

January 2024- Important upcoming dates and info

Happy New Year!

2024 is here, and with it new hope, new goals, and new adventures! The New Year is a good time to reset and reevaluate. To set new goals and think of the future. We encourage our students to use this special time of year to do just that. Set a new fitness goal, learn something new, tackle a new project. There is no better time than the present.

We are asking all students to reflect on the above and give us one thing you would like to do in 2024. Anything that will make you better in some way because of it. Write this on a blank piece of white paper, no name, and drop it in the lock box used for payments. We will accept these goals until 1/18 and will make a new year resolutions poster for the studio.



Thank you to everyone who attended our Christmas party!

It was great having most of our students together for the group class and pizza party on the 27th. Over 40 students and many families came. There was great energy and we had some well-deserved promotions. We would also like to thank everyone for the generous Christmas gift! Hopefully everyone had a great time.



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. And remember your Vitamin C, D, Quercetin, and Zinc (not medical advice). It's a good combo to help you feel better.

Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be January 8th and January 22nd. 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- New Year's Resolutions– Setting new goals and implementing changes to reach those goals.

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.

Leadership Team Training- Sunday- January 21st, 2-3:30 pm

We will have a Leadership Team meeting/training on Sunday, 1/21, 2-3:30 pm. All instructors and assistant instructors are required to attend. Please see GM Serrano if you cannot attend.

Upcoming Events and Special Classes

- **Men Only classes have moved to Friday-** Our men only class is open to men 18 yrs and older. Each class includes a light fitness workout, striking practice and practical self-defense applications. It's a workout, but fun as well. Fridays, 7:30-8:30 pm. 3-4 classes per month. Pay for the month or drop in for \$15. Class dates:
 - January 5, 12, 26- \$40/mo
 - February 9, 16, 23- \$40/mo
 - March 1, 8, 22, 29- \$50/mo
- **USBA/WBA Breaking Roundup- January 20th, 2024- Trumbull, CT.** A "Breaking Roundup" is a fun breaking practice session with multiple studios. All ages and ranks are welcome. Try new breaks, work on your technique, and pick up a tip or 2. There is no pressure. Everyone brings their own materials (we will have materials available through the studio- \$1.5 per board or block). This roundup will be part of the grand opening of Trumbull Academy of Karate. Should be fun. Let GM Serrano know if you are interested.
- **USBA Bay State Breaking Challenge- March 16th, 2024, 9:30 am- Chicopee, MA.** This is a small, family friendly, economical competition that is close by. \$60 for unlimited divisions. There is competition in breaking, open hand and weapons forms. We will have at least 2 practices in February leading up to the event. If you are interested please see GM Serrano.
- **FREE Escape Alive one day class- January 28th, 2024 – 1 pm- 5pm- Ridgefield, CT- Ridgefield HS-** 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. Register online at www.escapealive.net.
- **FREE Escape Alive one day class- February 11th, 2024 – 1 pm- 5pm- Waterbury, CT- YMCA-** 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. Register online at www.escapealive.net.