



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

Summer has officially arrived and we continue to wade through this pandemic and all its unexpected consequences. As the cases in NYC and NYS continue to dwindle, we are seeing the rise of cases in other states, prompting our governor to pause and be more cautious with reopening efforts. As a result, we are unaware of our reopening date and won't know until each week passes. With that said, we continue to create a path for reopening by fortifying the school with extra precautionary and sanitary items as well as protocols to put in place once we are given the green light. You can be rest assured that we will do this as safely as possible. Our promise to you is to continue to communicate as much as we know as soon as we get any information about our reopening.

| <u>Inside this Issue:</u> | |
|---|---|
| <i>Sifu's Corner</i> | 1 |
| <i>Student Spotlight: Raina Huang</i> | 2 |
| <i>Powerful Words: Sportsmanship</i> | 3 |
| <i>Upcoming Events</i> | 3 |

As far as June was concerned, we had another great month of virtual training. The students continue to get better and the private lessons have really given us an opportunity to support the kids through their training and this pandemic. Remember, that youth students are entitled to privates every 2 weeks. Don't miss these as they are not only vital to their growth but really help the student stay motivated to train and get better.

In June, we had our Dads on the Mat classes and it was great to see all the dads participate with their kids. There were lots of smiles on camera and I loved seeing all the bonding going on. That's what it's all about. Thanks to all the dads, grandpas, uncles and other father figures that participated.

We all hosted our first ever Virtual Buddy Week and we welcomed so many buddies in all the classes. Thank you for inviting your friends and family to class. It was so great having them there. And at the end of that week, we had our Virtual Family Bingo Night which was a major success. Congratulations to all our winners!

We have so many awesome events scheduled for July, including all our regular summer theme weeks. We also have a **Family Trivia Night** scheduled for Friday, July 17. Please RSVP for that event. Please check the schedule of events listed at the end of the newsletter for details.

We will also be having another round of testing on Saturday, July 25th for those students who have been training virtually. Please remember to attend classes regularly and do your privates so that you are ready for testing.

And just as a reminder, we are not having any virtual classes on Friday, July 3rd in observance of Independence Day. Have a wonderful holiday weekend! Stay safe, socially distance and please wear your masks when necessary.



Happy Independence Day!

STUDENT SPOTLIGHT: RAINA HUANG



To excel as a martial arts student during virtual training is quite a challenge and some of our students have really stepped up to show us that they can stay focused, disciplined and work hard even when they aren't physically at the school. This is a true sign of someone with deep integrity and Raina Huang has demonstrated just that.

Raina started training about two years ago when her parents were looking for an activity to build her confidence and teach her self-defense. They referred by another student of PMA who was training in the Muay Thai Program. Within that time period, Raina moved from the Lil Warrior class into the Black Belt Club and there's been exponential growth since. Her instructors say, especially now, that Raina is a leader amongst her peers, often demonstrating awesome focus to detail when it comes to her exercises and

techniques. She is committed to learning things the right way and gives 100% to each repetition. Her parents say the same, "Raina has definitely grown much more confident in herself and her abilities since her first day at PMA. She doesn't hesitate to spar with her peers anymore." It's amazing to watch her develop into such a great martial artist and confident young woman.

During this time, virtual training has been really great for her, too. "It has helped her to stay active and focused during quarantine and the virtual classes have also helped her connect with her coaches to make sure she learns and practices the proper forms taught in class. She loves the 1:1 lessons.", her parents say. Raina's favorite part about training is doing push ups and learning new things in her classes. And her love of pushups is noticeable as she has incredible form and can do so many more pushups than some of the other kids in class!

Raina is 9 years old and will be going into the 4th grade at PS 24Q in the fall. She hopes one day to be a teacher. Outside of martial arts, she also enjoys drawing, acrylic painting, roller blading, biking and having daily zoom meetings with her friends.

Congratulations to Raina! Keep up the hard work and focus.
We are so proud of you!



JULY Birthdays

7/1: Richard Rombach (83!)
7/1: Coach Juan Carlos Bonola
7/2: Flora Qu
7/2: Avery Anderson
7/2: Betty Yonayev
7/3: Hermes Gaona
7/3: Daniel Arabov
7/3: Bobby Poon
7/5: Julian Cabreja
7/6: Bria Baptiste
7/8: Travis Deremick

7/9: Elizabeth Tum
7/11: Nathan Fu
7/13: Mikaela Araujo
7/15: Aaron Chen
7/18: Jessica Ortega
7/18: Dorian Choy
7/18: Adam Puertas
7/20: Brandon Cordova
7/24: Devin Pressoir
7/24: Sarah Hersh
7/25: Stephanie Belmonte

7/25: Matthew Hechanova
7/26: Kayode Okebiyi
7/26: Jean Qu
7/27: Kyson Zou
7/27: Nathan Robinson
7/28: Stephanie Ruiz
7/28: David Avulov
7/29: Carlos Quintanilla
7/29: Marcus Walker-Henry
7/30: Joseph Yang
7/31: Asad Patwekar

July Events

- **July 3: No Virtual Classes (Independence Day Observed)**
- **Week of July 6th:** Patriotic Week (Wear something patriotic all week)
- **Week of July 13th:** Cultural Week (Wear something from your culture)
- **July 17:** Family Trivia Night
- **Week of July 20:** Thank a first responder week (Share a thank you to any first responder)
- **July 25: Testing**
- **Week of July 27:** Superhero Week (Wear something showing your favorite superhero)

Welcome New Students:

Abbie Brown
Kara Sin
Justin Mitchell
Brielle Calhoun



POWERFUL WORDS

CHARACTER DEVELOPMENT

SPORTSMANSHIP

SPORTSMANSHIP MEANS:

“NO MATTER IF WE WIN OR LOSE,
WE USE KIND WORDS AND FOLLOW RULES.”

SPORTSMANSHIP MEANS:

SHOWING RESPECT FOR THE RULES,
THE PARTICIPANTS & THE SPIRIT OF COMPETITION.