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September 2026- Important upcoming dates and info

Why train in Martial Arts?



I've been teaching Martial Arts for over 35 years. I have had the pleasure of teaching many students and seeing them learn and grow. Some students stay for a season, others longer. There are many reasons why someone starts on the journey of training. Many times for children it is their parent's initiative to get their child into something active. An activity that can build coordination, confidence, character, and physical ability. For children going into their teen years we often hear similar reasons, with the addition of a stronger emphasis on self-defense and standing up to bullies. Adults lean not only toward the self-defense benefits, but the social aspects of interacting with fellow students with similar goals. And throughout all age groups there is also the goal of moving through the ranks, becoming more proficient, and learning more.

Martial Arts training can be many things, and I think that is what makes it truly unique. It can be a positive, challenging physical activity for our children, who many times are engulfed in a sea of online activity and negative character traits sometimes displayed by the entertainers that look to influence them. It can increase self-confidence and self-empowerment, increasing belief in your own abilities to overcome obstacles and stand up for yourself. The studio is also a place of positive social interaction, instilling respect for fellow students as well as yourself, and nurturing friendships that can last a lifetime.

I know not everyone will make Martial Arts their life's journey as I have, but I do hope that your time spent training at our studio fulfills a need, whatever that need may be. And if you, or your children, are feeling less enthusiastic than when you started my door is always open. A conversation can sometimes help in re-establishing motivation. All of our instructors, including myself, value ALL of our students and look forward to seeing you grow and progress for as long as your season with us lasts. ~GM Serrano

A new school year has started…A message to our younger students



As Summer vacations come to a close a new school year begins. We've been asking you about your new teachers, classmates, even new schools. Some of you are excited, others not so much. One thing we can say to our younger students is be thankful. You are fortunate to be learning and growing in knowledge. Many children around the World do not have the opportunity to learn. With limited knowledge future opportunities are also limited. There used to be a saying played on TV, "The more you know". Not sure if they still play those short clips, but the saying is so true. Another saying "You don't know what you don't know". The more knowledge you gain the better decisions you can make. If you fail to take advantage of your schooling you will never know what doors could have been opened in your mind. Enjoy this time in your life. Before you know it you will be adulting and may wish you could go back 😊

Congratulations to our North East Open Competitors!

On August 8th ECTS students traveled to Albany, NY to compete in the North East Open. Mr. Murphy, Lisa, Samantha, Mike and Miguel competed in breaking, forms, sparring and weapons. Everyone represented ECTS in fine fashion with multiple 1st-3rd place wins. We are very proud of everyone!

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be September 7th and September 21st. Please be sure to bring your sparring gear those weeks.

Our focus is more than kicking and punching

Martial Arts is more than just kicking and punching. We believe a studio should be a place for students to interact, make friends, and have fun while learning the physical aspects of Martial Arts. For our younger students we try to reinforce positive character traits such as respect, honor, discipline, focus, leadership, commitment, and more. To this end we incorporate discussions/activities into our classes and attempt to focus on a main theme each week. Here are our planned weekly themes for this month:

Week 1- Good Sportsmanship- Displaying a good attitude win or lose.
Week 2- Respect- Treating others with courtesy and honor; in particular yourself, parents, and elders.
Week 3- Honesty- Being truthful in what you say and do.
Week 4- Listening- Actively listening and responding.

Upcoming Events and Special Classes

- **Next Ladies Only Friday Night Fight Club session starts September 18th** - Our next 8-week session for ladies only will start September 18th. Fridays, 6-7/7:15 pm, ladies and girls over 15 only. Light fitness workout, striking, and self-defense. This is an informal class, we have fun. See GM Serrano, or email dserrano@ects.biz , if interested. $120 for 8 weeks, $214 for 2 people that come together.
- **FREE Escape Alive Women's Self Defense 1 day class- 12 yrs and older- September 19th, 1-5pm- Bethlehem, CT** – This is part of our Escape Alive program in partnership with Jane Doe No More. 12 years and older welcome. These classes are FREE. Register at www.escapealive.net
- **FREE Escape Alive Women's Self Defense 1 day class- 12 yrs and older- October 17th, 1-5pm- Waterbury Arts Magnet, Waterbury, CT** – This is part of our Escape Alive program in partnership with Jane Doe No More. 12 years and older welcome. These classes are FREE. Register at www.escapealive.net
- **Laurel Highlands Breaking Championship- September 26th - Greensburg, PA**- This is the first USBA/WBA event in PA in years. This is a breaking only event. For more info go to https://usbawba.org/events/laurel-highlands-breaking-championships-2026/

Have you ever visited our YouTube channel? We have many videos from classes, special events and competitions. Scan this QR code and have a look.