

July 2025- 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.

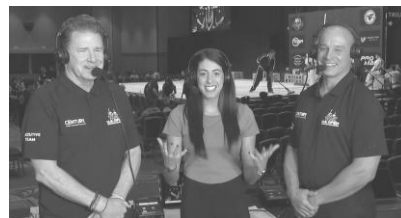
DECLARING INDEPENDENCE

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.

Grand Master Serrano to be part of the live broadcast of the ISKA US Open World Martial Arts Championships- July 18th

The US Open World Martial Arts Championships in Orlando, FL is July 17th-19th. 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 aired live on ESPN+. Grand Master Serrano will once again join the broadcast team as a commentator for the action from 6 pm – 9 pm. Grand Master Bergamo, Master Grogin, Master Murphy, and Mr. CJ Murphy will be part of the broadcast as well. You may even see Lisa ringside helping. Watch the action live July 18th, 6-9 pm!



Congratulations to our students who competed in Cheshire!

On June 8th we had a small group of junior competitors compete in an invitation only breaking event at Bergamo's Martial Arts. Congratulations and thank you for representing ECTS in fine fashion!

Congratulations to our Graduating Senior!

We have watched some of our students grow up right before our eyes. Congratulations to Sid Thapa on graduating Valedictorian of his class at Holy Cross! Mr. Thapa is looking forward to continuing his education at UCONN starting in the Fall! Hopefully we will still see him on occasion.



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 14th and July 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- Bravery- To do what is right even when it is not easy

Week 2- Charity- Giving without anything in return

Week 3- Discipline- Controlling one's actions to achieve a goal

Week 4- Kindness- Good or charitable behavior, pleasant disposition, and concern for others

North East Open MA Championships- August 8th- 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.



Upcoming Events and Special Classes

- **FREE Escape Alive one day class- July 26th, 2025 – 1 pm- 5pm- West Hartford, 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. You must register online at www.escapealive.net