



THE STRAIGHT BLAST

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

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SIFU'S CORNER

What a crazy past few weeks this has been. Who would've predicted this to be happening to the world right now? But it's taught us many things and has brought to the forefront the importance of community and generosity.

Firstly, I want to thank everyone for the outpouring of support for our school and the community we continue to see online during our virtual classes. As soon as we found out that we needed to close, we made the decision to act quickly so that you wouldn't miss your training. So, the staff got together, before staff wasn't allowed at the school, and we taped 4 weeks of classes that we now have online in the PMA University.

After the news that staff was no longer permitted to be at the school, my family got together and took on the task of live classes twice a week. It's been such an awesome experience. So, every Monday and Wednesday, we pack the kids (and the dog) into the car and head to the school, lock ourselves in and go live. The classes have been awesome and even though we can't be together physically, it's amazing how much we can accomplish with technology. I'm so proud of the families that are continuing to practice the discipline of training twice a week and making life as normal as possible for their kids.

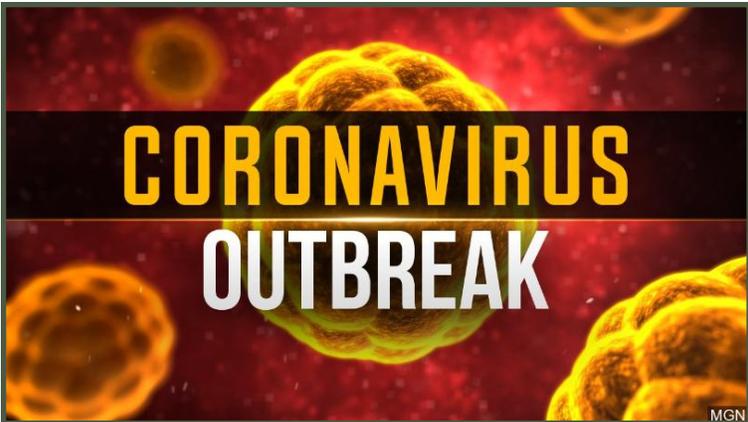
In addition to that, Coach Peter has been teaching the adults on Monday and Wednesday evenings and Tuesday and Thursday mornings from his home. These kickboxing workouts are jam-packed with exciting exercises and drills that definitely provide an awesome workout. Coach Peter's energy is unstoppable and his ability to motivate the students is awesome. Erik Paulson has also graciously provided the adult students of PMA access to the CSW Online University that offers an extensive library of Kickboxing, Brazilian jiu-jitsu, Submission Wrestling and Mixed Martial Arts. Invites have been emailed to you. So check your inbox (or spam folder) from bob@erikpaulson.com.

We will continue to provide online classes and **will be adding Friday Youth Classes starting Friday, April 10th**. Please see the new virtual training schedule in this newsletter. Remember that if you cannot attend the live classes, you can log onto PMA University and do the online courses provided. Just send back pictures via email of your child training and they will receive credit for taking the class.

While we all play our part in flattening the curve and helping our heroes manage this pandemic, it's important that we stay in communication and that we continue to make life as normal as possible. Continue to train and log into our Facebook Community Page so we can continue our amazing community. If you haven't joined already please do so. The link to join is <https://www.facebook.com/groups/progressivema/>. This is a private group page meant for members only and we continually post updates here. Also, be sure to check your emails for updates from us. It would be a good idea to check your spam folder once in a while to see if you're missing any communication from us. We are doing our best to keep everyone updated and we are relying on emails during this time. If you need to update your email address, please text us and we can do that for you.

Finally, please stay safe and healthy. Maintain social distance and wash your hands. We will get through this together! We will see you online!

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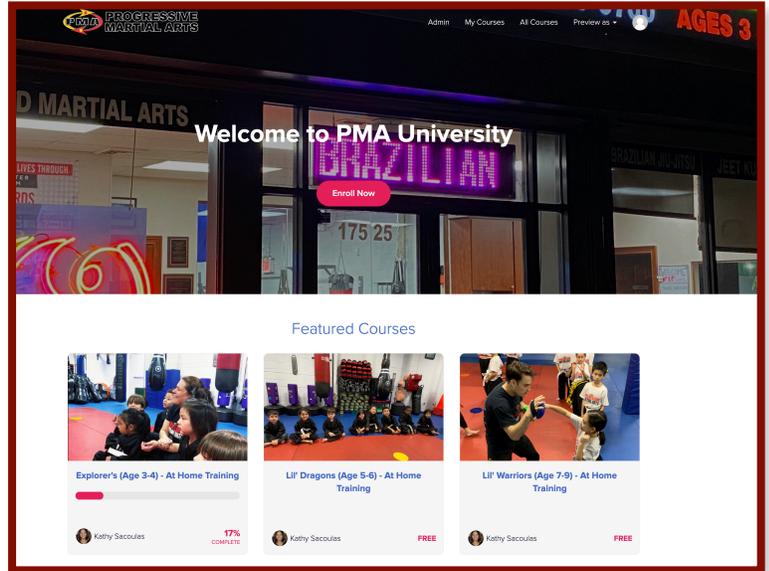
PMA UNIVERSITY

For our youth students, we have created an online university with training content for all the age groups. These are not LIVE classes but classes we recorded before the staff wasn't allowed at the school. These classes are meant for you to train in addition to your live classes and give you the flexibility to train when your schedule permits.

Make sure you train twice a week and send us a pic via email so your child can receive credit for the class.

Here is the link for the university:
<https://pma-university.teachable.com/>

Enjoy your training!



LIVE ZOOM VIRTUAL CLASSES

Since the forced closure, we have been able to provide Live classes online. Students will receive emails, texts and push notifications 15 minutes before each class they are registered for so that they can easily sign into class. When you sign in, your attendance is automatically registered and credit will be received for the class.

Please note that we have added Friday youth classes, which will begin on Friday, April 10th. A new schedule is included.



Virtual Training Class Schedule

175-25 Horace Harding Expy
 Fresh Meadows, NY 11365
<https://ProgressiveMartialArts.com>
 (718) 461-0700

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Adult Kickboxing 10:30 AM		Adult Kickboxing 10:30 AM	
Explorers 3:30 PM	Explorers 3:30 PM	Explorers 3:30 PM	Explorers 3:30 PM	Explorers 3:30 PM
Lil' Dragons 4:15 PM	Lil' Dragons 4:15 PM	Lil' Dragons 4:15 PM	Lil' Dragons 4:15 PM	Lil' Dragons 4:15 PM
Lil Warriors 5:00 PM	Lil Warriors (ALL) 5:00 PM	Lil Warriors 5:00 PM	Lil Warriors (ALL) 5:00 PM	Lil Warriors 5:00 PM
Warriors 6:00 PM	Warriors (ALL) 6:00 PM	Warriors 6:00 PM	Warriors (ALL) 6:00 PM	Warriors 6:00 PM
Adult Kickboxing 7:00 PM		Adult Kickboxing 7:00 PM		

COLOR KEY:	Progressive Martial Arts Public Business Page: https://www.facebook.com/ProgressiveMartialArts
ZOOM LIVE	Progressive Martial Arts Community Group: https://www.facebook.com/groups/progressivema/
PMA UNIVERSITY	

STUDENTS OF THE MONTH: SOPHIA & AVA SACOULAS

In light of all that is happening, it was really difficult to think about doing classes without our amazing staff members. But when the going got tough, these kids stepped up and started to work in our live classes when we couldn't have staff at the school. Sophia and Ava Sacoulas are our students of the month this month.



Sophia, age 10 and Ava, age 8 were both born into the Progressive Martial Arts family and have lived a martial arts lifestyle from day one. Having martial arts teachers as parents makes that unavoidable. They have trained at the school intermittently since they were both around 4 years old but also train at home with dad often.

What makes us really proud is that, without hesitation, they stepped up to assist during this time. Without complaints, they come to the school 2-3 times a week and help out for the 4 hours that we are there. In fact, they are excited to assist and look forward to the days they get to come. In times like this, we felt so blessed that they felt this way.

Both girls are strong in different ways but both show extreme hard work and discipline when it comes to their training. They want to be positive role models for the other kids and are proud to be the children of martial arts teachers. They also understand the importance of tribe and family and that those things always come first. This is a lesson we have impressed upon them from the day they were born and it's evident now that they have really learned it.

Outside of PMA, Sophia and Ava are both swimmers. Sophia is obsessed with Minecraft and wants to be an architect one day. She is also a very gifted writer. Ava is also a ballerina (which you can see in her martial arts) and also loves animals and caring for them. She hopes to be a farmer.



They are the next generation of PMA and along with all our other youth students, they will bring the school to the next level. The hope for the future is bright and we cannot wait to see what these two have to offer in the future.

SIFU DAN INOSANTO

JEET KUNE DO / KALI / SILAT

MAY 30th & 31st



APRIL Birthdays

4/3: Nicholas Riccardo
4/4: Olivia Chen
4/4: Joshua Aronov
4/7: Victor Nigro
4/10: Aloni Fetaya
4/10: Liliana Giraldo
4/11: Mike Moller
4/11: Ava Dingle
4/12: Joshua Levy
4/13: Benjamin Bangiev

4/13: Sophia Nieves
4/13: Jason Pian
4/14: Skyler Silverstein
4/14: Eric Rolon
4/19: Lishai Sakas
4/20: Huascar Fernandez
4/20: Xavier Ivey
4/21: Logan Ilenko
4/22: Yassin Badr
4/22: Ella Schulman

4/24: Zacchariah Midi
4/24: Penelope Caceres
4/24: David Wong
4/25: Jayden Morales
4/26: Maya Persaud
4/27: Kevin Mohr
4/29: Sarah Klein
4/30: Clifton Weithers, Jr.
4/30: Luca Mucciardi
4/30: Liam Burgess



POWERFUL WORDS

CHARACTER DEVELOPMENT

GENEROSITY

GENEROSITY MEANS:

“I GIVE TO OTHERS!”

GENEROSITY MEANS:

“GIVING OF ONE’S TIME, TREASURES & TALENTS
WITHOUT EXPECTING ANYTHING IN RETURN.”