

October 2024- Important upcoming dates and info

Team ECTS takes multiple wins on 2 continents!

October 4th weekend members of our studio competed at the Connecticut Yankee Nationals (at Holy Cross HS) and the Irish Breaking Championships in Balbriggan, Ireland. Mr. Sid and Surya Thapa, Elizabeth, Harper, and Miguel competed at the Yankee Nationals in Fighting, Forms, Weapons, and Breaking. Not only did they do awesome, many of the judges complimented our team on their intensity and demeanor. Results:

Sid Thapa	Surya Thapa	Elizabeth R	Harper R	Miguel M
2 nd Breaking	1 st Breaking	1 st Breaking	Breaking- Did well	2 nd Breaking
2 nd Weapons Form	1 st Weapons Form		Didn't place in top 4	3 rd Open Hand Form
3 rd Sparring	2 nd Sparring			
4 th Open Hand Form	3 rd Open Hand Form			

In Ireland GM Serrano and Lisa competed in a variety of breaking divisions. In addition to 1st place wins they also established competition records. Results:

Division	Tile Hand	Tile Elbow	Tile Foot	Conc Hand	Conc Elbow	Conc Foot	Conc Kick
GM Serrano	1 st	1 st	1 st	2 nd	2 nd	3 rd	4 th
Lisa M	1 st	1 st	1 st			3 rd	

Congratulations to all who represented ECTS in fine fashion! And thank you to our instructors who helped at the Yankee Nationals!



USBA/WBA Hall of Fame Breaking Championships- November 9th- Cheshire, CT

The USBA/WBA HOF is November 9th at Rebel, 535 West Main Street in Cheshire. This competition will have divisions in breaking and forms. This is a yearly event and one of the few in CT. We encourage all of our students to take part or come and watch the action. Whether you have been to a competition or not there are divisions for all ages, ranks, and genders. Most of our students compete in breaking, but if you would like to try forms we can work on that as well. We will be practicing during classes and will be having the following practices in addition:

October 19th- 11 am-12:30 pm

November 2nd- 11 am-12:30 pm

Please see GM Serrano for more information. You can register online at usbawba.com or at the studio



Belt Review- October 26th- Yellow, Purple, Red-Brown

Periodically we have special training based on rank to cover and review relevant material more in-depth. We encourage all students to make the time to attend these special classes when we have them. Below are the scheduled times by RANK:

11 am-12 pm- Yellow

12 pm-1 pm- Purple

1 pm-2:30 pm- Red-Brown

Halloween Party- Wednesday, October 30th!

We will have games and take home treats on October 30th for all of our children's classes! Children can wear their costumes if they would like and we may give out some prizes for best costume in each class. It will be a light training day followed by fun activities!

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be October 7th and October 21st. Please be sure to bring your sparring gear those weeks.

Veterans Day- November 11th!

On November 11th we will be celebrating Veterans Day at the studio. We would like to invite 5-6 Veterans to the studio for 5:30-6 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 invite all students and families to join us on November 11th at 5:30 pm to welcome and thank our Veterans. We will be running a modified class schedule that day. The 4:40 class will end at 5:20 and the 5:40 class will start shortly after 6 and run to 6:50.



Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

Week 1- Cooperation- Working together toward a common goal.

Week 2- Perseverance- Demonstrating determination and commitment to complete a task.

Week 3- Patience- Ability to remain calm and to wait for what you want.

Week 4- Confidence- Freedom from doubt and believing in yourself.

Week 5- Belief- trust, faith, or confidence in yourself, someone or something.

Upcoming Events and Special Classes

- **FREE Escape Alive Women's Self Defense 1 day class- October 27th, 1-5pm- Meriden (Valentin's Karate), 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>.
- **FREE Escape Alive Women's Self Defense 1 day class- November 3rd, 1-5pm- Southbury (Jewish Federation), 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.
- **FREE Escape Alive Women's Self Defense 1 day class- November 17th, 1-5pm- Waterbury (Career Academy), 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.
- **USBA/WBA Hall of Fame Breaking Championships- November 9th- Cheshire, CT**