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## December 2024- Important upcoming dates and info

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

2024 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 2<sup>nd</sup> year here in Middlebury after 11 years on Watertown Ave. in Waterbury, and many locations before that. 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 2025!



### What is Naugatuck Valley Martial Arts and Self Defense?

For those that have joined the ECTS family over the past year you may have wondered how “Naugatuck Valley Martial Arts & Self-Defense” and “East Coast Training Systems” fit with one another.

At our last location our sign featured our ECTS logo and the Bunker Hill Karate logo (the 2 main styles taught at our studio), but the main highlight of the sign in big letters was “Martial Arts, Self Defense, and Fitness”. Although you as a student or parent are now familiar with what East Coast Training Systems is, our name can be a bit non-descriptive. Once we knew we were moving to Middlebury we wanted to come up with a name that would be descriptive and easily recognizable. The “Naugatuck Valley” name seemed to fit perfectly and was not in use. The Naugatuck Valley name is actually under the East Coast Training Systems umbrella (as is Escape Alive), but we use it as the name of our studio to be more recognizable to new clients. We also have a website NaugatuckValleyMartialArts.com as a landing page that links to the various programs we offer.

NAUGATUCK VALLEY  
**Martial Arts & Self-Defense**  
 WWW.NAUGATUCKVALLEYMARTIALARTS.COM

### American-Filipino Kun Tao

East Coast Training Systems  
 www.ECTS.biz



### Traditional Tang Soo Do

Bunker Hill Karate  
 www.BunkerHillKarate.com



### Escape Alive Survival Skills

On Location Self-Defense Training  
 www.EscapeAlive.org



### Martial Arts Breaking

U.S. & World Breaking Association  
 www.USBAWBA.com



### Christmas Party- 12/23- 5:30-8 pm! Special Schedule

In celebration of the Holiday Season we will be having a group training/party on 12/23! We will not be doing the normal class schedule. Instead we would like all students from all classes to arrive by 5:15 pm. We will have a studio training with all students from 5:15-6:30 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 GM Serrano or one of the instructors to add your name and number of attendees from your family.



## 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- \$8, Water bottles- \$8, Book bag- \$5. Buy all three for \$18. See GM Serrano for details. Supplies are limited.



## No Class 12/25 and 1/1

In observance of Christmas and New Year 's Day there will be no classes Wednesday, December 25<sup>th</sup> and Wednesday, January 1<sup>st</sup>.

## Sparring week

This month there will only be one sparring week, the week of December 9<sup>th</sup>. Please be sure to bring your sparring gear.

## Thanks to our Veterans who joined us on 11/11

On Monday, 11/11, we had the pleasure of being joined by a number of Veterans who shared stories, experiences and insights. A sincere thank you to them and all who attended from the studio!



## Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

Week 1- Commitment- being dedicated or devoted to a cause or activity

Week 2- Kindness- Good or charitable behavior, pleasant disposition, and concern for others

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.

## Upcoming Events and Special Classes

- **Next 8 week Women's Self Defense class starts January 3<sup>rd</sup> - 6-7 pm, Friday nights-** This class runs in 8 week sessions. \$99 for all 8 weeks, \$175 for 2 people that come together.
- **FREE Escape Alive Women's Self Defense 1 day class- January 11<sup>th</sup> , 1-5pm- Middletown, CT –** Women and girls only, 12 yrs and older with parental permission. Attend by yourself or with a friend. Mothers and daughters are encouraged to attend together. No experience necessary. You must register online, but there is no cost. For more info go to <https://www.escapealive.org/escapealiveclasses> .
- **Men's Only Classes, Friday nights- 7:30 pm-** Men 18 and older. The focus is on striking and self-defense.

