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## January 2022- Important upcoming dates and info

### Happy New Year!!

Since this is our first newsletter of 2022 we would like to wish everyone good luck and good health in the New Year! May the best of your 2021 be the worst of your 2022. As we enter another year we would like to thank all of our students and families who continue to bless our studio. We will continue to do our best to earn your trust and loyalty!

# 2022

HAPPY NEW YEAR

### Our focus is more than kicking and punching

Some of our newer parents may not be aware, but almost every week we start our children's classes with the theme of the week. The theme may be a positive character trait, the meaning of a celebrated holiday, the power of self-belief, or something that is happening in our studio and why it is important. We often relate the theme to the students' daily lives or something they may experience as they grow older. Our goal is always to inform and empower to the best of our ability, and to reinforce the positive character traits that will hopefully make our students successful leaders and positive members of our community. Our weekly theme can also be an opportunity for our parents to discuss their personal thoughts and experiences with their children.

Here are our planned themes for January:

Week 1- **New Year's Resolutions**– Setting new goals and implementing changes to reach those goals.

Week 2- Sharing- Of one's belongings and thoughts.

Week 3- Encouragement- Cheering someone on, displaying belief in someone.

Week 4- Manners- Displaying good social conduct.

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

Over the last couple of weeks we have been 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.

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=B0ksW\\_NabEk](https://www.youtube.com/watch?v=B0ksW_NabEk) . The link will also be in the NEWS/EVENTS section of our website.

We have asked all students to reflect on this and give us one thing they would like to do in 2022. Anything that will make them better in some way because of it. We asked students to write this on a blank piece of white paper, no name, and drop it in the lock box used for payments. We will accept them until 1/14. We will be taking all of these "resolutions" and making something special for the studio.

### 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, the higher up in rank the more classes needed between promotions. 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! A Black Belt is something few achieve and is something you can be proud of for the rest of your life.

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](mailto:dserrano@ects.biz) with your email and we can set it up. There are also many instructional videos on BAND to help you review and maybe learn something new.

### **Vitamin C Studies and Covid**

Last month we highlighted information on 145 studies concerning the importance of Vitamin D as it relates to Covid illness. These studies show a correlation between negative outcomes and D deficiency. This month we wanted to continue along these lines with studies relating to Vitamin C. 27 studies from 297 scientists in 10 countries showing significant improvement in outcomes, especially when combined with other vitamins and supplements. Staying illness free, or recovering from illness, is greatly increased by overall health and balance of the essential immunity boosting vitamins our bodies need. This is the link to the studies which will also be posted to our site in the NEWS/EVENTS section of our website- <https://c19vitaminc.com/> . Stay healthy!

### **Vitamin C for COVID-19**

**27 studies from 297 scientists**  
**31,062 patients in 10 countries**

Statistically significant improvement for **mortality, progression, and recovery.**

9 studies from 6 countries show statistically significant improvements in isolation.

**33%** improvement in **9 RCTs** CI [17-46%]

**41%** lower **mortality** in **6 RCTs** CI [4-63%]

COVID-19 VITAMIN C STUDIES. JAN 9 2022. C19VITAMINC.COM

### **Upcoming Events and Special Classes**

- **Belt reviews- Saturday, 1/15-** Yellow and Purple- 12-1:30 pm; Red, Brown, and App BB- 1:30-3 pm
- **Save the Date- USBA Massachusetts State Breaking Championships- Saturday, March 12, 2022- Chicopee, MA-** Divisions for all ranks and genders. Online registration will be open soon.

### **Leadership Team Training- Friday- January 28, 4-6 pm**

We will have a Leadership Team meeting/training on Friday, 1/28, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

### **Beanie Hat Sale! Keep Your Head Warm in Style**

You have to keep your head warm in cold weather. What better way than an ECTS Beanie. For this month only they are \$9 each, regular \$12. Limited quantity, black and blue available. While supplies last.



### **Sincere Condolences to Mrs. DiGiovancarlo**

We would like to express our sincere condolences to Mrs. DiGiovancarlo and family. Mrs. DiGiovancarlo’s mother recently passed. Both of Mrs. DiGiovancarlo’s parents have always been supportive of our studio, and over the years have become family. We wish the entire DiGiovancarlo and Stanco families peace in the coming days. Mrs. Stanco helped raise two wonderful children, Mrs. DiGi and her brother, who have gone on to make a huge impact in so many others’ lives. Her legacy lives on in them.