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May 2021- Important upcoming dates and info

Push-up/Sit-up Challenge!!

The Push-up/Sit-up Challenge has started! All students are invited to take part. We are encouraging students to challenge themselves for the month of May and see what they can accomplish. Prizes will be awarded to the top male and female in every class who logs the most by May 31st. Complete info is on the log sheets available at the studio. We also look forward to adding up the total amount from all students who participated to see what was achieved as a group.

Our focus is more than kicking and punching

Here are our planned themes for May:

Week 1- Skill acquired from training and practice

Week 2- Respecting yourself and those around you

Week 3- Loyalty- faithfulness or devotion to a person, country, or cause

Week 4- Honesty- Being truthful in what you say and do

Sparring in Children's classes

During the last week of March we started sparring again in children's classes (Little Tigers do not spar).

Sparring is an important part of training and helps hand-eye coordination, footwork, self-confidence, control, and fortitude. **Moving forward we will be sparring every 2nd and 4th week of the month.**

Students that have gear should bring their gear to class those weeks. Those that do not can order gear through us using the gear sheets in the literature holder near the door. We also have a bunch of used gear that can be purchased between \$5-\$20 (see Master Serrano for availability). Those that do not have gear will have the opportunity to work on sparring techniques as well, but not full sparring. Please see Master Serrano with any questions.

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 other 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.

Upcoming Events and Special Classes

- **Sunday, May 16- Bo-Staff-** We will be reviewing bo-staff forms and working on new techniques.
 - White belts- 12-1 pm
 - Yellow and Purple belts- 1-2 pm
 - Red and Brown- 2-3 pm
- **Black Belt Training- Friday, May 21- 4-5:30 pm-** Training for Black Belts and Apprentice Black Belts. Focus will be knife and stick work. See Master Serrano for details. If there is a better time and/or date that will accommodate everyone we can consider it.

- **Saturday, May 22- USBA/WBA Canadian Cup-** Virtual Breaking Championships. This will be a virtual competition. We will compete via ZOOM with other people from around the world. Our students are welcome to set-up at the studio or at home. Please see Master Serrano for more details. Categories for all ages, ranks and genders. \$15 entry fee (by May 17th) plus materials. 10 am start time.

Leadership Team Training- Saturday- May 15, 11:30-1 pm

We will have a Leadership Team meeting/training on Saturday, 5/15, 11:30-1 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

Congratulations to all students who were recently promoted!

We would like to congratulate all of our students who recently achieved their next rank! Although there are basic areas we look at for each promotion, we also look at each student individually. Where they started and how they are progressing. There is also a “minimum number of classes” that must be attended between ranks. We are very proud of all our hard working students! Martial arts is a journey of hard work, dedication, and discipline. Every step in rank is a testament to your commitment; a step closer to Black Belt and beyond. Push yourself every class and train outside of the studio when possible. It will only make you better!

Rank promotional check sheets are available on our website, but you need to set up a log in. Email Master Serrano at dserrano@ects.biz with your email and we can set it up.

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.