



520 Watertown Ave.
Waterbury, CT 06708
Tel: 203-768-2866
203-410-9222
www.ECTS.biz

July 2021- Important upcoming dates and info

Calling New Students!!

Hopefully you and/or your child enjoy and appreciate training at our studio. Whether it is for the self-defense aspects, the friendships, staying in shape, competitions, or the art of American-Filipino Kun Tao as a whole. There are many benefits to Martial Arts Training, both immediate and long term. Help us to spread the word. Our goal is to see our studio grow to close to where it was before the challenges of 2020. This being said, before we fill classes with new students we would like to ask our current students and families to share our studio with those in their immediate circle who could benefit. We would love to see you share our studio with friends and family. As an added bonus current students receive a referral credit for each new student brought in that signs up. See Mr. or Mrs. Serrano for details. Help us to grow the ECTS family!

Respect and studio conduct

One of the most important character traits focused on in the Martial Arts is "Respect". Respect for yourself, respect for others, respect for the studio and instructors. This character trait is one of the most important in life. It should be present in social interactions, work and school environments. And most importantly in our own self-identity. When it comes to the Martial Arts there are certain protocols that are found in most studios:

- Bow when entering your studio or visiting another. It shows respect to the instructors and the lineage of the art being taught.
- During the bow at the beginning and end of class be attentive, focused and silent. These bows show respect to your studio, your instructors, your art, and your country.
- Address Black Belts as Sir, Maam, Mr., Mrs., Master, or Grandmaster as appropriate.
- Seek out the Black Belts of the studio upon entering, when appropriate, and say hello with a hand shake and slight bow.
- Conduct yourself in a manner that would be a credit to your studio and instructors, both in and out of the studio.
- If you see one of your instructors outside of the studio say hello with a hand shake and slight bow, they should do the same. This not only shows respect, but acknowledges that you are part of the special group called "Martial Artists". A group that is nearly 4 million Worldwide!

Our focus is more than kicking and punching

Here are our planned themes for July:

Week 1- Tolerance- Accepting differences & uniqueness of others; celebrating common ground we share

Week 2- Cooperation- Working together toward a common goal

Week 3- Perseverance- Demonstrating determination and commitment to complete a task

Week 4- Patience- Ability to remain calm and to wait for what you want

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.

Students: Please remember your belts!

At the end of each class we bow in the direction of the flags and retire our belts. Our belts are not only a symbol of rank, but a symbol of your personal dedication to your training and the studio. It is the one piece of equipment that is important at every class. Often times in class we will make the comparison to various sports. Would you attend a baseball practice without your glove, basketball practice without a ball, hockey practice without your hockey stick? There are 2 things we require at every class: a positive attitude and your belt 😊 We can figure the rest out.

Upcoming Events and Special Classes

- **Sunday, July 18-** Stick drills and more. We will be focusing on one of AFKT's main weapons, the short stick. Please make an effort to attend your specified time.
 - White belts- 1:45-2:30 pm
 - Yellow and Purple belts- 2:30-3:30 pm
 - Red and Brown belts- 3:30-4:30 pm
- **Black Belt Training- Saturday, July 31- 12-1:30 pm-** Training for Black Belts and Apprentice Black Belts. Focus will be knife and stick work. See Master Serrano for details. If there is a better time and/or date that will accommodate everyone we can consider it.

Leadership Team Training- Friday- July 16, 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 7/16, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

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.

Monthly dues

As you know our studio dues are charged per month with no long term contracts. Most studios, like gyms, have members sign up for at least a year and charge additional fees. We never liked this approach and hopefully we can continue our month to month approach. It is important that dues be paid before the 13th of each month. As a small studio we rely on our monthly dues to "keep the lights on" so to say. We may charge a late fee of \$10 after the 13th and the last day of the month. If a student does not attend for the month, but still would like to remain a member and plans on returning, a maintenance fee is charged. If you are having financial difficulties please see Master Serrano and we will figure it out. We appreciate your understanding and continued patronage. Thank you.