

## February 2023- Important upcoming dates and info

### **The Martial Arts Journey**

Martial Arts are one of the most practiced activities in the world. There are thousands of styles, all slightly different, but most have similar traits and goals. Self-defense, self-improvement, self-confidence, fitness, and social interaction are just some of the areas of focus in most styles. Martial Arts are practiced by the very young and the elderly, the extremely athletic and those that are not as active. The benefits are varied and many.

As a student there are stages you will go through during your journey. Everyone starts not knowing anything about the arts. The biggest, most important step is that first step onto the mat or training area; when you decide to become a student. This is by far the hardest hurdle to clear. If you are a student you have cleared that most important hurdle.

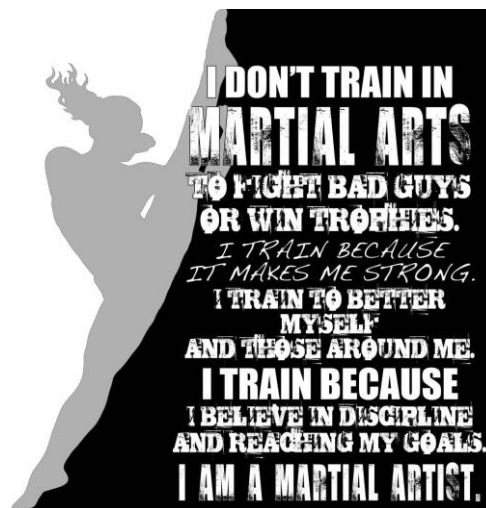
If you remain a student long enough you will go through ups and downs. You will excel at some areas and find others more difficult to grasp. You may face setbacks in training and competition. You may at times feel stagnated. It is not always exciting, easy, or fun. Developing a skill is work and dedication. Commitment and perseverance.

Martial Arts training is unique in many ways, but the emphasis on individual achievement and improvement is probably one of the most important. It is not how you compare to the skill level of someone else, it is how far you have come personally. Although as a studio we sometimes work as a team your individual journey is the essence of Martial Arts.

It may be hard to imagine yourself as that Black Belt instructor when you step onto the mat that first day. It is up to you whether you get there. Just know that your instructors were right there where you are now.

### **To our younger students, use your electronics wisely...**

We regularly discuss the positives and negatives of technology and electronics. Computers, ipads, smart phones; electronics are all around us and part of our daily lives. They are great tools, but they can also zap productivity and waste precious time. Unlimited knowledge is at your fingertips. You can find tips, tutorials and websites for almost anything you want to learn or get better at (discretion is necessary and you should always look for guidance from your parents). On the flip side of this are the funny cat videos, video games, and videos of others playing video games (as if video games weren't bad enough ☺). Life needs balance. There are limited hours in everyday, there are limited days before High School, before you know it you will be an adult. If you are spending time doing or watching something that does not add to your future it is called entertainment. It is important to balance this with things that make you smarter or better in some way. Entertainment lasts a moment, knowledge lasts a lifetime. School is most important, reading is essential, and if you are going to use electronics use them wisely.



## **Cold and flu season!**

It's that time of year again. Hopefully you and your children will stay healthy and illness free during the winter months, but if you are feeling ill please stay home and get better. If you are sneezing and coughing please stay home and watch Martial Arts training videos 😊, we would appreciate it. Thank you in advance.

## **Sparring weeks**

We try to do sparring the 2<sup>nd</sup> and 4<sup>th</sup> full week of the month each month. This month sparring weeks will be February 13<sup>th</sup> and February 27<sup>th</sup>. 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- Skill- ability that comes from training or practice.

Week 2- Respect- for yourself, your parents, your friends, your teachers, etc.

Week 3- Loyalty- faithfulness or devotion to a person, country, or cause.

Week 4- Trust- to rely upon or place confidence in a person or thing.

## **Leadership Team Training- Friday- February 24<sup>th</sup>, 4-5:30 pm**

We will have a Leadership Team meeting/training on Friday, 2/24, 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**

- **Next Ladies Only session starts February 3<sup>rd</sup>**- Our next 8 week session for ladies only will start February 3<sup>rd</sup>. Fridays, 6-7/7:30 pm, ladies and girls over 15 only. Email GM Serrano, [dserrano@ects.biz](mailto:dserrano@ects.biz), if interested
- **Next Men Only session starts March 4<sup>th</sup>** - This class will run for 8 weeks. It is open to men 30 yrs and older. Each class includes a fitness workout, striking practice and self-defense applications. It's a workout, but fun as well. Saturdays, 10-11/11:30 am. \$99 per person. See GM Serrano if interested or email [dserrano@ects.biz](mailto:dserrano@ects.biz).
- **Belt reviews- Sunday, February 19<sup>th</sup>** – Belt reviews are a chance to cover areas that may be missed during regular classes and ask specific questions. We encourage all students to attend the time for their specific rank. **White-12:30-1:30, Yellow-1:30-2:30, Purple-2:30-3:30, Red and Brown-3:30-4:30.**
- **Breaking practices for upcoming MA Breaking Championships-** Sunday- 2/12- 1:30-3 pm, Saturday- 2/18- 12-1:30.
- **USBA/WBA Massachusetts Breaking Championships- March 11<sup>th</sup>, 2023- Chicopee, MA.** Registration is open and forms are at the studio. See GM Serrano for details. Everyone is welcome to compete.