



THE STRAIGHT BLAST

*For the Students, Friends, and Families of
Progressive Martial Arts*

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SIFU'S CORNER



Last month of 2019! What?!! Seems like we just started this year and what a year it has been. We've seen the growth of the school and the students' alike, while also experiencing lots of fun during all our special events and seminars. It was definitely a memorable year and one that I am extremely grateful for. Thank you again for making PMA such an incredible place to be!

November was a great month! We started the month with our City Harvest Food Drive, which garnered over 200 pounds of food from our generous students. Thank you so much for your generosity and for helping us donate to this wonderful organization for another year.

We also hosted the Sayoc Winter Sama Sama in the first weekend of November. It's an honor to be able to host this event and to continue to grow the tribe and spread the teachings of Pamana Tuhon Christopher Sayoc.

The PMA staff also took part in an instructor training this past November with Melody Johnson, an expert in age-specific martial arts training. The staff learned more about teaching to these different age groups and how to adjust their teaching to the wide variety of age groups we have at the school. Having this training allows them to be more empathetic to each age group and teach them at their developmental stages. I can already see the difference on the mat!

We also hosted our Annual Holiday Sale on Friday, November 22nd and it was busy from 12noon to closing. Thanks to our front desk staff for making the sale run smoothly and for making sure to attend to all the students' needs during this super busy day.

December is going to be pretty busy as well. With all the holiday festivities going on, please make sure to get your training in and to keep your routines despite the many things going on. For those looking for some time to get some last minute shopping done or to get some alone time without the kids, we are hosting a **Parents Night Out on Friday, December 13th from 5:00-8:00pm**. It's only \$30 per child and if you'd like to register your child, please do so on our Mobile App.

Just a reminder, we will be CLOSED the following days in December: Monday, December 23rd to Thursday, December 26th and Monday, December 30th to Wednesday, January 1st.

On behalf of the staff of Progressive Martial Arts, I would like to wish you and yours a very Happy Holidays and a Blessed New Year! We look forward to spending another year with you and your family.

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HOLIDAY BREAK

DEC 23rd - DEC 26th

DEC 30th - JAN 1st

Happy Holidays!

2019: A YEAR IN REVIEW

This year was a memorable one, filled with much growth and development amongst the students as well as lots of fun and excitement.

We hosted many seminars including the Sayoc Winter Sama Sama in January and November as well as the Sifu Dan Inosanto Seminar in March, as we normally do and the Ajarn Chai Seminar in May. These events were great opportunities for our students, as well as other students from across the county, to train with the masters. The staff, as usual, made these events seamless and hospitable as they always do. Many thanks to them for their hard work.

We also hosted many youth and family events at the school, including our Parent Night Outs, Spring Recess event, Family Fun Night and Fall Festival. We also hosted many Nerf Wars, Dodgeball Tournaments and many birthday parties throughout the year. These events were great ways for our students to bond and spend some active time together not doing the martial arts. We also had our annual end of the summer picnic at Kissena Park, where we had our largest showing yet! We love our PMA families!

Besides all the events at the school, we also saw students promoted in the many martial arts we have here at the school. Watching the students grow in the martial arts is a fulfilling feeling and we love to see everyone get better as they train throughout the year.

Our instructors also took part in many instructor training courses, from youth instructor training to their own training in JKD, Muay Thai, BJJ and Kali. Their continued growth and development is essential to the growth of the students and their commitment, dedication and hard work is truly appreciated.

We are so blessed to be able to give back annually to special organizations throughout the year as well. In April, we hosted our annual St. Jude Kick-A-Thon, raising over \$5000 for this special cause. And in the summer, we held a Coat Drive, giving to the Boys and Girls Club while in the fall, we once again donated to City Harvest, gathering over 200 pounds of food. Thank you for all your generosity throughout the year and for helping us give back!

All in all, 2019 was an awesome year, filled with lots of memories. Thank you for being part of the PMA family and for making the school a wonderful place to be! Looking forward to another great year!

INSTRUCTOR SPOTLIGHT: IVAN CHOI



This month, we are featuring an instructor we have watched grow from a teen to an accomplished martial artist and teacher. Ivan Choi has been at PMA for the last seven years and we are so lucky to have him on our team.

Ivan initially gained interest in the martial arts when he came across a video of JKD trapping. *"I thought it was really cool,"* he says, *"and I was also looking for ways to defend myself."* His first formal training began when he stepped into PMA seven years ago. *"I started training here at 15 years old and I heard about the school through a friend from middle school who had gone to PMA."*

Since his start at PMA, Ivan has seen many benefits. Not only has Ivan developed in his martial arts skill but he also says, *"I am more disciplined, have more confidence, and I love the networking aspect of meeting*

new people through training." He goes on to say that some of the greatest accomplishments he's had from training martial arts includes, *"Having the opportunity to pass on the knowledge I have gained to kids and adults, something I never imagined myself doing. And I have also lost a lot of weight over the years."*

Ivan started teaching at PMA about 3 years ago after he took the Instructor Training Course at the school. His tips for his students include, *"Be patient and don't be afraid to go at your own pace. It's not a competition with anyone else but yourself. People learn different things at different paces. Also, don't be too hard on yourself when you don't get something. Just keep repping it out to the best of your ability."*

As an instructor, students often rave at Coach Ivan's attention to detail and his specialized attention to each student. He is always very clear in his instruction and at a young age, commands authority and confidence in his role as an instructor. As he grows as a martial artist so does his instruction and we are very proud of Ivan and all his accomplishments.

Outside of martial arts, Ivan also likes to explore the city, hang out with his friends and play video games.

We love having Ivan on the PMA team and while quiet and reserved, he is always willing to put in the extra helping hand for the team. We can always rely on Ivan to teach a good class, assist in a class, or just help at the front desk. We love you, Ivan!



HOLIDAY BREAK

DEC 23rd - DEC 26th

DEC 30th - JAN 1st

December Birthdays

12/1: Winston Wu	12/10: Aron Fattakhov	12/19: Ethan Yakubov	12/24: Ava Pinto
12/1: Bianca Au	12/10: Scott Liu	12/19: Riley Suen	12/25: Rachel Alvarado
12/4: Anthony Muratov	12/11: Aiden Huang	12/20: Kathy Chang	12/29: Matthew Hardy
12/5: Daniel Antone	12/13: Georgia Karakatsanis	12/20: Alissa Kamalodeen	12/30: Thanasi Karakatsanis
12/6: Colin Chow	12/15: Chloe Chen	12/20: Rowan Silva	12/30: Vishal Kothari
12/6: Li He	12/15: Waley Chen	12/20: Minas Perdicologos	12/30: Nathaniel Choo
12/6: Joel Walters	12/16: Dhriti Jani	12/21: Allan Bangiev	12/30: Lucia Escalona
12/7: Isabelle Kemmett	12/17: Milton Mora	12/21: Joy Medina	12/31: Vincent Shao
12/8: Muneeb Siddiqui	12/17: Avery Ngai	12/21: Kenneth Hoell	12/31: Lawrence Yang
12/8: Daniel Garcia	12/19: Jon Lopez	12/22: Natalie Cangro	
12/9: James Tam	12/19: Jessie Lopez	12/22: Brendan Jones	
12/9: James Reyes		12/22: Noah Davidov	

Welcome New Students

Joel Walters	Keith Hubbard	Deiby Castano	Kayla Lessey
Kiriakos Singh	Nolan Alleyne	Bora Altay	Raheem Ata
Hassan Mohamed	Abdul Brown	Xavier Ivey	Hojin Chung
Maxine Manoto	Jake Marciano	Jessica Tamma	Alex Bang
Sophia Nieves	Joseph Marciano	Nicholas Otero-Lugo	Carlos Quintanilla
Morgan Choplin	Anthony Shalaby	James Cho	Herman Lessey

Welcome Back!
Steve Graham



December Calendar

- ➔ **Dec 6: Explorer/Lil Dragon/LWBBC/Lil Warrior Testing**
- ➔ **Dec 7: Warrior Phase 1 and 2 Testing**
- ➔ **Dec 8-14: Buddy Week**
- ➔ **Dec 13: Parents Night Out** (No Youth BJJ, No LW BBC and No Adult Classes)
- ➔ **Dec 18: Adult JKD Testing (NO JKD Classes)**
- ➔ **Dec 21: Warrior Phase 3 Testing**
- ➔ **Dec 23-26: SCHOOL CLOSED**
- ➔ **Dec 30-January 1: SCHOOL CLOSED**