



900 Straits Turnpike
Middlebury, CT 06762
Tel: 203-410-9222
www.ECTS.biz
www.NVMASD.com

November 2025- Important upcoming dates and info

2 year anniversary in Middlebury

Time sure does fly! December will be two years since we made the move from our studio on Watertown Ave. in Waterbury to our current location. We feel the move was a good one. Better parking, nicer building, better area. Our sincere thanks to all of our students and families who have continued to be part of the ECTS family year after year. And to our newer students and families we hope you have enjoyed your time at ECTS. Hopefully you will stay for years to come.



Veterans Day- November 10th ! Where are our Veterans?

On November 10th we will be celebrating Veterans Day at the studio (Veterans Day is November 11th). We are still looking for 2-3 more Veterans to join us at 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 4:45-6:15 pm. The 6:50 pm class will run as normal.



Fall is here & Christmas is on the way. Order your ECTS gear today!

With the cold months here get your beanies and pull over hoodies. Beanies (black or blue) are \$10, Hoodies \$35 (sizes are limited). **Looking for Christmas gifts?** Not only do we have the items displayed at the front of the studio, but we can also get anything from Century Martial Arts (centurymartialarts.com), Asian World of Martial Arts (awma.com), and Title Boxing (titleboxing.com) at prices below retail with shipping. You can browse online and there are some catalogs near the gear display. Orders need to be placed by the end of November to be here in time for Christmas. Please see GM Serrano to place an order.



Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

Week 1- Giving 100%- Doing things to the best of your ability.

Week 2- Fitness and Flexibility- The positive life benefits of staying in shape.

Week 3- Leadership- Leading by example, being the first to tackle a new challenge or task.

Week 4- Thanksgiving- What do you have to be thankful for?

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be November 10th and November 24th. Please be sure to bring your sparring gear those weeks.

Advanced Training- Purple/Black Belt and above- November 11th – 5:30-7 pm

We will be having a special training for all students with the rank of Purple/Black Belt or above on Tuesday, November 11th. We will be focusing on a number of advanced techniques from striking to self-defense. We request that all students with the rank of Purple/Black or above be in attendance. If you have any questions, please see GM Serrano.

Extra Sparring Class- November 18th – 5:30-7 pm

We will be having a sparring only class on November 18th- 5:30-7pm. The focus will be on various point sparring drills and techniques, followed by open sparring. **Open to all students 9 years and older.** If you need sparring gear please see GM Serrano. We also have some used gear for sale.

Happy Thanksgiving!

Thanksgiving is just a few weeks away, and with it the start of the holiday season. We would like to wish all of our students and families a very Happy Thanksgiving! We have a lot to be thankful for. Good health, great instructors, awesome students, positive friendships, and all of the freedoms we enjoy in our great country! We hope you take the time this Thanksgiving to reflect on all you have to be thankful for and share the joy of the holiday season.



Christmas/Holiday Party- December 22nd!

We will have a Christmas/Holiday Party at the studio on December 22nd at 7 pm, but beforehand we will have a special class for all students. Little Tigers class will be 4:30-5 pm, and our Little Tigers are invited to either stay or return at 6:15 pm. We will have a group class for all other students from 5-6:30 pm. This will be followed by a whole studio picture, pizza, and refreshments. Family is welcome. Please let GM Serrano know if you can attend and how many family members will be coming so we can order enough.



Upcoming Events and Special Classes

- **Next Ladies Only session starts November 7th** - Our final ladies only session of the year will run 11/7-12/19 (no class 11/28). \$90 for all 6 weeks. No experience necessary. Each class includes a light workout, striking practice, and various self-defense scenarios and escapes. Fridays, 6-7/7:15 pm, ladies and girls over 15 only. See GM Serrano, or email dserrano@ects.biz, if interested.
- **Veteran's Day- November 10th – 6:15-6:45 pm**
- **Advanced Training- Purple/Black Belt and above- November 11th – 5:30-7 pm**
- **Extra Sparring Class- November 18th – 5:30-7 pm (open to all students 9 years and older)**
- **Studio Christmas Party- 12/22**