



# Bergamo's MARTIAL ARTS



# Newsletter

[www.BergamoMartialArts.com](http://www.BergamoMartialArts.com)

## March 2018

### Students of the Month:

#### Ava Kuchinski and Michael Valerio-Smith

Ava Kuchinski (14) and Michael Valerio-Smith (18) were first-time competitors at the Massachusetts State Breaking Championships on February 24. Not only did they shine in their first tournament (see below), but they conducted themselves as true team members, helping others and showing their support and team spirit all day long. We are so proud to have them represent BMA in competition!



### Tournament Results: MA State Breaking Championships

Grand Master Ralph Bergamo	2 <sup>nd</sup> Place, Power Concrete Elbow (lightweight)
Mrs. Barbara LeBlanc	3 <sup>rd</sup> Place, Power Concrete Foot
Mr. Nathan LeBlanc	4 <sup>th</sup> Place, Power Concrete Elbow (lightweight)
Michael Valerio	2 <sup>nd</sup> Place, Power Wood Hand (18+), 3 <sup>rd</sup> Place, Power Wood Elbow (18+)
Tammy Boudreau	1 <sup>st</sup> Place, Creative Wood, 1 <sup>st</sup> Place, Power Wood Hand
Ava Kuchinski	2 <sup>nd</sup> Place, Power Wood Hand (13-17)

*GM Bergamo and the LeBlanc Family were also invited to perform demonstrations at this event.*

### Upcoming Events

**March 10**, 10:00 am- **Demo Team performs** at Bristol East High School

**March 17**, 12:00-1:30- **Women's Street Survival** class to benefit the Children's Miracle Network-\$22

**March 24**, 11:00 am- **Demo Team performs** at Cheshire High School

**April 13**, 7:00 pm- **Demo team performs** at USBA/WBA Pro Series, Wallingford CT

**April 14**, 8:30 am- **North American Breaking Championships**, Wallingford. CT.  
**ALL students are strongly encouraged to compete! See p. 2 for details.**

**April 21**, 12:00-1:30- **Women's Street Survival** class to benefit the Children's Miracle Network-\$22

**May 19**, 3:00 pm- **BMA Student Showcase! ALL STUDENTS will perform!**

Every Friday, 7:00-8:15- **Demo Team Practice**





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**March 2018**

## BMA Parent Guide

to the

**USBA/WBA North American Breaking Championships**

April 14, 2018

Hilton Garden Inn, 1181 Barnes Road, Wallingford, CT

### The month before the tournament:

- Register and order your boards from <http://www.usbawba.org/events/usbawba-and-iska-north-american-breaking-championships-2018/> (Students under 13 use half inch boards.)
- Order 5 extra boards so that you can be picky when setting up your stacks.
- Pick up some spacers (carpenter pencils from Home Depot or Lowes) to separate your boards. Rule of thumb: 2 spacers per board. (Buy these once, use them for multiple events.)
- Make sure that the instructors are aware that your child will be competing, so that we can help him or her to get ready.
- Help your child to memorize the speech to the judges (creative breaking only):
  - **"Judges! My name is \_\_\_\_\_. I represent Team Bergamo of Bergamo's Martial Arts. My style is American Filipino Kun Tao. My instructor is Grand Master Ralph Bergamo. With your permission, may I begin?"**

Don't miss class!

### The night before the tournament:

- If your child is competing in creative breaking, write out or draw the layout of the routine so that adults can easily help set up.
- Make sure your child gets a good night's sleep.

### Day of the tournament:

- Arrive at the hotel by 8:30 am, in full uniform with belt.
- You will pick up your boards when you arrive.
- Bring:
  - Routine written out on paper (see above)
  - Spacers
  - Masking tape, electrical tape, or duct tape for securing stacks and securing spacers to boards
  - Snacks and water
  - Something to do while waiting to compete
  - Photo or video device!