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September 2021- Important upcoming dates and info

Reminder, please stay at home if you are ill!!

As the Fall months approach with colds, flu, and covid still around, we remind all students and parents to not come to class when feeling ill. This also includes more than normal coughing and sneezing. Stay home, get better, and come back ready to learn and workout hard!

Parking Reminder

A reminder that parking for our studio includes available spaces on our side of the building, approximately 12 spaces directly in front of our front windows, and overflow parking on the other side of the building. All cars should be parked in a parking spot, please do not park in the open area on the side of the studio or double park in front of other vehicles. There is a map attached to the front door if you have any questions and we also have copies near the door. Thank you in advance.

Our focus is more than kicking and punching

Here are our planned themes for September:

Week 1- Responsibility- Taking ownership of what you say and do, not passing the blame.

Week 2- Leadership- Leading by example, being the first to tackle a new challenge or task.

Week 3- Commitment- being dedicated or devoted to a goal, cause or activity.

Week 4- Compassion- Sympathy and sorrow for someone's misfortune, and the desire to alleviate it.

Week 5- Community- A sense of belonging to something larger than yourself, and adding to it in a positive manner.

Sparring gear- 2nd and 4th week of the month

All students should bring their sparring gear the 2nd and 4th week of the month. If you would like to order sparring gear please see Master Serrano. We also have some used gear for sale, size availability varies.

Upcoming Events and Special Classes

- **Belt reviews- Saturday, 9/18-** Yellow and Purple- 12-1:30 pm; Red, Brown, and App BB- 1:30-3 pm
- **Breaking practice- 9/26- 1-3-** Open to all students looking to compete at the upcoming events in October and November.

Leadership Team Training- Friday- September 10th, 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 9/10, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

Two upcoming breaking competitions!

We have two events coming up in October and November.

- **USBA/WBA World Cup Virtual Breaking Championships-** October 16- on ZOOM- 10 am: This is a virtual event on ZOOM. We will be gathering at the studio for those interested, or you can log in

from home. This is the last virtual event of the year. Registration is \$15. Materials can be purchased at the studio- Board prices: 1/2x6"-\$1.35, 1/2x10" and 1x10" - \$1.75 per board; Patio blocks- \$1.75 ea. We will be breaking at the studio; outside if weather permitting, inside if not. The event offers divisions in Power Wood (hand, elbow, foot), Non-Spaced Power Wood (hand, elbow, foot- 18 and over Black Belts), Power Concrete (hand, elbow, foot- 18 and over); all ages, ranks, and genders. Spectators welcome, but space will be limited depending on how many are interested in competing. If you are interested please contact Master Serrano.

- **USBA/WBA Hall of Fame Breaking Championships and ISKA NA Breaking Championships-** November 13- Naugatuck Events Center, Naugatuck- 10 am: This is an in person event at the Naugatuck Event Center in Naugatuck. There will be divisions in Creative, Power Wood, and Power Concrete. The ISKA North American Breaking Championships will also be held. More info in the coming weeks.

Congratulations to our students who were recently promoted!!

There have been a number of promotions over the Summer. We would like to congratulate each and every one of our students who have achieved their next rank! For those that don't know, promotions are based on a number of areas. A certain number of classes attended is the first step to being considered for promotion (the number of classes needed increases the higher the rank). Then a student must be knowledgeable and proficient in certain areas. This is an individual assessment based on rank promotion sheets made available to each student. For our younger students we also distribute a questionnaire for parents and teachers to give us input on a student's life outside the studio. This helps us to reinforce positive character traits in and out of the studio. A belt is nothing without all of the areas that should make up the person wearing the belt.

An extra big congratulations to our newest Apprentice Black Belt Mr. Scott Austin! This is a huge accomplishment! On August 29th Mr. Austin and other high ranks from our studio attended a special training session at our sister studio in Cheshire. This session was also attended by many other Brown and Black Belts. Mr. Austin was one of 4 people assessed at this event and promoted. Mr. Austin has been training in American Filipino Kun Tao since 2011, and has done so consistently. He pushes himself every class, has helped teach lower ranks, and has done well in competition. He displays the character traits and work ethic that we look for in an Apprentice Black Belt. Congratulations Mr. Austin! We look forward to seeing your continued growth in American Filipino Kun Tao!

