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June 2025- Important upcoming dates and info

Congratulations to Mr. Thapa!

Mr. Siddhartha Thapa recently graduated Holy Cross High School as Valedictorian. Mr. Thapa has been with ECTS since 2014. We have watched him grow into a wonderful, responsible, hard-working young man. His academic achievements are many and are highlighted by being at the top of his Holy Cross class. We often stress the importance of school and Mr. Thapa is a shining example of what is achievable if you dedicate yourself. For our students that are considering college, excelling in High School can open doors to many opportunities, including scholarships. Mr. Thapa received a scholarship to UCONN in recognition of his academic excellence. Congratulations Mr. Thapa! Wishing you all the best as you move on to college!



Celebrate our freedoms this 4th of July

As you are probably aware we are very patriotic at our studio. That is one reason why we have the US flag and the Constitution proudly displayed at the entrance of our studio. It is important to remember the true meaning behind the holiday of July 4th. Our independence as a nation, our freedom from tyranny, our right to exist and make our own path as a nation. The Preamble to the US Constitution reads:



"We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common Defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America."

Our constitution was meant to be the foundation and to lay out the guiding principles for a sovereign nation. In **Marbury vs. Madison, an 1803 Supreme Court case, the following was stated: "All laws which are repugnant to the Constitution are null and void"**. Therefore, any statute that violates the Constitution cannot be considered valid, emphasizing the importance of constitutional adherence in legislative processes.

President Ronald Reagan once said the following: **"Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same, or one day we will spend our sunset years telling our children and our children's children what it was once like in the United States where men were free."**

We must be sure to pass down what it means to be free and the importance of the Constitution to the generations that follow, or we will wake up one day to a different United States; and in turn a different world. It is the responsibility of ALL Americans to stand against tyranny, the idea of taking away those freedoms, when we encounter it. Happy Independence Day!

Good luck to our younger competitors competing June 8th!

On Sunday, June 8th, there will be an invitation only breaking tournament for 12 and under. We have 5 students competing- Cason, Ollie, Finnegan, Mckenna, and Harper. They have all been practicing very hard. If anyone would like to come out to the event and show their support competition starts at 9 am. The address is Bergamo's Martial Arts, 272 Sandbank Road, Cheshire. Wishing our team the best of luck!

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be June 9th and June 23rd. 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- Skill- ability that comes from training or practice

Week 2- Loyalty- faithfulness or devotion to a person, country, or cause

Week 3- Belief- trust, faith, or confidence in yourself, someone or something

Week 4- Community- A sense of belonging to something larger than self

US Open World Martial Arts Championships- July 17th-19th

The US Open ISKA World Martial Arts Championships are held in Orlando, FL every year in July. Grandmaster Serrano, Mrs. Serrano, Grandmaster Bergamo, Mr. Padin, Ms. Majarocon and many of our AFKT Black Belts and students have traveled to this event over the past 25 years. This is one of the largest open martial arts competitions in the world with competitors traveling from all over to compete. Last year's event was streamed on FightTV and GM Serrano was one of the broadcast announcers for the ISKA World Breaking Championships. This year the ISKA World Breaking Championships will be televised live on ESPN, Friday, July 18th, 6-9 pm. GM Serrano will once again be involved in the broadcast. Tune in and watch the best breakers in the world!



Plan ahead- North East Open Martial Arts Championships- August 9th- Albany, NY

Mark your calendar for the North East Open. It is a medium sized tournament with a large event feel hosted by our friend Adam Grogin. Held at the Capitol Events Center in Albany, NY it is a great venue. There is competition in sparring, forms, weapons, self-defense, and breaking. Discounted room rates are available at the connected Renaissance Albany Hotel. If you are interested in competing please see GM Serrano. If we have students interested we will schedule practices starting in July.



Upcoming Events and Special Classes

- **Next 8 week Women's Self Defense class starts in June 20th- 6-7 pm, Friday nights-** If you are female and haven't tried our ladies only Friday night class, are interested in learning the basics of self-defense and are up for a workout, we invite you to give this class a try. Next session starts June 20th. Parents of students receive a 10% discount. See GM Serrano if interested.
- **FREE Escape Alive one day class- June 8th, 2025 – 1 pm- 5 pm- Bristol, CT-** 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
- **FREE Escape Alive one day class- June 28th, 2025 – 11 am- 3 pm- Danbury, CT-** 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