



520 Watertown Ave.
Waterbury, CT 06708
Tel: 203-768-2866
203-410-9222
www.ECTS.biz

August 2023- Important upcoming dates and info

August is here, back to school is around the corner...

We hope that everyone is enjoying their summer months with family and friends. It is a very true statement that "time flies"; especially when you are a parent watching your once little infant growing into a young adult. Cherish time with your children, and kids cherish time with your parents.

With school around the corner we want to remind our younger students that education is very important! The more you put into your schooling the better prepared you will be for adulthood. As with any endeavor in life your success depends on the effort you put in. Whether you are on a path to college or studying a trade, now is the time to learn, create good work ethic, and prepare mentally to be a leader in whatever journey you choose.

Welcome to our new students and their families!

Over the past several months we have had some new students join the ECTS Family. Welcome! If you are a veteran student or have been part of the ECTS family for some time please take some time to welcome our new families. The success of our studio is greatly due to our family atmosphere, let's carry that forward.

Congratulations to Lisa and Sophia on their recent wins at the US Open World MA Championships

The US Open World Martial Arts Championships in Orlando, FL is one of the largest open martial arts tournaments in the world. Competitors from all over the world make their way to Orlando every year to compete at the US Open. Sophia Serrano and Lisa Mingione competed this year in the breaking portion of the event. Lisa won 2 first places and Sophia took 2 third places. In addition Lisa and GM Serrano were part of a night show performance with the USBA/WBA team that included breaking, forms, self-defense and concluded with a World Record by Elana Rapisarda from NY.



GM Serrano was also part of the morning broadcast on FITE.TV as the breaking commentator for the ISKA World Breaking Championships. The broadcast was PPV and can be purchased here- <https://www.fite.tv/vl/p/us-open-iska/>

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be August 14th and August 28th. 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- Focus- Concentrating on the task at hand

Week 2- Pride- Feeling good about an accomplishment or creation

Week 3- Good Sportsmanship- Displaying a good attitude, win or lose

Week 4- Respect- Treating others with courtesy and honor

Leadership Team Training- Friday- August 18th, 4-5:30 pm

We will have a Leadership Team Meeting/Training on Friday, 8/18, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see GM Serrano if you cannot attend.

Special Training- Red and Brown Belts- August 26th- 1-3 pm

We will be having a special training for all Red and Brown Belts on 8/26, 1-3 pm. The focus will be on content related to these ranks. All Red and Brown Belts, adults and children, are **required** to attend. Please see GM Serrano if you cannot attend.

North East Open Martial Arts Championships- August 12th - 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 Grogan. 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. Registration is closed, but you can still come and watch. We have multiple competitors from ECTS competing.



Upcoming Events and Special Classes

- **Red and Brown Belt Special Training- August 26th, 1-3 pm** – We will be having a special training for all Red and Brown Belts on 8/26, 1-3 pm. The focus will be on content related to these ranks. All Red and Brown Belts, adults and children, are required to attend. Please see GM Serrano if you cannot attend.
- **FREE Escape Alive Women's Self Defense 1 day class- August 6th, 1-5pm- Simsbury, CT** – This is part of our Escape Alive program in partnership with Jane Doe No More. Every month we do at least one free class somewhere in CT. This month it will be in Simsbury. 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> . Next class is September 24th, 1-5, at Pomperaug HS in Southbury.
- **Men's Only Classes- Summer Schedule** – We will be running 3 classes per month starting in June for Men 30yrs and older. Classes are Saturday mornings, 10-11/11:30 am. Light fitness workout, striking, and practical self-defense training. Dates are below. \$35 per month or \$15 drop-in per class. Email GM Serrano, dserrano@ects.biz , if interested
 - **June 3rd, 10th, 24th**
 - **July 8th, 22nd, 29th**
 - **August 5th, 19th, 26th**