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November 2021- Important upcoming dates and info

A Sincere Thank You from Master Serrano

Last month we mentioned how honored we are to have a studio filled with students who have become friends and family. We had no idea how relevant it would be. As you all know by now my father passed away on October 16th. He was an important part of my family's life. He lived his life as a hardworking family man, but always made time to be involved in my and my sister's life. He loved games, all games, and was pretty good at almost everything. In his younger years he trained in boxing and growing up in New York, at the time he did, he had to use his skills on many occasions. He was the first person to teach me about the importance of standing up for what is right, standing up for yourself and defending yourself if necessary. He loved this country, he respected our law enforcement (his brother was a police officer in NY), and held our military men and women in high regard. He was well known and well liked in Waterbury, and always greeted everyone with a smile and a firm handshake.

My father was the main influence in my Martial Arts journey. He pushed me to attend class, to practice, to compete. It didn't matter if I was the best, as long as I was putting in my best effort. He took me to many tournaments and functions, and was my biggest fan. Although his passing was obviously hard on my family and I, the outpouring of love and support was truly comforting. Especially the support from my Martial Arts family and friends. Many of the friends I have made over my many years in the Martial Arts came and paid their respects. Our East Coast Training Systems family not only showed up, but they wore their ECTS gear which was truly amazing and was commented on by so many. It truly showed the unity we have as a Martial Arts' family. We also were overwhelmed by the many flowers, cards and gift cards you all gave us. From the bottom of my heart, and from all of the Serrano family, thank you so much. You have no idea how much it meant to us.

Martial Arts has been my path, my life's journey, and I would not have it any other way. And after all of the kicks and punches, the breaking, the many times hitting the mat, the thing that stands out the most is the strong ties that I have made. Whether your journey in the Martial Arts is brief or lifelong I hope you experience the same feeling.

Sincerely, Master Serrano

Veterans Day

Every year for Veterans Day we try to do something special to honor those that served. This year we have a project we would like to put together. As a student we would like you to do 2 things. The first is to write a thank you card for someone you know who has served and send it to them. If you do not know anyone personally we encourage you to send it to one of our CT military bases or institutions. The second is to make a small sign saying thank you to someone you know or thank you to our veterans in general. Bring the sign to the studio on November 8th or 10th. We will take a picture with you and your sign. We will then be taking all of the pictures and putting them together in a video that will be posted and shared. Please help us to make this something special.

ZOOM and BAND

ZOOM has been discontinued for regular classes. As our in person classes have grown in recent months we are unable to keep up with ZOOM during class. We will continue to broadcast classes on the BAND app (barring technical issues) and students can follow along if they miss in person classes.

Parking Reminder- Please keep this in mind

A reminder that parking for our studio includes available spaces on our side of the building, 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 attached to the front door if you have any questions and we also have copies near the door. Thank you in advance.

Our focus is more than kicking and punching

Here are our planned themes for November:

Week 1- Humility- Being modest and respectful; Not boasting or bragging.

Week 2- Teamwork- Working together toward a common goal. Veterans, those who served.

Week 3- Focus- Concentrating on the task at hand.

Week 4- Pride- Feeling good about an accomplishment or creation.

Week 5- Good Sportsmanship- Displaying a good attitude win or lose.

Sparring gear- 2nd and 4th week of the month

All students should bring their sparring gear the 2nd and 4th week of the month. If you would like to order sparring gear please see Master Serrano. We also have some used gear for sale, size availability varies.

Leadership Team Training- Friday- November 12, 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 11/12, 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

- **Sparring technique- Sunday, 10/28-** Kids 1 and 2 (4:40 and 5:40 classes)- 3-4:30 pm; Kids 3 and Adults- 4-5:30
- **Breaking practice- 11/7- 4-6 pm-** Open to all students looking to compete at the upcoming Hall of Fame in Naugatuck.

Two upcoming breaking competitions!

- **USBA/WBA Hall of Fame Breaking Championships and ISKA NA Breaking Championships- November 13-** Naugatuck Events Center, Naugatuck- 10 am: This is an in person event at the Naugatuck Event Center in Naugatuck. There will be divisions in Creative, Power Wood, and Power Concrete. The ISKA North American Breaking Championships will also be held. **Registration is closed, but spectators are welcome.** Come out and support our ECTS competitors! Black Belts and Assistant Instructors are needed to help if available. <https://usbawba.org/events/usba-wba-hof-iska-north-american-2021> .