



520 Watertown Ave.
Waterbury, CT 06708
Tel: 203-768-2866
203-410-9222
www.ECTS.biz

April 2023- Important upcoming dates and info

Welcome to our New Students and Families

Over the past couple of months we have had a few new students and families join our Martial Arts family! Welcome and thank you! We hope we live up to your expectations of what a Martial Arts Studio should be. For us it is a place of community, fun, learning and training. We strive to be a safe place for your children to interact and be reminded of the good character traits you teach at home. Hopefully we will be a positive influence in your child's life. If you ever need to speak to GM Serrano or Mrs. Serrano about anything please know they will make themselves available.

To our Veteran Students and Families

We cannot thank you enough for your continued confidence in and loyalty to our studio! It is incredible to think some of you have been with ECTS for 2, 4, 10 years or more! We look forward to watching all of you grow in American-Filipino Kun Tao and moving up through the ranks. One day joining our other AFKT Black Belts and enjoying the journey along the way.

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be April 10th and April 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- 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.

Leadership Team Training- Friday- April 28th, 4-5:30 pm

We will have a Leadership Team Meeting/Training on Friday, 4/28, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see GM Serrano if you cannot attend.

Extra Training- Self-Defense Scenarios- April 16th

GM Serrano will be going over various self-defense applications. 1-2 pm- White and Yellow Belts- Choke and Bear Hug Escapes; 2-3 pm- Yellow/Black and Purple Belts- Kicking Counters and Stick Defenses; 3-4:30- Red, Brown, and Apprentice- Alleyway Defenses and Knife Escapes/Disarms.

Upcoming Events and Special Classes

- **FREE Ladies Only class April 7th** – Come and see what our Friday Night Ladies Only Class is all about. Try a class for FREE April 7th, 6-7/7:30 pm, ladies and girls over 15 only. Email GM Serrano, dserrano@ects.biz, if interested.

- **Next Ladies Only 8 week session starts April 21st** - Our next 8 week session for ladies only will start April 21st. Fridays, 6-7/7:30 pm, ladies and girls over 15 only. Email GM Serrano, dserrano@ects.biz , if interested
- **FREE Escape Alive Women's Self Defense 1 day class- April 29th, 1-5pm- Wolcott Youth Center, Wolcott** – This is part of our Escape Alive program in partnership with Jane Doe No More. Every month we do at least one free class somewhere in CT. This month it will be in Wolcott. 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> .

Congratulations to our newest Apprentice Black Belt- Mr. Surya Thapa

On Wednesday March 22nd we had a special class called a multi-school training in which students and instructors from our sister studios come and we train together. At this particular multi-school some of our students were promoted, including some very special promotions.

We congratulate Erika and Ian on achieving their next rank. Erika to Red/Black and Ian to Red 2nd. They have both been working very hard and received great reports from school and home.

Mr. Austin and Mr. Sid Thapa both moved up to Apprentice Black Belt 3rd degree. We can't say enough about how far both of these young men have come over their many years with ECTS. They are increasingly becoming better instructors and technically sound in their application of American-Filipino Kun Tao principles.

Mr. Tanguay was promoted to Apprentice Black Belt 1st degree, a huge step. He is now just one step away from being the next ECTS Black Belt. From his character to instruction approach to technical prowess, Mr. Tanguay has truly shined in recent years.

Last, but definitely not least, we would like to congratulate **Mr. Surya Thapa on his promotion to Apprentice Black Belt 4th degree!** A huge accomplishment as he joins his brother in the important Apprentice Black Belt ranks. Surya started as a Little Tiger in 2014. His dedication and commitment show every class as he pushes to learn new skills and perfect those he knows. A great young man in and out of the studio and a straight "A" student. We look forward to seeing Mr. Thapa grow in American-Filipino Kun Tao for years to come. Keep up the great work!

