

July 2022- Important upcoming dates and info

Congratulations to our newest Apprentice Black Belt- Mr. Siddhartha Thapa!

A huge congratulations to our newest Apprentice Black Belt, Mr. Siddhartha Thapa! Mr. Thapa joined ECTS in June of 2014. Throughout his time training he has always put forth his best effort. Always respectful and always eager to learn. Mr. Thapa was promoted during a multi-studio training held at Bergamo's Martial Arts on May 26th after an intense class and display of his self-defense technique. We are very proud of Mr. Thapa and look forward to his continued progression toward Black Belt. Mr. Thapa's brother Surya was promoted to Brown Belt/Black Stripe on the same day.



Revisiting your New Year's Resolutions

In January of this year we asked students to submit one resolution for 2022. A personal goal. Something you wished to start or improve on. We had many great submissions and created a poster that is displayed in the seating area. Half of 2022 is now in the books and it is time to revisit your resolutions and evaluate your progress so far. It's not too late to achieve what you set out to do! Each achieved goal leads to the next!



Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

Week 1- **Appreciation and Thanks**– Showing appreciation for even the smallest gesture of kindness; it is the thought that counts.

Week 2- Integrity- Always doing the right thing even when no one else is watching.

Week 3- Responsibility- Taking ownership of what you say and do, not passing the blame.

Week 4- Leadership- Leading by example, being the first to tackle a new challenge or task.

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 11th and July 25th. Please be sure to bring your sparring gear those weeks.

Leadership Team Training- Friday- July 15th, 4-5:30 pm

We will have a Leadership Team meeting/training on Friday, 7/15, 4-5:30 pm. All instructors and assistant instructors are required to attend. Please see Master Serrano if you cannot attend.

Upcoming Events and Special Classes

- **Breaking Practice, Saturday, July 23rd, 1-4 pm-** In preparation for the Northeast Open, and for all students in general, we will be having a breaking practice. We will be going over techniques, holding, and actually breaking materials (you break it you take it). Boards are \$1.75 each, blocks are \$2. Please let Master Serrano know if you will be attending.
- **FREE Escape Alive one day class- July 10th – 9 am-1 pm- Meriden, Valentins Karate-** This is a one day mother/daughter class (you do not have to have a daughter to attend). 12 yrs. and older to attend. The class starts with a 1.5 hour presentation/discussion followed by physical training. Register online at www.escapealive.net .
- **Next 8 week Ladies only session starts July 15th-** Our next 8 week session for ladies only starts July 15th. Fridays, 6-7/7:30 pm, 15 yrs. and older. \$99 for 1 person, \$175 for 2 people that come together. Email Master Serrano, dserrano@ects.biz, if interested.
- **Next 8 week Men only session starts July 30th-** Our next 8 week session for men only starts July 30th. Saturdays, 10-11/11:30 am, 30 yrs. and older. \$99 for 1 person, \$175 for 2 people that come together. Email Master Serrano, dserrano@ects.biz, if interested.
- **USBA/WBA Northeast Regional Breaking Championships at the Northeast Open Martial Arts Championships- Saturday, August 13th, 2022- Albany, NY-** This is a great medium sized event! Friendly and family oriented atmosphere. Competition in sparring, forms, breaking and more. This event is hosted by our good friend Master Adam Grogin. Anyone interested in competing in breaking, forms, weapons forms, or sparring please see Master Serrano.