybrook, CT-** This is a one day 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)

