

July 2024- Important upcoming dates and info

Happy 4th of July!

One of the most important holidays in the USA is July 4th- Independence Day! Without this day our lives here, and the lives of many around the world who see the United States as the beacon of freedom, would surely be different. We should never forget the real reason behind cookouts, parades, and fireworks during this time.



From National Geographic:



Hear that marching band playing patriotic music? Smell those hot dogs cooking on the grill? See those fireworks exploding in the night sky? Then it must be Independence Day!

Also called the Fourth of July, Independence Day marks the historic date in 1776 when the Declaration of Independence was approved by the Continental Congress. The written declaration stated that the American colonies were tired of being ruled by Great Britain. They wanted to become their own country.

A GROWING ANGER

Before the declaration, America was part of the Kingdom of Great Britain (now called the United Kingdom). In the 1600s, people came from Great Britain to settle in what is now North America. Between 1607 and 1732, the British founded 13 colonies: Virginia, New York, Massachusetts, Maryland, Rhode Island, Connecticut, New Hampshire, Delaware, North Carolina, South Carolina, New Jersey, Pennsylvania, and Georgia.

As these colonies grew, the people who lived there thought the British government treated them unfairly. For instance, they had to pay taxes on items such as tea and allow British soldiers to stay in their homes. The colonists had to follow these laws but couldn't do anything to change them. The colonists rebelled. As a result, the Revolutionary War between the colonists and Great Britain began in 1775.

Fighting wasn't enough though. The colonists decided they needed to declare their independence in writing to explain their reasons and gain support from other countries like France. On July 4, 1776, a small group of representatives from the colonies—called the Continental Congress—adopted the Declaration of Independence.

DECLARING INDEPENDENCE

Written by a committee led by Thomas Jefferson, the document was signed by people from all 13 colonies. But the British government didn't accept it. So the colonists continued to fight for independence until they finally defeated Great Britain in 1783.

The Declaration of Independence, now housed at the National Archives in Washington, D.C., is recognized around the world as an important message of self-governance and human rights. The second sentence says it all: that all people are created equally and have rights that include life, liberty, and the pursuit of happiness.

Congratulations to Sophia Serrano, Mr. Tansley, Mr. Tanguay, and Grand Master Mel Hebert on their recent promotions!

On June 18th we held a special group training at Grand Master Bergamo's studio in Cheshire. Bergamo's is also part of the American-Filipino Kun Tao Federation. The training was special in a number of ways. Sophia was promoted to Brown Belt Black Stripe, Mr. Tansley was promoted to Apprentice Black Belt 4th degree, Mr. Tanguay completed his requirements for and was promoted to 1st degree Black Belt, and Grand Master Mel Hebert of California was promoted to 9th degree Black Belt in AFKT.

Steve Tansley was promoted to Apprentice Black Belt 4th and is now Mr. Tansley at the studio. Mr. Tansley has been with ECTS for almost 14 years and has come a long way as a Martial Artist. He has always been athletic, and his application of Kun Tao techniques and his ability to help teach fellow students have really come together over the years. Mr. Tansley has been a big part of our Escape Alive program since almost the beginning and has helped teach thousands of women and girls. We thank Mr. Tansley for his dedication and loyalty all these years, and look forward to seeing Mr. Tansley continue on the path to Black Belt.



Mr. Jonathan Tanguay...A Black Belt is a White Belt who didn't quit! What to say about this outstanding young man. We have literally watched Mr. Tanguay grow up at our studio. He has dedicated close to 15 years to training, learning, and teaching American-Filipino Kun Tao. Every day he puts forth his best effort, every day with a smile.

Honor. Mr. Tanguay is a man of his word. He always strives to present the best version of himself, both in and out of our studio. He is a credit to his family.

Respect. Respectful in every way. To his sisters, to his parents, to his instructors and fellow students. And he does not demand any respect in our studio, but he does earn it through his actions.

Humility. Mr. Tanguay is never brash or arrogant, and is always ready to learn. He doesn't let his successes change how he interacts with others. He doesn't look down on others at the studio, but looks to guide them at every turn.

Discipline. One of the most important traits needed to achieve Black Belt (or to reach any meaningful goal in life). The journey of a Kun Taoist is long, there are ups and downs, good days and bad days. There are grueling training sessions and high expectations. But there is a reason behind it all. Mr. Tanguay displayed the discipline to keep moving forward, never once thinking he could not.

Technique and Tenacity. Mr. Tanguay has shown his technical proficiency and his warrior spirit. This culminated on June 18th as he adapted techniques to accommodate his broken hand. He did not let this setback hold him back.

We are thankful to his parents and sisters for sharing him with East Coast Training Systems. Congratulations to Mr. Tanguay on achieving this milestone in his Martial Art's Journey. We look forward to the great things he will achieve in the future!

Grand Master Hebert is one of the original students of the late GM Joseph Rossi, the founder of our style. He has been a steadfast voice in Kun Tao, dedicating 54 years to teaching, training, competing, and spreading the teachings of Kun Tao. We were honored to have him as part of the special training on June 18th. And we wanted to honor him for all he has done to carry on our style.



The last promotion GM Hebert received from the American-Filipino Kun Tao Federation was 8th degree in 2009. On June 18th, 2024 we officially recognized GM Hebert as a 9th degree Black Belt in American-Filipino Kun Tao. He joins GM Bergamo as the highest ranking members of our federation. All of our AFKTF Grand Masters, Masters and Black Belts, Master Gentile and Mr. Barquin from Nevada, added their names to this amazing achievement and recognition.

We congratulate GM Hebert on his promotion, and thank him for his teachings in and dedication to Kun Tao.



Grand Master Serrano to be part of the live broadcast of the ISKA US Open World Martial Arts Championships- July 6th

The US Open World Martial Arts Championships in Orlando, FL is July 4th-6th. This is one of the largest open Martial Arts events in the World drawing competitors and practitioners from everywhere. The ISKA World Breaking Championships will once again be streamed live Saturday the 6th, and this year on multiple platforms- ThrillerTV, Swerve, Fight Network, and Stadium Network. Grand Master Serrano will once again join the broadcast team as a commentator for the action from 10 am-2 pm. Grand Master Bergamo, Mrs. Leblanc, and Mr. LeBlanc of Bergamo's, as well as Mr. CJ Murphy from Academy of Fighting Arts, will be featured during the broadcast. We will post links on Facebook and BAND once we get them. If you can give it a watch.



Congratulations to our Graduating Seniors!

Like in Mr. Tanguay's case, we have watched some of our students grow up right before our eyes. Congratulations to some of our long time students who recently graduated high school and are taking the next step in the journey of life- Scott, Autum, Ian, and Greg. Wishing all of you the very best that life has to offer!



Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be July 8th and July 22nd. 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- Being a Leader- Not a follower

Week 2- Being Truthful- telling the truth and the consequences of not

Week 3- Courage- strength of mind to carry on in spite of danger or difficulty

Week 4- Gratitude- being thankful for what you have and receive

Week 5- Skill- ability that comes from training or practice

North East Open Martial Arts Championships- August 10th- Albany, NY

The North East Open is a favorite tournament for us. 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 Ladies Only class (Friday Night Fight Club) starts July 12th - 6-7 pm, Friday nights-** No experience necessary and participants work at their own pace and ability level. \$99 for all 8 weeks, \$175 for 2 people that come together.
- **Men's Only Classes**— Men 20yrs and older. Classes are Friday nights 7:30-8:30 pm. Light fitness workout, striking, and practical self-defense training. \$35 per month or \$15 drop-in per class. Email GM Serrano, dserrano@ects.biz or text him 203-410-9222, if interested.
- **FREE Escape Alive one day class- July 28th, 2024 – 1 pm- 5pm- Here at the studio- Middlebury-** 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. You must register online at www.escapealive.net

