



## March 2025- Important upcoming dates and info

### Warmer weather will soon be here...

The weather will soon be getting warmer and spring will be here. This year take some time to get outside and enjoy fresh air and sunshine. Sunshine is a great source of Vitamin D which helps the immune system fight infections and viruses. Go for a walk, play in the yard, ride a bike, play an outdoor sport, or just sit and relax taking in nature; there are many ways to enjoy the outdoors. If you can combine being outside with activity you are doubling the benefit. Staying active is an important part of staying healthy!

### New class on Friday Nights for 16 yrs and older starting in April

Starting in April we will be offering a new class on Friday nights. Currently we have a ladies only Self Defense/Fitness class (Friday Night Fight Club) that runs 6-7:15 pm. Following this class we will offer a Weapons Only class from 7:30-8:30 pm. The main focus will be sticks and knives, but we may incorporate other weapons used in American-Filipino Kun Tao. The class will focus on weapons use in defense and offense. This class will be open to current students 15 yrs and older, and new people who want to join in to learn only weapons. Current students of our Monday and Wednesday program can join this class for an additional \$30 per month. For non-students it will be \$65 per month. Please see GM Serrano for more information.

### 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 March 10<sup>th</sup> and March 24<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- Honesty- Being truthful in what you say and do.

Week 2- Listening- Actively listening and responding.

Week 3- Sharing- Of one's belongings, time, and thoughts.

Week 4- Manners- Displaying good social conduct, and how it reflects on ourselves and our family.

### Upcoming Events and Special Classes

- **Next Ladies Only session starts February 28<sup>th</sup>** - Our next 8 week session for ladies only will start February 28<sup>th</sup>. Fridays, 6-7/7:15 pm, ladies and girls over 15 only. Email GM Serrano, [dserrano@ects.biz](mailto:dserrano@ects.biz), if interested
- **USBA and ISKA North American Breaking Championships- March 15<sup>th</sup>, 2025, 9 am- Chicopee, MA.** This tournament is usually the Bay State Breaking Championships, but this year it is the host of the USBA and ISKA North American. This is a small, family friendly, economical competition that is close by. \$75 for unlimited divisions. ISKA is a separate competition and starts earlier than the USBA portion. There is competition in breaking, open hand and weapons forms. If you are interested please see GM Serrano.
- **FREE Escape Alive one day class- March 29<sup>th</sup>, 2025 – 1 pm- 5pm- Orange, CT- Holy Infant Church-** 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).
- **FREE Escape Alive one day class- April 6<sup>th</sup>, 2025 – 1 pm- 5pm- Oxford, CT- Oxford Grange-** 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).

## Being a student and monthly payments

We would like to thank all of our students and families who make our studio a special place! Since we have had new faces join our studio we wanted to bring everyone up to speed on our student and payment policies.

The standard in our industry when it comes to payments is contracts and billing companies. Usually, contracts are one year or more. We have done our best to keep our class fees on a month-to-month basis with no long-term contracts. This allows us to keep our fees low, provides our students with the ability to change from one to two days per week as needed, allows for us to accommodate special situations such as medical time away from classes, and allows a student to stop training without the fear of having to fulfill contract obligations.

Although we are on a month-to-month basis we still base our studio budget on current active students in good standing. This means a student that is at least on the one day per week fee schedule.

We hope that you see the value in our studio, whether for yourself or your child. We do our very best to provide the most positive experience for everyone and are always available to listen to any concerns you may have. We rarely ever close, even on holidays that others in our industry close on, because if you are willing to train we want you to have the opportunity to do so. And we are there to help those in our studio that are struggling, whether personally or financially.

**With all of the above in mind we would like to remind everyone of the following:**

- **Monthly payments are due on or before the 12th of each month**
  - After the 12th a \$10 late fee will be added to your account.
  - If your account remains unpaid by the last day of the month an additional \$10 late fee will be added.
  - If you are having trouble making your payments please see GM Serrano.
- **All current students are required to be a student in good standing.**
  - Changes in a student's attendance from one to two days, or vice versa, must be communicated before the month begins.
  - If a student attends any part of a given month the student will be charged for the 1 day per week fee for the month. We do not offer per class payments.
  - Students are allowed to make up missed classes as possible during the following month. A student can remain in good standing up to 3 months without attending classes.
  - A maintenance fee of \$50/month for adults, \$35/month for kids, and \$25/month for Little Tigers will be charged for a student to remain in good standing, even if no classes are attended.
- **After 3 months of non-attendance, or upon one month in lapse of payment, a student will be considered a "former student".**
  - A former student who wishes to rejoin the studio as a student will be required, upon acceptance, to pay any owed dues, a new registration fee, and will rejoin at the current monthly rate at the time of rejoining.
  - The former student may also be subject to rank adjustments based on assessment by GM Serrano.
  - If you ever have a medical issue, whether yourself or a family member, that will prevent you from attending class we will allow you to suspend your status as a student with no changes until you can return to classes.

**As always, if you have any questions please see Grand Master Serrano.**