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

November 2026- Important upcoming dates and info

East Coast Training Systems won the ImpaCT Award for Small Business!

On October 28th we were honored to receive the United Way and FOX61 ImpaCT Award for Small Business Making an impact in CT! There were so many great stories shared of how individuals and organizations are helping their communities in various ways throughout Connecticut. We are humbled to be included in this group.

Thank you to all of our instructors, both in our Martial Arts and Escape Alive programs, who make it possible to make an impact. We couldn't do it alone and we share this award with you all. And thank you to Jane Doe No More for helping us reach so many throughout the state.









Our studio won the Waterbury Republican-American Reader's Choice Award!

Naugatuck Valley Martial Arts and Self Defense (the umbrella name for our studio) won 1st place for the **Republican-American Reader's Choice Award** in the Martial Arts Studio category. Thank you to everyone who voted for us. And thank you to our instructors, students and parents for making our studio a special place.



Veterans Day at the studio- November 11th, 6:15 pm!



On Wednesday, November 11th we will be celebrating Veterans Day at the studio. We will be welcoming 5-6 Veterans to the studio, 6:15-6:45 pm, to discuss their service and their experiences. Please join us on November 11th 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 4:45-6:10 pm. The 6:50 pm Teen/Adult class will start at 7 pm. Hope to see everyone there!**

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.



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 on sale for $10 (while supplies last), Hoodies $35 (in stock sizes are limited, but an order will be placed mid-November). **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 or browse the catalogs near the gear display and in the seating area. 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- Self Control- Having control over one's actions, words and emotions.
Week 2- What is the Military Oath? (Oath of Enlistment) Why is it important?
Week 3- Citizenship- Being a responsible and productive part of your school, community, and country.
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 9th and November 23rd. Please be sure to bring your sparring gear those weeks.

Extra Sparring Class- November 17th – 5:30-7 pm

We will be having a sparring only class on November 17th- 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.

Christmas/Holiday Party- December 23rd!



We will have a Christmas/Holiday Party at the studio on December 23rd 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 students from 5-6:30 pm. This will be followed by a whole studio picture (please try to be there), 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

- **Veteran's Day- November 11th – 6:15-6:45 pm- Modified class schedule**
- **FREE Friday Night Ladies Only trial class- November 13th** – There will be a FREE trial class for our popular Friday Night Fight Club ladies only class. Come and give it a try and bring a friend or family member. 15 yrs and older.
- **Extra Sparring Class- November 17th – 5:30-7 pm (open to all students 9 years and older)**
- **Next Ladies Only session starts November 20th** - Our final ladies only session of the year will run 11/20-12/18 (no class 11/27). $60 for all 4 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 over 15 yrs only. See GM Serrano, or email dserrano@ects.biz , if interested.
- **FREE Escape Alive Women's Self Defense 1 day class- November 22nd, 1-5pm- Higganum, CT** – Women and girls only, 12 yrs and older with parental permission. Attend by yourself or with a friend. No experience necessary. You must register online, but there is no cost. For more info go to https://www.escapealive.org/escapealiveclasses .
- **Studio Christmas Party- 12/23- Modified class schedule**