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## April 2024- Important upcoming dates and info

### Welcome to our New Students and Families

Over the past several 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 about anything please know he will make himself 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, 12 years or more! Many of you have helped teach our newer students, represented us in competition, and have helped make the Escape Alive program the most popular self-defense program in CT. Thank you for making it all possible! 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.

### Congratulations to our Bay State Competitors!

On May 16<sup>th</sup> GM Serrano, Mr. Tanguay, Sophia, Autum, Samantha, Rachel, Elizabeth, Miguel and Harper traveled to Chicopee, MA to compete in the USBA Bay State Breaking Challenge. Everyone did well and made us proud! Some first-third places, but Just as important is getting out there and competing, working toward a goal and overcoming self-doubt. Great job everyone!

It was a great event and had special meaning as we all had fellow competitor/martial artist Mike Thomas from NY on our minds. He is just now starting to recover from a still uncertain medical condition that caused him to be put into an induced coma. He is on the mend, but at the time of the event he was still in a coma.



## 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 April 8<sup>th</sup> and April 22<sup>nd</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- Pride- Feeling good about an accomplishment or creation in which you exerted effort to achieve.

Week 2- Good Sportsmanship- Displaying a good attitude win or lose.

Week 3- Respect- Treating others with courtesy and honor; in particular yourself, parents, and elders.

Week 4- Honesty- Being truthful in what you say and do.

## Leadership Team Training- Friday- April 19<sup>th</sup>, 4-5:30 pm

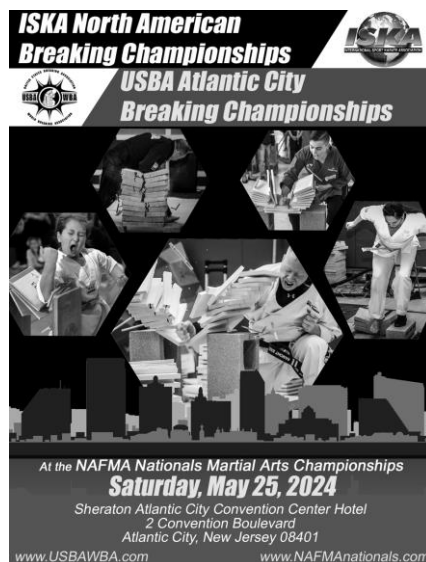
We will have a Leadership Team Meeting/Training on Friday, 4/19, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see GM Serrano if you cannot attend.

## Extra Training- Self-Defense Scenarios- April 14<sup>th</sup>

GM Serrano will be going over various self-defense applications. 1-2 pm- White and Yellow Belts; 2-3 pm- Yellow/Black and Purple Belts; 3-4:30- Red, Brown, and Apprentice.

## Upcoming Events and Special Classes

- **Next Ladies Only session starts May 3<sup>rd</sup>**- Our next 8 week session for ladies only will start May 3<sup>rd</sup>. Fridays, 6-7/7:15 pm, ladies and girls over 15 only. See GM Serrano, or email [dserrano@ects.biz](mailto:dserrano@ects.biz), if interested.
- **Men Only classes are Friday, 7:30-8:30 pm** - This class is open to men 18 yrs and older. Each class includes a fitness workout, striking practice and self-defense applications. It's a workout, but fun as well. Fridays, 7:30-8:30 pm. See GM Serrano if interested or email [dserrano@ects.biz](mailto:dserrano@ects.biz).
- **FREE Escape Alive one day class- April 6<sup>th</sup>, 2024 – 1 pm- 5pm- Waterbury, CT- Waterbury Arts Magnet School-** This is a one day mother/daughter class. 12 yrs. and older to attend. The class starts with a 1.5 hour presentation/discussion followed by physical training. Register online at [www.escapealive.net](http://www.escapealive.net).
- **FREE Escape Alive one day class- April 21<sup>st</sup>, 2024 – 1 pm- 5pm- Brookfield, CT- Western Regional YMCA-** This is a one day mother/daughter class. 12 yrs. and older to attend. The class starts with a 1.5 hour presentation/discussion followed by physical training. Register online at [www.escapealive.net](http://www.escapealive.net)
- **FREE Escape Alive one day class- May 19<sup>th</sup>, 2024 – 1 pm- 5pm- South Windham, CT- South Windham Fire Dept-** This is a one day mother/daughter class. 12 yrs. and older to attend. The class starts with a 1.5 hour presentation/discussion followed by physical training. Register online at [www.escapealive.net](http://www.escapealive.net)
- **USBA Atlantic City and ISKA North American Breaking Championships- May 25<sup>th</sup>, 2024- Atlantic City, NJ-** Breaking competition, all ages, ranks and genders. Part of a larger event with forms, weapons, and sparring. For more information see GM Serrano.



**ISKA North American Breaking Championships**  
**USBA Atlantic City Breaking Championships**

At the NAFMA Nationals Martial Arts Championships  
**Saturday, May 25, 2024**  
Sheraton Atlantic City Convention Center Hotel  
2 Convention Boulevard  
Atlantic City, New Jersey 08401  
[www.USBABWA.com](http://www.USBABWA.com) [www.NAFMANationals.com](http://www.NAFMANationals.com)