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March 2021- Important upcoming dates and info

Thank you!!

We would like to thank you for being a part of the ECTS family! Our studio would not be what it is if not for our loyal students, supportive parents, and dedicated instructors and assistants. We are grateful for you all!

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 March:

Week 1- Those convinced against their will are of the same opinion still. Positive change starts from within.

Week 2- Priorities

Week 3- Giving 100%

Week 4- The importance of fitness and flexibility

Week 5- The importance of please and thank you

Sparring in Children's classes

Toward the end of this month we are looking to bring back sparring to the children's classes (Little Tigers do not spar). Sparring is an important part of training and helps hand-eye coordination, footwork, self-confidence, control, and fortitude. Many students have gear already. Those that do not can order gear through us using the gear sheets in the literature holder near the door. Those that do not have gear will have the opportunity to work on sparring techniques as well, but not full sparring. Please see Master Serrano with any questions.

Congratulations to our Spring Cup competitors!

On March 6 we had 5 students and Master Serrano compete in the USBA/WBA Spring Cup Virtual Breaking Championships. Incredible breaks! Although the results have not been tabulated yet we have a feeling we took many 1st place wins. Congratulations to all who competed and thank you for representing ECTS so amazingly! A highlight video should be posted to our Facebook page and BAND in the coming weeks. The next virtual event will be May 22nd.

Upcoming Events and Special Classes

- **Sunday, March 21- Children's Belt Reviews-** We will be reviewing various areas required for each rank.
 - White belts- 12-1 pm
 - Yellow belts- 1-2 pm
 - Purple belts- 2-3 pm
 - Red and Brown- 3-4 pm
- **Black Belt Training- Sunday, March 21- 4-5:30 pm-** Training for Black Belts and Apprentice Black Belts. Focus will be self-defense applications. See Master Serrano for details. If there is a better time and/or date that accommodates everyone we can consider it.

Leadership Team Training- Saturday- March 13, 11-12:30 pm

We will have a Leadership Team meeting/training on Saturday, 3/13, 11-12:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

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. 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!

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 with your email and we can set it up.

Join our BAND!

We have our own private group on BAND, an app accessible from your phone, tablet or computer. We post announcements and have a number of instructional videos covering everything from rolls to forms to weapons and more. We will continue to add content as possible. If you are not part of our BAND and would like to join please let us know and we will send you an invite. Only students and AFKTF Black Belts are allowed to join.