

September 2024- Important upcoming dates and info

Happy Back to School!

School has started! Some kids don't look forward to school for one reason or another. Sure it means full days and homework, but it also means time with friends, learning new things, and preparing for the rest of your life. To our younger students, please be thankful for the opportunity you have of going to school and learning new things. There are children around the world who can't read or write, who don't have the opportunity to learn. Be thankful and treat schooling as a gift. If you have issues that are making your school experience unpleasant (not understanding a subject, bullying) talk to your parents. Talk to your principal. Our instructors are also here to listen and help where we can. All obstacles can be overcome and you can succeed! Your parents believe in you and we do as well! We are proud that most of our veteran school age students are at the top of their class!



Please wash your uniforms and clean your sparring gear

Our classes can be very strenuous at times. And this will cause you to sweat. And sweat can be smelly. We ask that students wash their uniforms between classes. Please. Although it may not always smell like a garden, we can all do our best to make our studio smell better.

If you have your own sparring gear it is good practice to keep your gear clean. Sweat and grime from a hard sparring session can accumulate and cause skin irritation. Keep your gear clean and prevent issues before they happen.

Congratulations to Mrs. DiGiovancarlo, Lisa, Sophia, Samantha, Rachel, Elizabeth, Harper, and Miguel on their recent wins at the Northeast Open in Albany, NY

We recently traveled to Albany, NY to take part in the Northeast Open Martial Arts Tournament. This is one of our favorite events of the year hosted by our friend Master Adam Grogin. There is competition in sparring, forms, weapons, and breaking.

We would like to congratulate all of our instructors and students who competed, and a thank you to those that helped in various ways! Whether you took a first place or not, the very fact that you stepped out to compete and represented ECTS honorably is the most important part. Thank you!



Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be September 9th and September 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- Self Control- Having control over one's actions, words and emotions

Week 2- Citizenship- Being a responsible and productive part of your school, community, and country

Week 3- Compassion- Kindness, caring, and a willingness to help or comfort others

Week 4- Tolerance- Accepting differences and the uniqueness of others and celebrating the common ground we share

Monthly dues are due by the 12th of the month

Every month we print out a statement for each student. We try to distribute these statements the first week of the month, but may forget at times. If you do not receive a statement by the 2nd week of the month please ask GM Serrano. We do our best to accommodate individual situations when it comes to payments, but please keep in mind the studio costs money to operate. Please do your best to pay any monthly dues or outstanding balances by the 12th of the month to avoid possible late fees. Thank you in advance.

Tournament Practices

Saturday- 9/21- 12-1:30 pm; Saturday- 9/28- 1-3 pm

Upcoming tournaments- CT Yankee Nationals- 10/6- Holy Cross HS; USBA/WBA Hall of Fame Breaking Championships- 11/9- Cheshire

This will be our first year attending the **CT Yankee Nationals**. This is a Tang Soo Do tournament, but it is open to all styles. There is competition in forms, fighting and breaking. We are still sorting through the rules, but will have all of that info soon.



The USBA/WBA Hall of Fame is November 9th in Cheshire. This is a breaking tournament, possibly forms as well. If you are interested in competing at either of these events please see GM Serrano,

Upcoming Events and Special Classes

- **Next 8 week Women's Self Defense class starts September 13th- 6-7 pm, Friday nights-** This class runs in 8 week sessions. \$99 for all 8 weeks, \$175 for 2 people that come together.
- **FREE Escape Alive Women's Self Defense 1 day class- September 14th, 1-5pm- Bridgeport, 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> .
- **FREE Escape Alive Women's Self Defense 1 day class- September 29th, 1-5pm- Woodbury, 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> .
- **CT Yankee Nationals-** Tournament- 10/6- Holy Cross, Waterbury- Fighting, forms, and breaking
- **USBA/WBA Hall of Fame-** Tournament- 11/9- Cheshire- Breaking