



THE STRAIGHT BLAST

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

175-25 Horace Harding Expressway
Queens, New York 11365
Ph: 718.461.0700
www.ProgressiveMartialArts.com

SIFU'S CORNER

Greetings PMA Students! It's been about two months since the start of this quarantine and we're starting to see the light at the end of the tunnel. Cases have been going down and our efforts to social distance have really helped to ease the burden on healthcare workers. With that said, the slow re-opening of the city is going to start happening this month. We, too, are planning our re-opening, with precautions as listed by the CDC guidelines.

April was a great month and thanks to all who have supported us throughout the month and to those who continue to train virtually. We will continue to provide virtual training and for our youth program, we will be adding more classes this month as well as private virtual training for each student. Virtual training provides an important continuation of your martial arts training and will allow for a seamless transition when you get back on the mat. Being able to adapt to this type of training will be important when we slowly transition to on the mat training, since we won't be able to do it all at once.

On Friday, May 8th, we will be having **MOMS ON THE MAT** training. Please join your child during their class, where we will be having special drills that will include partner training with your child. Mother's Day is May 10th so we'd like to show our appreciation to all moms that day by including them in on our training.

May is going to be very exciting as well. Effective **May 18th**, we will be altering our virtual schedule, adding more youth classes and those private lessons. Please see the schedule enclosed in this newsletter. Privates should be scheduled every two weeks per youth student and you can schedule these on your own with the online scheduler.

Also, as a reminder, we will not be hosting classes on Monday, May 25th in observance of Memorial Day. Take this time to enjoy your family and the start of an exciting summer season!

Looking forward to seeing you all soon!

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LIVE ZOOM VIRTUAL CLASSES - UPDATED FOR MAY 18TH

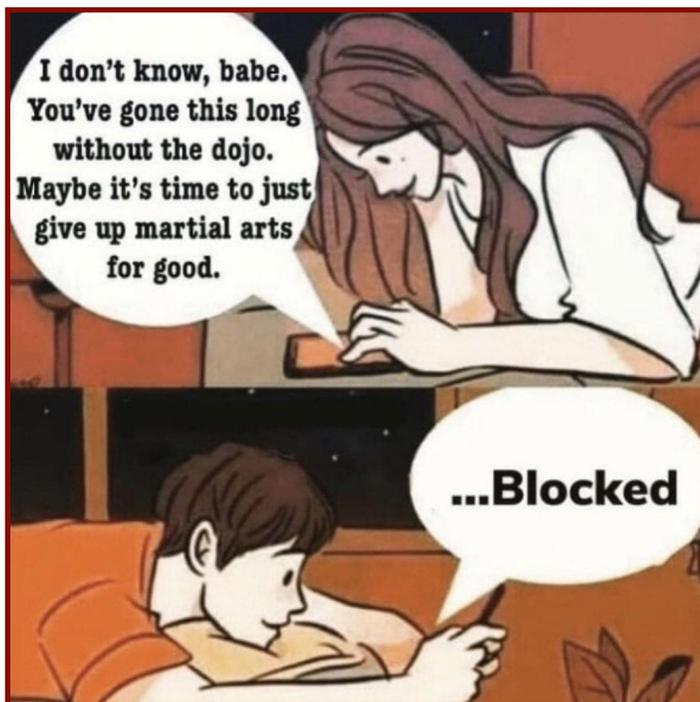
Effective May 18th, this will be our schedule for students. Please note any time changes and if you have any questions, please don't hesitate to email or text us. Please check your email for a link to schedule your virtual private lessons. Youth students should be doing privates every 2 weeks.



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	Virtual Private Lessons 2:00 - 4:00 PM	Explorers 3:30 PM	Virtual Private Lessons 2:00 - 4:00 PM	Explorers 3:30 PM
Lil' Dragons 4:15 PM		Lil' Dragons 4:15 PM		Lil' Dragons 4:15 PM
Lil Warriors BBC 5:00 PM	Lil Warriors PHASE 1 4:15 PM	Lil Warriors BBC 5:00 PM	Lil Warriors PHASE 1 4:15 PM	Lil Warriors BBC 5:00 PM
Warriors BBC PHASE 2 & 3 6:00 PM	Warriors PHASE 1 5:00 PM	Warriors BBC PHASE 2 & 3 6:00 PM	Warriors PHASE 1 5:00 PM	Warriors BBC PHASE 2 & 3 6:00 PM
Adult Kickboxing 7:00 PM	Virtual Private Lessons 6:00 - 7:00 PM	Adult Kickboxing 7:00 PM	Virtual Private Lessons 6:00 - 7:00 PM	



STUDENT SPOTLIGHT: KENNETH MCKENZIE

We want to especially acknowledge those students who have been consistently training in the virtual classes and we see the improvement in their skills as a result. Kenneth McKenzie is our student of the month this month and we are so proud of how hard he is working and how awesome his technique has been getting!

Kenneth is currently in the Explorer Program and holds a White/Double Yellow Belt rank. He has been training at PMA for almost a year now and we have seen such a change in him! Mom says that they started training last year to help him with his listening skills and improve his ability to focus. They found PMA through her 2 nieces and nephew, who had attended the school years ago.

His favorite part of training? He likes to learn new skills and earn new belts, showing his development. His teachers marvel at his attention to detail and the precision he puts into all his work. His parents say, *“He is physically stronger, attentive, and confident when interacting with new people”* since he started training.

With regards to the current virtual training, mom goes on to say, *“The virtual training has helped Kenneth during this pandemic by allowing him to continue to see his friends and coaches from PMA. It also allows him to continue to get exercise during the time he is not allowed outside as well as taking his mind off the germs outside and being confined to the house. In addition to the virtual classes, the PMA Online University website has been very helpful to parents to continue the kids’ training and revise lessons that they might not understand the first time.”*

Kenneth is 4 years old and goes to District 27 Pre-K Center and his teacher’s name is Mrs. Anderson. He also enjoys art activities, reading and playing with his toys.

We are so proud of Kenneth and love watching him grow!



MAY Birthdays

5/4: Chris Bowie
5/5: Giovanni Bolkovic
5/6: Anjali Quintanilla
5/9: Kyle Leung
5/9: Ada Quan
5/10: Ryan Chen
5/11: Nolan Alleyne
5/11: Diego Zamora
5/14: Liliana Hersh
5/15: Kristopher Parente

5/18: Aiko Pazmino
5/19: Zachary Unay
5/20: Benson Luo
5/20: Isabel Song
5/20: Brian Hernandez
5/20: Dylan Chu-Zambrano
5/21: Ari Boudourakis
5/21: Ruby Abohalima
5/23: Hojin Chung
5/24: Richard Abbatangelo, Jr.

5/25: Armand Surban
5/26: William Elliott
5/27: Ethan Chien
5/27: Ryan Chien
5/27: Konstantinos Raptis
5/28: Steven Graham
5/31: Albert Figueroa, Jr.
5/31: Denzal Burks



POWERFUL WORDS

CHARACTER DEVELOPMENT

COMPOSURE

COMPOSURE MEANS:

“CALM BRAIN, CALM BODY!”

COMPOSURE MEANS:

“KEEPING CALM, STEADY AND IN CONTROL
WHILE UNDER PRESSURE”

May Calendar

- ➔ **5/4: STAR WARS DAY**
- ➔ **5/8: MOMS ON THE MAT**
- ➔ **5/18: UPDATED VIRTUAL CLASS SCHEDULE TAKES EFFECT**
- ➔ **5/25: NO VIRTUAL CLASSES (Memorial Day)**
- ➔ **5/30-31: INOSANTO SEMINAR (POSTPONED / TBA)**