

January 2025- Important upcoming dates and info

Happy New Year!

2025 is here, and with it new hope, new goals, and new adventures! The New Year is a good time to reset and reevaluate. To set new goals and think of the future. We encourage our students to use this special time of year to do just that. Set a new fitness goal, learn something new, tackle a new project. There is no better time than the present.

We are asking all students to reflect on the above and give us one thing you would like to do in 2025. Anything that will make you better in some way because of it. Write this on a blank piece of white paper, no name, and drop it in the lock box used for payments. We will accept these goals until 1/22 and will make a new year resolutions poster for the studio.



Thank you to everyone who attended our Christmas party!

It was great having most of our students together for the group class and pizza party on the 23rd. Over 40 students and many families came. There was great energy and we had some well-deserved promotions. We would also like to thank everyone for the generous Christmas gift! Hopefully everyone had a great time.



Cold and flu season!

It's that time of year again. Hopefully you and your children will stay healthy and illness free during the winter months, but if you are feeling ill please stay home and get better. If you are sneezing and coughing please stay home and watch Martial Arts training videos 😊, we would appreciate it. Thank you in advance. And remember your Vitamin C, D, Quercetin, and Zinc (not medical advice). It's a good combo to help you feel better.

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be January 13th and January 27th. 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- New Year's Resolutions– Setting new goals and implementing changes to reach those goals. **Please submit your goal for the New Year in the payment box. Do not include your name, just right it on a blank piece of paper.**

Week 2- Discipline- Controlling one's actions to achieve a goal.

Week 3- Bravery- To do what is right even when it is not easy.

Week 4- Humility- Being modest and respectful; Not boasting or bragging.

Upcoming Events and Special Classes

- **Next 8 week Women's Self Defense class starts January 3rd - 6-7 pm, Friday nights-** This class runs in 8 week sessions. \$99 for all 8 weeks, \$175 for 2 people that come together. You can still join up until the second week, Jan 10th.
- **FREE Escape Alive Women's Self Defense 1 day class- January 11th , 1-5pm- Middletown, 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> .
- **Men's Only Classes, Friday nights- 7:30 pm-** Men 18 and older. The focus is on striking and self-defense.