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November 2024- Important upcoming dates and info

1 year anniversary in December

Time sure does fly! December will be one year since we made the move from our studio on Watertown Ave. in Waterbury to our current location. We feel the move was a good one. Better parking, nicer building, better area. Our sincere thanks to all of our students and families who helped during the big move (who knew we had so much stuff), those that helped set up the new studio, and those that have continued to be part of the ECTS family year after year. And to our newer students and families we hope you have enjoyed your time at ECTS. Hopefully you will stay for years to come.



USBA/WBA Hall of Fame Breaking Championships- November 9th- Cheshire

The USBA/WBA Hall of Fame Breaking Championships is Saturday, November 9th in Cheshire, 535 West Main Street. We have a number of students competing and are excited to see them in action. If you can, please come and support our ECTS students, and see what a tournament is all about. Admission is \$5, 12 and under are free. Tournament starts at 9:30 am

Veterans Day- November 11th ! Where are our Veterans?

On November 11th we will be celebrating Veterans Day at the studio. We would like to have 5-6 Veterans come to the studio for 5:30-6 pm to discuss their service and their experiences. If you have a family member, relative, or family friend who has served in the armed forces that may be free please see GM Serrano. We invite all students and families to join us on November 11th at 5:30 pm to welcome and thank our Veterans. We will be running a modified class schedule that day. The 4:40 class will end at 5:20 and the 5:40 class will start shortly after 6 and run to 6:50.



Fall is here & Christmas is on the way. Order your ECTS jacket or hat today!

We have beanie hats in stock. For November hats will be \$10 (regular \$12). We will also put in an order for all weather jackets if there is interest. If you are interested please let GM Serrano know.



Sparring weeks

We try to do sparring the 2nd and 4th full week of the month each month. This month sparring weeks will be November 11th and November 25th. Please be sure to bring your sparring gear those weeks.

Happy Thanksgiving!

Thanksgiving is just a few weeks away, and with it the start of the holiday season. We would like to wish all of our students and families a very Happy Thanksgiving! We have a lot to be thankful for. Good health, great instructors, awesome students, positive friendships, and all of the freedoms we enjoy in our great country! We hope you take the time this Thanksgiving to reflect on all you have to be thankful for and share the joy of the holiday season.



Christmas/Holiday Parties!

We will have a Christmas/Holiday Party at the studio on December 23rd at 6:30 pm, but beforehand we will have a special class for all students. Little Tigers class will be 4:30-5 pm, and our Little Tigers are invited to either stay or return at 6:15 pm. We will have a group class for all other students from 5-6:15 pm. This will be followed by a whole studio picture, pizza, and refreshments. Family is welcome. Please let GM Serrano know if you can attend and how many family members will be coming so we can order enough.

There is also an adult student party being held at Mirabelle's Italian Restaurant in Prospect on December 7th at 5pm. This will be for all adult class students and spouses from all AFKTF studios. The cost is \$36 pp and includes pasta, chicken parm, meatballs; vegetarian meals are available upon request. Please let GM Serrano know if you will be attending.

Our focus is more than kicking and punching

Here are our planned weekly themes for this month:

Week 1- Integrity- Always doing the right thing even when no one else is watching

Week 2- Responsibility- Taking ownership of what you say and do, not passing the blame

Week 3- Leadership- Leading by example, being the first to tackle a new challenge or task

Week 4- Thanksgiving- What do you have to be thankful for?

Leadership/Black Belt Team Training- TBA

Upcoming Events and Special Classes

- **Next Ladies Only session starts November 8th** - Our final ladies only session of the year will run 11/8-12/20 (no class 11/29). \$78 for all 6 weeks. No experience necessary. Each class includes a light workout, striking practice, and various self-defense scenarios and escapes. Fridays, 6-7/7:15 pm, ladies and girls over 15 only. See GM Serrano, or email dserrano@ects.biz, if interested.
- **Men Only classes are Friday, 7:30-8:30 pm** - This class is open to men 18 yrs and older. Each class includes a fitness workout, striking practice and self-defense applications. \$60 per month. It's a workout, but fun as well. Fridays, 7:30-8:30 pm. See GM Serrano if interested or email dserrano@ects.biz.
- **FREE Escape Alive Women's Self Defense 1 day class- November 17th, 1-5pm- Waterbury (Career Academy), 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. For more info go to <https://www.escapealive.org/escapealiveclasses>.
- **USBA/WBA Hall of Fame Breaking Championships- November 9th- Cheshire, CT**
- **Veteran's Day- November 11th - 5:30-6 pm**
- **Studio Christmas Party- 12/23; Adult Christmas Party- 12/7- Mirabelle's Restaurant in Prospect**