

February 2024- Important upcoming dates and info

The Martial Arts Journey

Martial Arts are one of the most practiced activities in the world. There are thousands of styles, all slightly different, but most have similar traits and goals. Self-defense, self-improvement, self-confidence, fitness, and social interaction are just some of the areas of focus in most styles. Martial Arts are practiced by the very young and the elderly, the extremely athletic and those that are not as active. The benefits are varied and many.

As a student there are stages you will go through during your journey. Everyone starts not knowing anything about the arts. The biggest, most important step is that first step onto the mat or training area; when you decide to become a student. This is by far the hardest hurdle to clear. If you are a student you have cleared that most important hurdle.



If you remain a student long enough you will go through ups and downs. You will excel at some areas and find others more difficult to grasp. You may face setbacks in training and competition. You may at times feel stagnated. It is not always exciting, easy, or fun. Developing a skill is work and dedication. Commitment and perseverance.

Martial Arts training is unique in many ways, but the emphasis on individual achievement and improvement is probably one of the most important. It is not how you compare to the skill level of someone else, it is how far you have come personally. Although as a studio we sometimes work as a team your individual journey is the essence of Martial Arts.

It may be hard to imagine yourself as that Black Belt instructor when you step onto the mat that first day. It is up to you whether you get there. Just know that your instructors were right there where you are now. If they did it so can you.

To our younger students, use your electronics wisely...

We regularly discuss the positives and negatives of technology and electronics. Computers, ipads, smart phones; electronics are all around us and part of our daily lives. They are great tools, but they can also zap productivity and waste precious time. Unlimited knowledge is at your fingertips. You can find tips, tutorials and websites for almost anything you want to learn or get better at (discretion is necessary and you should always look for guidance from your parents). On the flip side of this are the funny cat videos, video games, and videos of others playing video games (as if video games weren't bad enough 😊). Life needs balance. There are limited hours in everyday, there are limited days before High School, before you know it you will be an adult. If you are spending time doing or watching something that does not add to your future it is called entertainment. It is important to balance this with things that make you smarter or better in some way. Entertainment lasts a moment, knowledge lasts a lifetime. School is most important, reading is essential, and if you are going to use electronics use them wisely.



Team ECTS?

We have great talent at our studio and would love others to see our students in action! There are a number of upcoming tournaments, some fairly close by, others a little farther out. Some are breaking only, others have competition in sparring and forms as well. Tournaments are a great way to work toward a goal, test your skills, make new martial arts friends, and experience the larger world of martial arts. If you or your child would like to compete please speak to GM Serrano. We would love to grow our team!

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be February 12th and February 26th. 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- Compassion- Sympathy and sorrow for someone's misfortune, and the desire to alleviate it.

Week 2- Community- A sense of belonging to something larger than self.

Week 3- Kindness- Good or charitable behavior, pleasant disposition, and concern for others.

Week 4- Discipline- Controlling one's actions to achieve a goal.

Leadership Team Training- Friday- February 17th, 2-3:30 pm

We will have a Leadership Team meeting/training on Friday, 2/17, 2-3:30 pm. All instructors and assistant instructors are required to attend. Please see GM Serrano if you cannot attend.

Breaking practices for Bay State Breaking Championships

We will have the following practices in preparation for the upcoming Bay State Breaking Championships. All competitors are welcome and encouraged to attend:

- Saturday, 2/17- 12:30-2 pm
- Sunday, 2/18- 12-1:30 pm
- Saturday, 3/2- 12-1:30 pm

Upcoming Events and Special Classes

- **Next Ladies Only session starts March 1st**- Our next 8 week session for ladies only will start March 1st. Fridays, 6-7/7:30 pm, ladies and girls over 15 only. Email GM Serrano, 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.
- **USBA Bay State Breaking Challenge- March 16th, 2024, 9:30 am- Chicopee, MA.** This is a small, family friendly, economical competition that is close by. \$60 for unlimited divisions. There is competition in breaking, open hand and weapons forms. We will have at least 2 practices in February leading up to the event. If you are interested please see GM Serrano.
- **FREE Escape Alive one day class- February 11th, 2024 – 1 pm- 5pm- Waterbury, CT- 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.
- **FREE Escape Alive one day class- February 25th, 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.