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March 2022- Important upcoming dates and info

Warmer days are coming!

As Spring starts to show it's shining face we encourage all students to get out and enjoy the warmer weather! The sun and fresh air are important parts of both physical and mental well-being. This year we may take advantage of some nice days and do some park training. Who's in? In addition our Black Belts are organizing a gathering for later in the year. More info to come.

Our focus is more than kicking and punching

Some of our newer parents may not be aware, but almost every week we start our children's classes with the theme of the week. The theme may be a positive character trait, the meaning of a celebrated holiday, the power of self-belief, or something that is happening in our studio and why it is important. We often relate the theme to the students' daily lives or something they may experience as they grow older. Our goal is always to inform and empower to the best of our ability, and to reinforce the positive character traits that will hopefully make our students successful leaders and positive members of our community. Our weekly theme can also be an opportunity for our parents to discuss their personal thoughts and experiences with their children.

Here are our planned themes for March:

Week 1- Being Truthful- telling the truth and the consequences of not

Week 2- Courage- strength of mind to carry on in spite of danger or difficulty

Week 3- Gratitude- being thankful for what you have and receive

Week 4- Skill- ability that comes from training or practice

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be March 14th and March 28th. Please be sure to bring your sparring gear those weeks.

Upcoming Events and Special Classes

- **USBA Massachusetts State Breaking Championships- Saturday, March 12, 2022- Chicopee, MA-** Divisions for all ranks and genders. Online registration is open at www.usbawba.org/compete/tournaments .
*****Please note, at this time there are no ECTS Black Belts attending this event. Competitors should be prepared to compete with this in mind.*****
- **Sparring class- Saturday, 3/19-** White & Yellow- 1-2:30 pm; Purple, Red, Brown, and App BB- 2:30-4 pm
- **Special Belt Review for Yellow Belts-** Sunday, 3/20- 1-2:30 pm.

Leadership Team Training- Friday- March 11, 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 3/11, 4-5:30 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, the higher up in rank the more classes needed between promotions. 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! A Black Belt is something few achieve and is something you can be proud of for the rest of your life.

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. There are also many instructional videos on BAND to help you review and maybe learn something new.

Prayers to Mr. Padin and the Padin family

Our prayers go out to Mr. Padin and his family for their recent loss. Mr. Padin's father passed away in the middle of February. Mr. Padin traveled to Puerto Rico to be with family and celebrate his father's life. Whenever his father was in town he would always visit the studio. He always had a smile and kind words. His three sons, including Mr. Padin, will carry on his legacy. There are no services scheduled here. Any personal thoughts should be shared with Mr. Padin directly.

