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August 2021- Important upcoming dates and info

Upcoming 8 week Self Defense session for ladies!!

Many of you may not know, but our Escape Alive Self Defense program is one of the most popular in the state of CT. Before 2020 we had taught over 150 classes and 5000 participants throughout the state (and other states as well). Since 2017 we have also been running 8 week sessions at our studio for ladies (13 and older) on Friday nights. Our next 8 week session starts this Friday, 8/6. Classes run 6-7 pm and includes light fitness, striking practice, and self-defense scenarios. \$99 per person, \$175 for 2 people coming together. Students and families of current students receive a 10% discount. See Mr. or Mrs. Serrano for more info.

Our focus is more than kicking and punching

Here are our planned themes for August:

Week 1- Confidence- Freedom from doubt and believing in yourself

Week 2- Belief- trust, faith, or confidence in yourself, someone or something

Week 3- Appreciation and Thanks– Showing appreciation for even the smallest gesture of kindness; it is the thought that counts

Week 4- Integrity- Always doing the right thing even when no one else is watching

Sparring gear- 2nd and 4th week of the month

All students should bring their sparring gear the 2nd and 4th week of the month. If you would like to order sparring gear please see Master Serrano. We also have some used gear for sale, size availability varies.

Upcoming Events and Special Classes

- **There are no special classes scheduled for August.**
- **Northeast Open Tournament-** August 14- Albany, NY: Registration is still open for those interested. For more info go to <https://usbawba.org/events/usba-northeastern-regional-breaking-championships-2019-3>

Leadership Team Training- Friday- August 13th, 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 8/13, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

Students: Please remember your belts!

At the end of each class we bow in the direction of the flags and retire our belts. Our belts are not only a symbol of rank, but a symbol of your personal dedication to your training and the studio. It is the one piece of equipment that is important at every class. Often times in class we will make the comparison to various sports. Would you attend a baseball practice without your glove, basketball practice without a ball, hockey practice without your hockey stick? There are 2 things we require at every class: a positive attitude and your belt 😊 We can figure the rest out.

Respect and studio conduct

One of the most important character traits focused on in the Martial Arts is “Respect”. Respect for yourself, respect for others, respect for the studio and instructors. This character trait is one of the most important in life. It should be present in social interactions, work and school environments. And most importantly in our own self-identity. When it comes to the Martial Arts there are certain protocols that are found in most studios:

- Bow when entering your studio or visiting another. It shows respect to the instructors and the lineage of the art being taught.
- During the bow at the beginning and end of class be attentive, focused and silent. These bows show respect to your studio, your instructors, your art, and your country.
- Address Black Belts as Sir, Maam, Mr., Mrs., Master, or Grandmaster as appropriate.
- Seek out the Black Belts of the studio upon entering, when appropriate, and say hello with a hand shake and slight bow.
- Conduct yourself in a manner that would be a credit to your studio and instructors, both in and out of the studio.
- If you see one of your instructors outside of the studio say hello with a hand shake and slight bow, they should do the same. This not only shows respect, but acknowledges that you are part of the special group called “Martial Artists”. A group that is nearly 4 million Worldwide!

Join our BAND!

We have our own private group on BAND, an app accessible from your phone, tablet or computer. We post announcements, stream classes live, and have a number of instructional videos covering everything from rolls to forms to weapons and more. We will continue to add content as possible. If you are not part of our BAND and would like to join please let us know and we will send you an invite. Only students and AFKTF Black Belts are allowed to join.

Monthly dues

As you know our studio dues are charged per month with no long term contracts. Most studios, like gyms, have members sign up for at least a year and charge additional fees. We never liked this approach and hopefully we can continue our month to month approach. It is important that dues be paid before the 13th of each month. As a small studio we rely on our monthly dues to “keep the lights on” so to say. We may charge a late fee of \$10 after the 13th and the last day of the month. If a student does not attend for the month, but still would like to remain a member and plans on returning, a maintenance fee is charged. If you are having financial difficulties please see Master Serrano and we will figure it out. We appreciate your understanding and continued patronage. Thank you.