

November 2022- Important upcoming dates and info

Veterans Day!

Up until 2020 we invited Veterans to our studio every year around Veterans Day to discuss their service and their experiences, and to say thank you for their service. This year we will be bringing this important day back. We invite all students and families to join us on November 14th at 5:30 pm to welcome our Veterans. We are still looking for 4-5 more Veterans to join us, so if you have family or friends that have served please see Mr. or Mrs. Serrano to discuss if they can join us.

Halloween party fun!

Thank you to all who attended our Halloween party! Seemed like everyone had a great time!



Happy Thanksgiving!

Thanksgiving is right around the corner, and the start of the holiday season. We would like to wish all of our students and families a very Happy Thanksgiving! We have a lot to be thankful for. Good health, great instructors, awesome students, and all of the freedoms we enjoy in our great country! We hope you take the time this Thanksgiving to reflect on all you have to be thankful for and share the joy of the holiday season.

Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

Week 1- Listening- Actively listening and responding.

Week 2- Sharing- Of one's belongings, time, and thoughts.

Week 3- Thanksgiving- What do you have to be thankful for?.

Week 4- Manners- Displaying good social conduct.

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be November 14th and November 28th. Please be sure to bring your sparring gear those weeks.

Leadership Team Training- Friday- November 11th, 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 11/11, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see GM Serrano if you cannot attend.

Upcoming Events and Special Classes

- **Next Men Only session starts November 5th** - We will be running a 6 week training session (11/5-12/17; no class 11/12) for men, 30 yrs and older. Each class includes a fitness workout, striking practice and self-defense applications. Saturdays, 10-11/11:30 am. \$75 per person. Email GM Serrano, dserrano@ects.biz, if interested.
- **USBA/WBA Hall of Fame Breaking Championships- November 12th- Naugatuck, CT-** This is a breaking and forms tournament for all ages, ranks and genders. Registration is open at www.usbawba.org/compete/tournaments. There are also registration forms at the studio in the literature holder.
- **Honoring our Veterans- November 14th - 5:30 pm-** We are looking for veterans to join us on November 14th from 5:30-6 pm so we can thank them for their service. We are looking for 8-10 veterans. If you have someone in your family or circle that you would like us to invite please see Mr. or Mrs. Serrano.
- **FREE Friday Night Ladies Only class- November 18th** - Try our Friday Night Ladies Only class for FREE. Friday, 11/18, 6-7/7:30 pm, ladies and girls over 15 only. Email GM Serrano, dserrano@ects.biz, if interested.
- **FREE Escape Alive one day class- November 19th – 1 pm- 5pm- Portland, CT-** This is a one day Adult class. 15 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.
- **Next Ladies Only session starts December 2nd**- Our next session for ladies only will start December 2nd. Fridays, 6-7/7:30 pm, ladies and girls over 15 only. Email GM Serrano, dserrano@ects.biz , if interested.