

## July 2023- Important upcoming dates and info

### Happy 4<sup>th</sup> of July!

One of the most important holidays in the USA is July 4<sup>th</sup>- Independence Day! Without this day our lives here, and the lives of many around the world who see the United States as the beacon of freedom, would surely be different. We should never forget the real reason behind cookouts, parades, and fireworks during this time.



From National Geographic:

Hear that marching playing patriotic music? Smell those hot dogs cooking on the grill? See those fireworks exploding in the night sky? Then it must be Independence Day!

Also called the Fourth of July, Independence Day marks the historic date in 1776 when the Declaration of Independence was approved by the Continental Congress. The written declaration stated that the American colonies were tired of being ruled by Great Britain. They wanted to become their own country.

#### A GROWING ANGER

Before the declaration, America was part of the Kingdom of Great Britain (now called the United Kingdom). In the 1600s, people came from Great Britain to settle in what is now North America. Between 1607 and 1732, the British founded 13 colonies: Virginia, New York, Massachusetts, Maryland, Rhode Island, Connecticut, New Hampshire, Delaware, North Carolina, South Carolina, New Jersey, Pennsylvania, and Georgia.

As these colonies grew, the people who lived there thought the British government treated them unfairly. For instance, they had to pay taxes on items such as tea and allow British soldiers to stay in their homes. The colonists had to follow these laws but couldn't do anything to change them. The colonists rebelled. As a result, the Revolutionary War between the colonists and Great Britain began in 1775.

Fighting wasn't enough though. The colonists decided they needed to declare their independence in writing to explain their reasons and gain support from other countries like France. On July 4, 1776, a small group of representatives from the colonies—called the Continental Congress—adopted the Declaration of Independence.

#### DECLARING INDEPENDENCE

Written by a committee led by Thomas Jefferson, the document was signed by people from all 13 colonies. But the British government didn't accept it. So the colonists continued to fight for independence until they finally defeated Great Britain in 1783.

The Declaration of Independence, now housed at the National Archives in Washington, D.C., is recognized around the world as an important message of self-governance and human rights. The second sentence says it all: that all people are created equally and have rights that include life, liberty, and the pursuit of happiness.

## No classes June 28<sup>th</sup>-July 4<sup>th</sup> in observance of 4<sup>th</sup> of July

There will be no classes June 28<sup>th</sup>-July 4<sup>th</sup> for the 4<sup>th</sup> of July weekend. The last class before the break will be June 26<sup>th</sup> and we will resume classes on July 5<sup>th</sup>. We are wishing everyone a safe and happy 4<sup>th</sup> of July weekend celebrating the USA!



## US Open World Martial Arts Championships- June 30<sup>th</sup>-July 1<sup>st</sup>

The US Open World Martial Arts Championships in Orlando, FL will be June 30<sup>th</sup> and July 1<sup>st</sup>. Some exciting news this year is the breaking portion will be streamed live on FITE.tv (<https://www.fite.tv/vl/p/us-open-iska/>).

Grandmaster Serrano is scheduled to be a commentator for the morning stream starting around 10 am and Grandmaster Bergamo will be one of the competitors featured. During the night stream GM Serrano and Lisa Mingione, along with other AFKTF Black Belts and students, will be part of a demonstration leading up to a World Record break by a student of Master Adam Grogin. It should be a great experience and we are looking forward to it.



## 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 July 10<sup>th</sup> and July 24<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- Charity- Giving without anything in return

Week 2- Bravery- To do what is right even when it is not easy

Week 3- Humility- Being modest and respectful; Not boasting or bragging

Week 4- Teamwork- Working together toward a common goal

## North East Open Martial Arts Championships- August 12<sup>th</sup> - Albany, NY

The North East Open is a favorite tournament for us. It is a medium sized tournament with a large event feel hosted by our friend Adam Grogin. Held at the Capitol Events Center in Albany, NY it is a great venue. There is competition in sparring, forms, weapons, self-defense, and breaking. Discounted room rates are available at the connected Renaissance Albany Hotel. If you are interested in competing please see GM or Mrs. Serrano. If we have students interested we will schedule practices starting in July.



## Upcoming Events and Special Classes

- **Next 8 week Women's Self Defense class starts July 14<sup>th</sup> - 6-7 pm, Friday nights-** This class runs in 8 week sessions. Every week starts with a light full body workout followed by training in striking techniques (think punches, elbows, knees, and low kicks) and ends with a self-defense scenario (what if someone is choking you, grabs you, approaches you when walking to your car, has a weapon, etc.) No experience necessary and participants work at their own pace and ability level. \$99 for all 8 weeks, \$175 for 2 people that come together. Students, parents and siblings of students receive a 10% discount.
- **Men's Only Classes- Summer Schedule** – We will be running 3 classes per month starting in June for Men 30yrs and older. Classes are Saturday mornings, 10-11/11:30 am. Light fitness workout, striking, and practical self-defense training. Dates are below. \$35 per month or \$15 drop-in per class. Email GM Serrano, [dserrano@ects.biz](mailto:dserrano@ects.biz), if interested
  - June 3<sup>rd</sup>, 10<sup>th</sup>, 24<sup>th</sup>
  - July 8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>
  - August 5<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>