

July 2026- Important upcoming dates and info

Happy 250th Birthday to the United States!

One of the most important holidays in the USA is July 4th- Independence Day! And this year is even more special. 250 years since the founders of the United States of America took the brave and bold move to break away from Great Britain. The United States continues to be a beacon of freedom. What started off as an experiment in self-governance has grown into the leader of the free world. 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.

Wishing luck to our students competing at the US Open World Martial Arts Championships- July 2nd - 4th

The US Open World Martial Arts Championships in Orlando, FL is July 2nd – 4th. This is one of the largest open Martial Arts events in the World drawing competitors and practitioners from everywhere. Competitions include the USBA/WBA World Breaking Championships and The ISKA World Breaking Championships. Mr. CJ Murphy, Sophia Serrano, and Samantha Valente will be competing and we wish them good luck and good skill!



Congratulations to our students who competed at the North American Breaking Championships!

On June 6th we had a group of competitors that competed at the North American Breaking Championships in Wallingford! Mr. CJ Murphy, Pete, Samantha, Paola, Elizabeth, Miguel, and Harper represented our studio in fine fashion. As a studio we took a number of 1st – 3rd place wins, including Mr. Murphy winning an ISKA title belt. Please join us in congratulating them!



Congratulations to our Graduating Senior!

We have watched some of our students grow up right before our eyes. Congratulations to Apprentice Black Belt Erika Reynolds on graduating with multiple awards from Kaynor Technical HS! Ms. Reynolds has grown into a wonderful young lady. She has been a dedicated, hardworking student at our studio for many years. She has already started working in her trade at Sikorsky. Join us in congratulating her on graduating and wishing her luck as she pursues her trade.



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 13th and July 27th. 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- Visualizing your future self. You will become the person you think you will become.

Week 2- Encouragement- Cheering someone on and displaying belief in someone.

Week 3- Manners- Displaying good social conduct. It says more about you than you may think.

Week 4- What is important to you? And how it changes over time.

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, and breaking. If you are interested in competing please see GM Serrano. If we have students interested we will schedule practices.

<https://www.northeastopen.com/>



