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## August 2024- Important upcoming dates and info

### August is here, back to school is around the corner...

We hope that everyone is enjoying their summer months with family and friends. It is a very true statement that "time flies"; especially when you are a parent watching your once little infant growing into a young adult. Parents, cherish time with your children. They will be adults soon enough. Children cherish time with your parents. They won't be here forever.

With school around the corner we want to remind our younger students that education is very important! The more you put into your schooling the better prepared you will be for adulthood. As with any endeavor in life your success depends on the effort you put in. Take advantage of the opportunities you have here in the US when it comes to education. And manage your time wisely. You will only regret not working hard in school and you can't go back in time. Whether you are on a path to college or studying a trade, now is the time to learn, create good work ethic, and prepare mentally to be a leader in whatever journey you choose.

### Congratulations to our graduating senior, Mr. Siddhartha Thapa!

We would like to congratulate Mr. Thapa on graduating Holy Cross as Valedictorian and wish him continued success as he enters college life at UCONN this Fall. Mr. Thapa, and his brother Surya, have been part of the ECTS family since 2014. Over the past several years he has been an important part of passing on our style to the students moving up the ranks. Although we will miss him we look forward to seeing the achievements Mr. Thapa will accomplish in college and beyond!



### Congratulations to Samantha Valente, USBA/WBA Jr. Female Competitor of the Year!

Every year the USBA/WBA recognizes the top competitors in four categories: Adult Male, Adult Female, Junior Male, and Junior Female. This is achieved by acquiring the most ratings points over the course of the tournament year which runs from July to July. Points are awarded based on how a competitor places at each event. **We are very proud to announce Samantha Valente has won the 2024-2025 Junior Female Competitor of the Year!** This is an outstanding achievement and requires consistent 1<sup>st</sup>-3<sup>rd</sup> place wins at USBA/WBA sanctioned events. Samantha has been working hard for years and has really become a great competitor! We are very proud of her! Please congratulate her when you see her.



## **Congratulations to our US Open Competitors- Sophia, Lisa, and Samantha!**

On the weekend of July 18<sup>th</sup> ECTS team members traveled to Orlando, FL to compete in the ISKA US Open World Martial Arts Championships. We are very proud of Sophia, Lisa, and Samantha who competed against some of the very best in breaking. They took a number of 1<sup>st</sup>-3<sup>rd</sup> place wins. Congratulations and thank you for representing ECTS in fine fashion!



## **Best of luck to our team competing at the North East Open Martial Arts Championships- August 9<sup>th</sup>- Albany, NY**

This weekend we will be traveling to Albany, NY to compete at The North East Open. We have 5 students competing in forms and breaking. Held at the Capitol Events Center in Albany, NY this is a great mid-sized event with a friendly family atmosphere. There is competition in sparring, forms, weapons, self-defense, and breaking. Spectators are welcome if you would like to come and support Team ECTS.



## **Sparring weeks**

We try to do sparring the 2<sup>nd</sup> and 4<sup>th</sup> full week of the month each month. This month sparring weeks will be August 11<sup>th</sup> and August 25<sup>th</sup>. 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- Humility- Being modest and respectful; Not boasting or bragging

Week 2- Teamwork- Working together toward a common goal

Week 3- Focus- Concentrating on the task at hand

Week 4- Pride- Feeling good about an accomplishment or creation in which you exerted effort to achieve

## **Special AFKTF Group Training- August 13<sup>th</sup>- 6:50-8:45 pm**

There will be a special AFKTF group training for invited teens and adults on August 13<sup>th</sup>. Grandmaster Bergamo, his Black Belts and his students will also be in attendance. Grandmaster Serrano will speak to those invited directly.

## **Upcoming Events and Special Classes**

- **FREE Escape Alive Women's Self Defense 1 day class- 12 yrs and older- August 16<sup>th</sup>, 1-5pm- Waterbury, CT** – This is part of our Escape Alive program in partnership with Jane Doe No More. 12 years and older welcome. These classes are FREE. Register at [www.escapealive.net](http://www.escapealive.net)