

June 2022- Important upcoming dates and info

Congratulations USBA/WBA North American Breaking Championship Competitors!

We would like to congratulate all of our students who recently competed at the USBA/WBA North American Championships! Team ECTS consisted of Master Serrano, Mr. Padin, Mr. Thapa, Surya Thapa, Guadalupe Gonzalez, Sophia Serrano, Lorenzo Perugini, Isha Jamal, Mia Grant, Samantha Valente, Ava Grant and Alisha Jamal. The intensity and skill displayed by our team was recognized by many of the other competitors and instructors in attendance. We are so very proud of all of you and look forward to your accomplishments at the next competition!



Grandmaster Mel Hebert visits our studio

Grandmaster Mel Hebert from CA made a visit to our studio on May 18th. He also taught and oversaw a special class at Grandmaster Bergamo's studio in Cheshire on the 26th, attended by some of our older teens and adults. GM Hebert had many positive comments about the talent and intensity of ECTS students. Being the longest practicing Kun Taoist in our style we are humbled. Thank you to all of our students who showed their best during GM Hebert's visit!



Our focus is more than kicking and punching

Here are our planned weekly themes for May:

Week 1- Perseverance- Demonstrating determination and commitment to complete a task.

Week 2- Patience- Ability to remain calm and to wait for what you want.

Week 3- Confidence- Freedom from doubt and believing in yourself.

Week 4- Belief- trust, faith, or confidence in yourself, someone or something.

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be June 13th and June 27th. Please be sure to bring your sparring gear those weeks.

Leadership Team Training- Friday- June 17th , 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 6/17, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

Upcoming Events and Special Classes

- **Belt reviews, Saturday, June 25-** Every few months we schedule a day to review students by rank to cover areas that may have been missed we encourage all students to attend. **White and Yellow belts-** 12:30-1:30, **Purple to Red 1st-** 1:30-2:30, **Red/Black to Black Belt-** 2:30-4.
- **No Class on Monday, July 4th. Happy Independence Day!**
- **USBA/WBA World Breaking Championships at the US Open World Martial Arts Championships- Friday and Saturday, July 1st-3rd, 2022- Orlando FL-** This is one of the biggest competitions in the World. Martial Artists from around the globe compete in a variety of Martial Arts categories. For more information see Mr. or Mrs. Serrano.

The History of our Studio

Over the past several months we have delved into the history of Grandmaster Rossi and Senior Master Serrano. This month a brief history of how we came to be the East Coast Training Systems you know.

As mentioned in the previous histories Master Serrano trained under Grandmaster Rossi starting in the early 80's and became the home studio director in 1993. The studio's original name was The Rossi Academy of Self Defense. Master Byrnes took over the studio in the late 80's and changed the name to The Modern Self Defense Center. Master Serrano kept this name. In April 1995 Master Serrano branched off from the main studio and opened a studio at the top of Lakewood Road in Waterbury named Modern Self Defense Center 2. In 1996 Master Serrano decided to create East Coast Training Systems as an idea to do on-location training outside of the main studio.

In late 1996 Master Serrano moved the studio to Freight Street and changed the name to Gemini's Kun Tao Academy, keeping the East Coast Training Systems name in the background. The studio was open until mid-1998. It was during this time that the East Coast Training Systems name started to be used for workshops done outside the studio.

When Master Serrano closed the Freight Street studio in 1998 he immediately started training at Bergamo's Martial Arts in Naugatuck under Grandmaster Bergamo. He was the senior ranking Black Belt, under GM Bergamo, at the Naugatuck Studio upon arrival. His time at Bergamo's MA started as just training, but soon grew to helping to run the studio, and coaching the demonstration and competition teams. During this time Master Serrano would do private workshops and security outside of Bergamo's under the name East Coast Training Systems. This was something agreed upon due to the fact that Master Serrano had joined the studio with a previously established business.

In 2008 Master Serrano and Mrs. Serrano decided to focus more on East Coast Training Systems and left Bergamo's Martial Arts on good terms. Together they started teaching Escape Alive classes at area businesses and teaching adult classes at local gyms and other Martial Arts studios under the name East Coast Training Systems. From 2008-2013 East Coast Training Systems held regular classes at Norm's Gym on Chase Ave. in Waterbury, Charland's Institute of Karate in Watertown, Amistad Academy School in New Haven, Sacred Heart University in Fairfield, Dolphin Gym on Wolcott Street in Waterbury, Zhuta's Martial Arts on East Main Street in Waterbury, The Wolcott Social Club on Wolcott Street; Until finding our current home on Watertown Avenue in 2013.

It has been quite the journey and we look forward to what the future holds!