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October 2026- Important upcoming dates and info

Recent recognition for our studio







Over the last month our studio has received recognition in a number of ways.

- East Coast Training Systems is one of three finalists for the **FOX61 and United Way ImpaCT Awards** in the "Small Business" category (https://unitedwayinc.org/impact-awards/). The final determination will be made on October 28th.
- Naugatuck Valley Martial Arts and Self Defense (the umbrella name for our studio) won 1st place for the **Republican-American Reader's Choice Award** in the Martial Arts Studio category (https://www.ctinsider.com/waterbury/vote/#/gallery?group=552042). The announcement will be published later this month.
- Our Friday Night Fight Club Ladies Only class will be featured on an upcoming episode of **Crossroads Magazine** (https://ortv.org/crossroads.html) , a weekly Sunday show broadcast on WCCT by the **Office of Radio and Television of the Archdiocese of Hartford**. It will also be posted online and we will share the link when available.

We are very proud and thankful to be recognized in so many different ways! There are many Martial Arts Studios and Self Defense programs throughout CT, but our studio here in Middlebury is making a real impact in our community. And people are taking notice.

We are fortunate to have a great team of Black Belts and Instructors that not only teach classes at our studio, but all over the state. It truly is a **TEAM EFFORT**! Thank you to all of you! And thank you to those of you that vote for us or spread the word about our programs. We are humbled and blessed.

Student grooming, jewelry, and hygiene

Training at our studio can many times be upclose and hands on. Training as we do, it is important to be considerate of others. To this end we request the followng:

- All students should keep their nails trimmed to avoid unintentional scratching of your training partner. Females are required to keep their nails at a reasonable length that will allow for a closed fist punch without discomfort. Any questions should be directed to GM Serrano.
- Please keep your uniform clean. It is not pleasant to have a training partner that has body odor.
- If you sweat a lot, please bring a towel or use paper towels to dry off as needed.
- Please wash your hands and avoid coming in with filthy feet for class. Basically, don't come in for class having run barefoot through the dirt all day or working on a greasy car. Clean up before class as best as possible!
- Long hair should be kept in a pony tail if below shoulders.
- Absolutely no loose jewelry, watches, accessories, etc. We are here to train, not make a fashion statement. Wedding bands are fine as long as nothing is protruding from the ring.

Any questions can be directed to GM Serrano. Thank you for your help.

Advanced Training- Red Belt and above- October 13th – 5:30-7 pm

We will be having a special training for all students with the rank of Red Belt or above on Tuesday, October 13th, 5:30 – 7:30 pm. We will be focusing on a number of advanced techniques from striking to self-defense. We request that all students that have a Red Belt or above be in attendance. If you have any questions, please see GM Serrano.

Halloween Classes- Monday, October 26th!



We will have games and take-home treats on Monday, October 26th for all of our children's classes! Students do not need sparring gear that day. Children can wear their costumes if they would like and we may give out some prizes for best costume in each class. It will be a light training day followed by fun activities!

Veterans Day at the studio- November 11th, 6:15 pm!



On Wednesday, November 11th we will be celebrating Veterans Day at the studio. We would like to invite 5-6 Veterans to the studio, 6:15-6:45 pm, to discuss their service and their experiences. If you have a family member, relative, or family friend who has served in the armed forces that may be free please see GM Serrano. We encourage all students and families to join us on November 10th at 6:15 pm to welcome and thank our Veterans. **We will be running a modified class schedule that day. The 4:40 and 5:40 class will be combined together from 4:45-6:10 pm. The 6:50 pm Teen/Adult class will start at 7 pm.**

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be October 12th and October 26th (students will not need gear on the 26th, but should bring their gear the 28th). 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- Sharing- Of one's belongings, time, and thoughts.
Week 2- Trust- Who should you place your trust in?
Week 3- Where do you spend your time and energy? What is important to you?
Week 4- What does the future hold? Visualizing your future self.

Why buy the gear you need through us?

Most Martial Arts studios require a minimum amount of training gear to be purchased. Our studio doesn't "require" any gear other than a uniform, but sparring gear and sticks for older students is highly recommended. In addition, you may want gear for home training such as pads, punching bags, training weapons, etc. As a studio we receive best pricing from reputable companies such as Asian World of Martial Arts, Century Martial Arts, and Title Boxing. We can beat the prices you see on their respective retail sites. Beyond better pricing we also want to be sure you are happy with your purchase. We make sure the sparring gear fits and that any product you buy is defect free. If something is wrong we will make it right, no hassle. Sure you can order on Amazon or somewhere else, but as we have seen in the past what you get may not be what you wanted. In addition, by ordering through us you help support our studio and our connections in the industry. See GM Serrano to place your order.

Upcoming Events and Special Classes

- **FREE Escape Alive Women's Self Defense 1 day class- October 24th, 1-5pm- Bridgeport (University of Bridgeport), CT** – Women and girls only, 12 yrs and older with parental permission. Attend by yourself or with a friend. Mothers and daughters are encouraged to attend together. No experience necessary. You must register online, but there is no cost. For more info go to https://www.escapealive.org/escapealiveclasses .
- **Advanced Training (Red and above)- Tuesday, October 13th , 5:30 - 7 pm**
- **Halloween classes- Monday, October 26th- Normal class schedule, but with games and treats.**
- **Veterans Day at the Studio- Wednesday, November 11th, 6:15-6:45 pm- Modified class schedule**