

## 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. Cherish time with your children, and kids cherish time with your parents.

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.

### Welcome to our new students and their families!

Over the past several months we have had some new students join the ECTS Family. Welcome! If you are a veteran student or have been part of the ECTS family for years please take some time to welcome our new families. The success of our studio is greatly due to our family atmosphere, let's carry that forward.

### Congratulations to Lisa Mingione, USBA/WBA 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 Lisa Mingione has won the 2023-2024 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. Lisa 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.



## Best of luck to our team competing at the North East Open Martial Arts Championships- August 12<sup>th</sup>- Albany, NY

This weekend we will be traveling to Albany, NY to compete at The North East Open. We have 8 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.



## Irish Breaking and Martial Arts Tournament- October 5<sup>th</sup>- Balbriggan, Ireland

This year we will be returning to Ireland for the Sifu Keith Fanning's event in Balbriggan. The last USBA/WBA event there was in 2019 and it was a great time! Besides the competition our friend Sifu Fanning set up tours, dinners, and outings for the US contingent. This year will be more of the same with group activities and sight-seeing. A new venue for the tournament this year is a 2 minute walk from the hotel. For information on the event go to [ireland.usbawba.com](http://ireland.usbawba.com). If interested in attending please see GM Serrano.



## 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 12<sup>th</sup> and August 26<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- Respect- For yourself, parents, friends, teachers, etc

Week 2- Loyalty- Faithfulness or devotion to a person, country, or cause

Week 3- Honesty- Being truthful in what you say and do

Week 4- Trust- To rely upon or place confidence in a person or thing

## Special Training- Brown and App Black Belts- August 24<sup>th</sup>- 2-3:30 pm

We would like to hold a special training for Brown Belts and App Black Belts on 8/24, 2-3:30 pm. The focus will be on various self-defense scenarios. Please see GM Serrano if you are available.

## Upcoming Events and Special Classes

- **FREE Escape Alive Women's Self Defense 1 day class- 50 yrs and older- August 25<sup>th</sup>, 1-3pm- Woodbridge, CT** – This is part of our Escape Alive program in partnership with Jane Doe No More. This particular class is for ladies 50 yrs of age or older. Register at [www.escapealive.net](http://www.escapealive.net)
- **Men's Only Classes– Men 20yrs and older.** Classes are Friday nights 7:30-8:30 pm. Light fitness workout, striking, and practical self-defense training. \$35 per month or \$15 drop-in per class. Email GM Serrano, [dserrano@ects.biz](mailto:dserrano@ects.biz) or text him 203-410-9222, if interested.