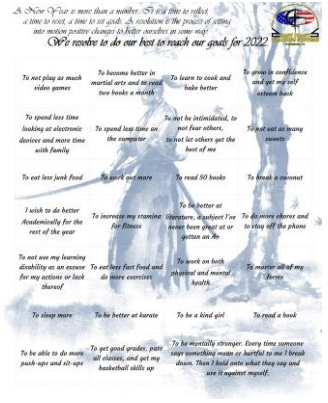


February 2022- Important upcoming dates and info

Our Studio's Resolutions

Last month we asked students to submit an anonymous resolution for 2022. We received many great goals for the New Year. We have taken these goals and made a poster for the studio that is currently hanging near the office window. We encourage all who contributed to take a look from time to time to make sure you are on course to achieve your goals for 2022!



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 February:

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 of staying fit and flexible.

Week 4- Being a Leader- Not a follower, leading by example.

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.

Zinc Studies and Covid

The past few months we have been making an effort to share some information on covid therapeutics. In previous months we have highlighted Vitamin D and C. This month we would like to share the benefits of Zinc. Zinc provides immune support and supports other cellular functions. Zinc inhibits coronavirus replication and is a general

Zinc for COVID-19

24 studies from 266 scientists

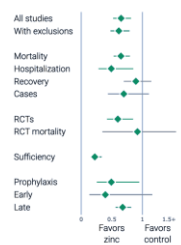
52,031 patients in 12 countries

8 sufficiency studies with 1,039 patients in 7 countries

Statistically significant improvement for **mortality, ventilation, hospitalization, and progression.**

11 studies from 6 countries show statistically significant improvements in isolation.

COVID-19 ZINC STUDIES. FEB 2022. C19ZINC.COM



stimulant of antiviral immunity. Higher levels of intracellular zinc showed to increase intracellular pH; which affect on RNA-dependent RNA polymerase and decreases the replication mechanism of RNA viruses (e.g. COVID-19). A Zinc ionophore such as Quercetin can help Zinc be absorbed into the cells. Suggested benefits of zinc supplementation along with zinc ionophores to prevent and treat COVID-19 and other respiratory tract infections are supported by countless studies.

This is the link to the studies which will also be posted to our site in the NEWS/EVENTS section of our website- <https://c19zinc.com/> . Also, a link to a whitepaper written by Dr. Vladimir Zelenko will be posted to the site. Stay healthy!

Upcoming Events and Special Classes

- **Chucks and Bo-Staff- Saturday, 2/12-** White and Yellow- 12-1 pm; Purple, Red, Brown, and App BB- 1-2:30 pm
- **Special Belt Review for Purple 1st and Purple/Black Belts-** Saturday, 2/19- 12-1:30 pm. See Master Serrano for details.
- **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.*****

Leadership Team Training- Saturday- February 12, 11 am-12 pm

We will have a Leadership Team meeting/training on Saturday, 2/12, 11 am-12 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

Bo-Staff Sale!

Bo-Staffs come in a variety of colors (red, blue, gold, purple, black, pink). For February they will be \$25.



AWMA

Well wishes to Asst. Instructor Guadalupe on a speedy recovery

Assistant Instructor Guadalupe recently had surgery and we want to wish her a speedy recovery. We will miss her, as will all of the younger students she helps to instruct on a weekly basis.

Congratulations to Grandmaster Ralph Bergamo on his recent promotion!

Grandmaster Ralph Bergamo is the highest rank in American Filipino Kun Tao. He has dedicated his life to the Martial Arts and has taught and mentored students around the world. He has over 50 years in the Martial Arts, and still continues to train and compete to this day at age 71. He has a studio in Cheshire, Bergamo's Martial Arts, and runs a program in Prospect. On December 18th, 2021 Grandmaster Bergamo was promoted to 9th degree Black Belt. This is truly an outstanding achievement! Congratulations to Grandmaster Bergamo!

