

## December 2022- Important upcoming dates and info

### Merry Christmas, Happy Holidays, and Wishes for a Happy New Year!

2022 is coming to a close and the Holiday Season is upon us. We are so thankful for another great year of training, competition, and growth. This month starts our 10<sup>th</sup> year here on Watertown Ave. How time flies! We have seen many students come through our doors, and some have stayed the entire time. We thank you all for entrusting us with your Martial Arts training journey and please know that it is YOU who makes our studio a special place! Looking forward to 2023!



### Christmas Party- 12/21- 5:30-8 pm!

In celebration of the Holiday Season we will be having a group training/party on 12/21! We will not be doing the normal class schedule. Instead we would like all students from all classes to arrive between 5-5:30 pm if possible. We will have a studio training with all students from 5:30-6:45 pm (it won't be all work). We will then take a studio picture followed by pizza and refreshments for all in attendance, including families. Please see one of the instructors to add your name and amount of attendees.

### Looking for a stocking stuffer?

Looking for a little something for your Martial Artist? How about some ECTS gear! We have a limited number of beanies (one size, black and blue), stainless steel water bottles and book bags that would make a great gift. Christmas special- Beanies- \$9, Water bottles- \$9, Book bag- \$7. Buy all three for \$20. See Mr. or Mrs. Serrano for details. Supplies are limited.

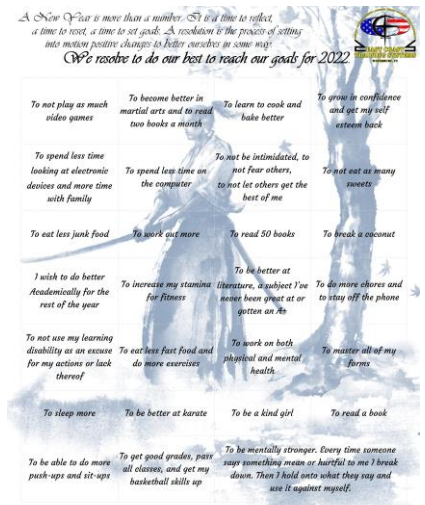


### New Year, a chance for a New Start!

Over the coming weeks we will be discussing the importance of New Year's Resolutions. We should always be striving to better ourselves in some way. To get in better shape, to be stronger and more flexible. To learn new things and master the things we have started. To interact with family and friends with respect and caring. To build new bridges. To set new goals. Did you reach your goals for 2022?

The New Year is a time to reset and to reflect. Have we been striving to better ourselves in some way? Have we truly been making the most out of all we have been given; the opportunities, the talent, the time? Are we wasting precious moments that we can never get back? An interesting video on this that everyone should watch- [https://www.youtube.com/watch?v=BOksW\\_NabEk](https://www.youtube.com/watch?v=BOksW_NabEk). The link will also be in the NEWS/EVENTS section of our website.

We will be asking all students to reflect on this and give us one thing they would like to do in 2023. Anything that will make them better in some way because of it. Write this on a blank piece of white paper, no name, and drop it in the lock box used for payments. We will accept these goals until 1/6 and will make a new resolutions poster for the studio.



## **Cold and flu season!**

It's that time of year again. Hopefully you and your children will stay healthy and illness free during the winter months, but if you are feeling ill please stay home and get better. If you are sneezing and coughing please stay home and watch Martial Arts training videos 😊, we would appreciate it. Thank you in advance.

## **Parents: Vitamin combo for the winter months, and year round**

Disclaimer: This is not medical advice. Last year around this time we put out a series in our newsletters with information on the benefits of Vitamin C, D, Zinc and Quercetin when it comes to covid and other illnesses (those newsletters are still up on our site). This combo was recommended by numerous doctors in the early stages of covid, followed by numerous studies and first-hand accounts. You can find dose information here- <https://covid19criticalcare.com/treatment-protocols/i-prevent-protect/> (there are other suggested supplements and medications here as well that you can look into) and here- <https://americasfrontlinedoctors.org/medical/hydroxychloroquine/treatment-protocols> . For numerous studies on these supplements and many more as they relate to covid go to- <https://c19early.org/> . Choose a supplement or medicine from the right hand column for studies. Wishing you good health!

## **Sparring weeks**

We try to do sparring the 2<sup>nd</sup> and 4<sup>th</sup> full week of the month each month. This month sparring weeks will be December 12<sup>th</sup> and December 26<sup>th</sup>. 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- Priorities- Doing those things that are most important first.

Week 2- Giving 100%- Doing things to the best of your ability.

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

Week 4- New Year's Resolutions– Setting new goals and implementing changes to reach those goals.

## **Leadership Team Training- Friday- December 9<sup>th</sup>, 4-5:30 pm**

We will have a Leadership Team meeting/training on Friday, 12/9, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see GM Serrano if you cannot attend.

## **Parking Reminder- Please keep this in mind**

A reminder that parking for our studio includes approximately 12 spaces directly in front of our front windows and overflow parking on the other side of the building. All cars should be parked in a parking spot, please do not park in the open area on the side of the studio or double park in front of other vehicles. There is a map near the front door if you have any questions. Thank you in advance.

## **Upcoming Events and Special Classes**

- **Grappling and ground fighting class- Saturday, December 10<sup>th</sup> – 12-2 pm.** This class is open to all students 10 yrs and older. We will be going over grappling drills and techniques for your rank.
- **USBA/WBA Massachusetts Breaking Championships- March 11<sup>th</sup>, 2023- Chicopee, MA.** More info will be forthcoming.
- **FREE Escape Alive one day class- January 22<sup>nd</sup>, 2023 – 1 pm- 5pm- Oakville, CT-** 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](http://www.escapealive.net). Registration open soon