



March 2026- Important upcoming dates and info

Warmer weather will soon be here...

The weather will soon be getting warmer and spring will be here. This year take some time to get outside and enjoy fresh air and sunshine. Sunshine is a great source of Vitamin D which helps the immune system fight infections and viruses. Go for a walk, play in the yard, ride a bike, play an outdoor sport, or just sit and relax taking in nature; there are many ways to enjoy the outdoors. If you can combine being outside with activity you are doubling the benefit. Staying active is an important part of staying healthy!

Parents: Stay vigilant when it comes to your child's online activity

Through our research involving our Escape Alive program we come across horrific stories. Many involve the targeting of our children unfortunately. Whether it is the increase in news availability or an increase in predatory behavior, not a day goes by that we don't come across multiple stories that would make any parent's heart sink. Predators hide in plain sight all around us, living double lives. Some have children of their own. They are from all walks of life, and are many times people we entrust with the care of our children. There is also an uptick in what are called "gore groups", so much so that the FBI has posted a number of videos discussing the topic. These groups look to coerce children to commit acts of violence or self-harm after a grooming process. They lurk in gaming chat rooms and seemingly harmless games such as Roblox. Be vigilant. Limit online time, know who your children are interacting with, and look for warning signs. If you would like more insight please feel free to speak directly with GM Serrano

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 9th and March 23rd. 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- Discipline- Controlling one's actions to achieve a goal.

Week 2- Charity- Giving without anything in return.

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

- **USBA and ISKA North American Breaking Championships and Awards Banquet- June 6th, 2026, 9 am- Wallingford, CT.** This event has returned to CT this year. Competition in Breaking, Open Hand Forms and Weapons Forms. More information can be found online at www.NABreaking.com. If you are interested please see GM Serrano. Practice dates will be forthcoming.
- **FREE Escape Alive one day class- March 29th, 2026 – 1 pm- 5pm- Naugatuck, CT- Naugatuck High School-** This is a one day mother/daughter class. 12 yrs. and older to attend. The class starts with a 1.5 hour presentation/discussion followed by physical training. Register online at www.escapealive.net.
- **FREE Escape Alive one day class- April 19th, 2025 – 1 pm- 5pm- Oxford, CT- Oxford Grange-** This is a one day mother/daughter class. 12 yrs. and older to attend. The class starts with a 1.5 hour presentation/discussion followed by physical training. Register online at www.escapealive.net.

Being a student and monthly payments

We would like to thank all of our students and families who make our studio a special place! Since we have had new faces join our studio we wanted to bring everyone up to speed on our student and payment policies.

The standard in our industry when it comes to payments is contracts and billing companies. Usually, contracts are one year or more. We have done our best to keep our class fees on a month-to-month basis with no long-term contracts. This allows us to keep our fees low, provides our students with the ability to change from one to two days per week as needed, allows for us to accommodate special situations such as medical time away from classes, and allows a student to stop training without the fear of having to fulfill contract obligations.

Although we are on a month-to-month basis we still base our studio budget on current active students in good standing. This means a student that is at least on the one day per week fee schedule.

We hope that you see the value in our studio, whether for yourself or your child. We do our very best to provide the most positive experience for everyone and are always available to listen to any concerns you may have. We rarely ever close, even on holidays that others in our industry close on, because if you are willing to train we want you to have the opportunity to do so. And we are there to help those in our studio that are struggling, whether personally or financially.

With all of the above in mind we would like to remind everyone of the following:

- **Monthly payments are due on or before the 12th of each month**
 - After the 12th a \$10 late fee will be added to your account.
 - If your account remains unpaid by the last day of the month an additional \$10 late fee will be added.
 - If you are having trouble making your payments please see GM Serrano.
- **All current students are required to be a student in good standing.**
 - Changes in a student's attendance from one to two days, or vice versa, must be communicated before the month begins.
 - If a student attends any part of a given month the student will be charged for the 1 day per week fee for the month. We do not offer per class payments.
 - Students are allowed to make up missed classes as possible during the following month. A student can remain in good standing up to 3 months without attending classes.
 - A maintenance fee of \$50/month for adults, \$35/month for kids, and \$25/month for Little Tigers will be charged for a student to remain in good standing, even if no classes are attended.
- **After 3 months of non-attendance, or upon one month in lapse of payment, a student will be considered a "former student".**
 - A former student who wishes to rejoin the studio as a student will be required, upon acceptance, to pay any owed dues, a new registration fee, and will rejoin at the current monthly rate at the time of rejoining.
 - The former student may also be subject to rank adjustments based on assessment by GM Serrano.
 - If you ever have a medical issue, whether yourself or a family member, that will prevent you from attending class we will allow you to suspend your status as a student with no changes until you can return to classes.

As always, if you have any questions, please see Grand Master Serrano.