



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

October 2023- Important upcoming dates and info

A New Location is on the Horizon

We have been here at 520 Watertown Ave. since 2013. Many students have passed through the door of our studio. Some have stayed for a while, others have stayed the duration. We are thankful for every student and their families. A few months ago the new owners of the building we are currently in informed us they will not be renewing our lease because they would like to have another automotive related business instead of a Martial Arts studio. As much as this location has become home we understand their reasoning. We started to search for a new home for our studio and our students. The search has been difficult to say the least. Many locations in our area do not have an open floor plan that would work for a studio, others are just not cost effective, others are not in a good area. Our goal is to find a location with space, parking, and in a good area; close to where we are currently. With this being said we have a couple of possibilities, but at this point nothing is set in stone. We just wanted to keep our students and parents in the loop. As soon as something is confirmed we will let everyone know. And we hope that you will continue to be part of the ECTS family when we do move to a new location.



The Start of a New School Year

We would like to wish all of our younger students a year filled of new experiences, new knowledge, and new friends. We believe that schooling (whether home school, public, or private) is one of the most important aspects of growing up. The old saying "knowledge is power" is true in many ways. All future knowledge builds on the foundations of what we learn as children. From elementary school to middle school to high school to college and beyond, each builds upon the previous.

Do your best to set your priorities this year. Be an active participant in your classes, get your homework done, submit your assignments on time or early even. When doing homework minimize distractions (tv, cell phone, video games) and focus on the task at hand. If you are having trouble with a subject ask for help, don't feel silly or ashamed. We all need help from time to time. Do your best and be honest with yourself if you are not. Believe in yourself, stay focused, and you will succeed!

USBA/WBA Hall of Fame Breaking Championships- November 11th - Cheshire, CT

There is an upcoming breaking and forms competition in Cheshire on November 11th. This is a yearly event and one of the few in CT. We encourage all of our students to take part. Whether you have been to a competition or not there are divisions for all ages, ranks, and genders. Most of our students compete in breaking, but if you would like to try forms we can work on that as well. We will practicing in class and will be having the following practices in addition:

October 8th - 3-5 pm

October 21st - 12-1:30 pm

October 28th - 12-1:30 pm



Please see GM or Mrs. Serrano for more information. You can register online or at the studio.

Congratulations to all of our students recently promoted

Every push up, every kick, every punch, every roll, every throw, every stick drill, every form; everything you do during class moves you forward toward your next promotion. Is it easy...no, but you can do it. Can it be repetitious...sometimes, but that is how you build muscle memory. Can it be challenging at times...of course, but with each new challenge comes new skill. Can it be fun...we hope so! Congratulations to all of our students who were recently promoted. Whether you know it or not you are improving your Martial Arts' skill all the time. Sometimes you may not see it, but your instructors definitely do. Keep up the great work!



Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be October 9th and October 23rd. 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- Manners- Displaying good social conduct

Week 2- Priorities- Doing those things that are most important first

Week 3- Giving 100%- Doing things to the best of your ability

Week 4- Fitness and Flexibility- The positive life benefits

Leadership Team Training- Friday- October 6th, 4-5:30 pm

We will have a Leadership Team Meeting/Training on Friday, 10/6, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see GM Serrano if you cannot attend.

Upcoming Events and Special Classes

- **FREE Escape Alive Women's Self Defense 1 day class- October 29th, 1-5pm- South Windham, CT –** 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> .
- **USBA/WBA Hall of Fame Breaking Championships- November 11th- Cheshire, CT**
- **Men's Only Classes- Fall Schedule –Men 30yrs and older.** Classes are Saturday mornings, 10-11/11:30 am. Dates are below. \$15 drop-in per class. Email GM Serrano, dserrano@ects.biz , if interested
 - **October 14th, 21st, 28th - \$35/mo**
 - **November 4th, 18th, 25th - \$35/mo**

