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April 2021- Important upcoming dates and info

Weather is warming up!!

The weather is starting to warm up finally. We are looking forward to the Spring and Summer months. We encourage our students and their families to get outdoors, and get some Sun and fresh air! The Sun is a great source of Vitamin D, and Vitamin D is an important immune system-strengthening nutrient helping to fight a variety of illnesses such as flu, colds, and covid. Combine your outdoor time with some exercise and you are helping your body in many ways!

Our focus is more than kicking and punching

Here are our planned themes for April:

Week 1- Being a Leader

Week 2- Being truthful and why it's important

Week 3- Courage- to carry on in spite of danger or difficulty

Week 4- Gratitude- being thankful for what you have and receive

Sparring in Children's classes

During the last week of March we started sparring again in children's classes (Little Tigers do not spar).

Sparring is an important part of training and helps hand-eye coordination, footwork, self-confidence, control, and fortitude. **Moving forward we will be sparring every 2nd and 4th week of the month.**

Students that have gear should bring their gear to class those weeks. Those that do not can order gear through us using the gear sheets in the literature holder near the door. We also have a bunch of used gear that can be purchased between \$5-\$20 (see Master Serrano for availability). Those that do not have gear will have the opportunity to work on sparring techniques as well, but not full sparring. Please see Master Serrano with any questions.

Push Up/Sit Up Challenge!

We will be bringing back our push up/sit up challenge sometime this month. All youth students can partake in the challenge voluntarily. Students will receive a sheet to record push ups and sit ups done. Parent must initial each record to validate it. The challenge will go for one month. The boy and girl from each class who does the most (must be an equal amount of push ups and sit ups) will receive a prize at the end of the month. The second place boy and girl will also receive a smaller prize. See Master Serrano for more info. We hope everyone will give it a try 😊

Upcoming Events and Special Classes

- **Sunday, April 18- Throws and Sweeps-** We will be reviewing various throws and sweeps, and applications.
 - White belts- 12-1 pm
 - Yellow and Purple belts- 1-2 pm
 - Red and Brown- 2-3 pm

- **Black Belt Training- Friday, April 9- 4-5:30 pm-** Training for Black Belts and Apprentice Black Belts. Focus will be Throws and Sweeps into finishes. See Master Serrano for details. If there is a better time and/or date that accommodates everyone we can consider it.

Leadership Team Training- Saturday- April 10, 11-12:30 pm

We will have a Leadership Team meeting/training on Saturday, 4/10, 11-12:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

Congratulations to all students who were recently promoted!

We would like to congratulate all of our students who recently achieved their next rank! Although there are basic areas we look at for each promotion, we also look at each student individually. Where they started and how they are progressing. There is also a “minimum number of classes” that must be attended between ranks. We are very proud of all our hard working students! Martial arts is a journey of hard work, dedication, and discipline. Every step in rank is a testament to your commitment; a step closer to Black Belt and beyond. Push yourself every class and train outside of the studio when possible. It will only make you better!

Rank promotional check sheets are available on our website, but you need to set up a log in. Email Master Serrano at dserrano@ects.biz with your email and we can set it up.

Join our BAND!

We have our own private group on BAND, an app accessible from your phone, tablet or computer. We post announcements, stream classes live, and have a number of instructional videos covering everything from rolls to forms to weapons and more. We will continue to add content as possible. If you are not part of our BAND and would like to join please let us know and we will send you an invite. Only students and AFKTF Black Belts are allowed to join.