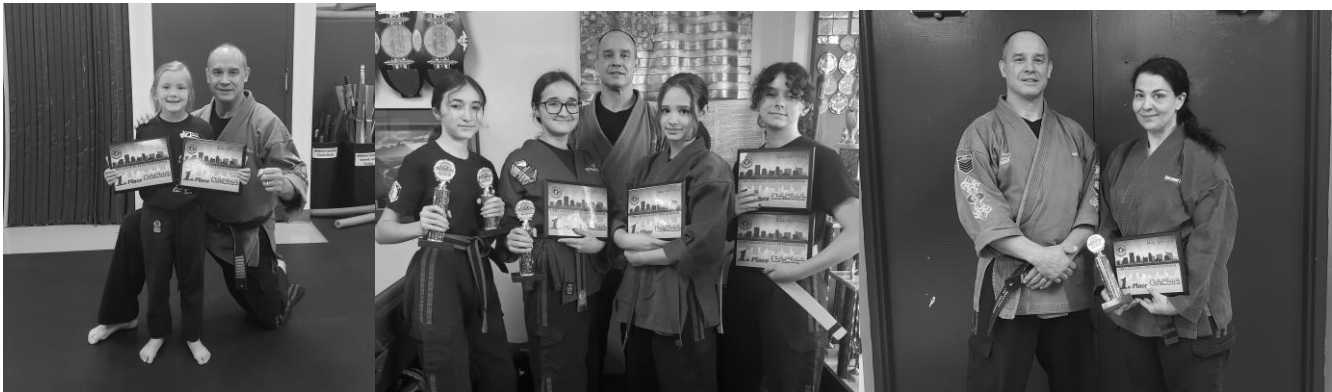


June 2024- Important upcoming dates and info

Congratulations to our Atlantic City competitors!

On May 25th Team ECTS traveled to Atlantic City to compete at the USBA/WBA Atlantic City Breaking Championships, part of the NAFMA Open Martial Arts Tournament. First we would like to thank the students and families who made the trip and represented ECTS in fine fashion. Harper, Elizabeth, Samantha, Rachel, Lisa, and Sophia; You all did amazing! Please congratulate them when you see them at the studio. Next event will be in Albany, NY in August, the Northeast Open. We would love to bring a team to compete in breaking, sparring, and forms. Please see GM Serrano if interested.



Celebrate our freedoms this 4th of July

As you are probably aware we are very patriotic at our studio. That is one reason why we have the US flag and the Constitution proudly displayed at the entrance of our studio. Maybe now more than ever it is important to remember the true meaning behind the holiday of July 4th. Our independence as a nation, our freedom from tyranny, our right to exist and make our own path as a nation. The Preamble to the US Constitution reads:



We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common Defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

President Ronald Reagan once said the following: **“Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free.”**

We must be sure to pass down what it means to be free to the generations that follow, or we will wake up one day to a different United States. And it is the responsibility of ALL Americans to stand against tyranny, the idea of taking away those freedoms, when we encounter it. Happy Independence Day!

Special Guest- Grandmaster Mel Hebert is coming to our studio- June 10th

Grandmaster Mel Hebert, one of the first students under the late GM Rossi and the only one who has continually trained to this day, will be visiting our studio on June 10th. GM Hebert lives in California and rarely makes a visit to the East Coast We request that all students come to classes that day to show the strength and talent at our studio. Any questions can be directed to GM Serrano.

Special Training for invited teens and adults- June 18th at Bergamo's Martial Arts

On Tuesday, June 18th, there will be a special training at Grandmaster Bergamo's studio in Cheshire with Grandmaster Hebert. We will be inviting certain individuals to partake. There will be a number of special things happening that day. If invited please make every effort to attend. Brown Belts and up must be in attendance.

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be June 10th and June 24th. 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- Priorities- Doing those things that are most important first

Week 2- Giving 100%- Doing things to the best of your ability

Week 3- Fitness and Flexibility- The positive life benefits

Week 4- Please and Thank You- The importance of

US Open World Martial Arts Championships- July 4th-7th

The US Open ISKA World Martial Arts Championships are held in Orlando, FL every year around the 4th of July. Grandmaster Serrano, Mrs. Serrano, Grandmaster Bergamo, Mr. Padin, Ms. Majarocon and many of our AFKT Black Belts and students have traveled to this event over the past 24 years. This is one of the largest open martial arts competitions in the world with competitors traveling from all over to compete. Last year's event was streamed on ThrillerTV.com and GM Serrano was one of the broadcast announcers for the ISKA World Breaking Championships. If you are ever interested in attending this world class event in the future please speak to GM Serrano for info.



North East Open Martial Arts Championships- August 10th- Albany, NY

Mark your calendar for the North East Open. It is a medium sized tournament with a large event feel hosted by our friend Adam Grogin. Held at the Capitol Events Center in Albany, NY it is a great venue. There is competition in sparring, forms, weapons, self-defense, and breaking. Discounted room rates are available at the connected Renaissance Albany Hotel. If you are interested in competing please see GM Serrano. If we have students interested we will schedule practices starting in July.



Upcoming Events and Special Classes

- **Men's Only Classes-** Men only classes have been running approx. 3 times per month on Friday nights, 7:30-8:30. Email GM Serrano, dserrano@ects.biz, if interested
- **Next 8 week Women's Self Defense class starts in July- 6-7 pm, Friday nights-** If you are female and haven't tried our ladies only Friday night class, are interested in learning the basics of self-defense and are up for a workout, we invite you to give this class a try. Next session starts July 12th.