



# **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](http://www.ProgressiveMartialArts.com)

## **SIFU'S CORNER**

It's officially a little over one month since we have reopened for classes and things have been going really smoothly! Thank you to everyone for being so compliant with our protocols and procedures at the school and most especially, thank you to the staff for all their hard work to keep the school as safe and as clean as possible.

September was really a great month. We are now able to offer our virtual classes at the same time as our in person classes and it's been working out really well. Our instructors have all been able to adapt to teaching in both mediums simultaneously, a task more easily said than done.

We also had our youth testing at the end of the month and we continue to see our youth students grow and develop despite all the challenges this pandemic offers. It says a lot about our families and students and their commitment to discipline and the importance of consistency. We've had many parents tell us that the martial arts has been the one thing that their kids have kept up with and that they are grateful for the normalcy that the classes have provided their children.

October looks like it's going to be a great month, as well. We will be adding more classes onto the schedule slowly as we carefully watch the covid case numbers in New York. For now, on **October 12th, we will be adding Monday Night Kickboxing classes at 7pm.**

For the youth, we will be hosting a **Buddy Week** from **October 26 to October 31st**. Students can invite their friends to train with them in person or virtually and for the whole week, students can train in their costumes, as long as they don't interfere with their ability to train. And on **Friday, October 30th**, we will be hosting a **Virtual Family Fun Night** to celebrate Halloween together!

***Looking forward to another wonderful month!***

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**MONDAY NIGHT KICKBOXING STARTING OCT 12TH**

As Covid-19 cases continue to stay stable, we will be adding classes to the schedule gradually. Starting **Monday, October 12th**, we will be adding a Monday night Kickboxing class at 7pm. Similarly to your other classes, please sign up for this class on the app if you intend on coming in-person. It will also be offered virtually and links will be sent to those students.



**HALLOWEEN BUDDY WEEK AND VIRTUAL FAMILY FUN**



Since we cannot host a Halloween Party or Fall Festival this year, we have decided to host a **Halloween Buddy Week for the Week of October 26th to October 31st**. Youth students can invite their friends to class in person or virtually and kids may dress in their costumes all week as long as it doesn't interfere with their training.

And on **Friday, October 30th**, we will be hosting a special **Halloween Virtual Family Fun Night from 7-8pm**. Please RSVP by October 28th and let us know that you will be joining us for a fun night of halloween and fall themed games and activities!

## STUDENT SPOTLIGHT: ELLA TSOLEKAS



Watching students transform into their potential is like watching a caterpillar transform into a butterfly and in that way, we are witness to wonders everyday. One such story can be told about our student of the month, Ella Tsolekas.

Ella started training at PMA in 2018 so she's been training a little over 2 years now. Her parents found the school through other people who had taken classes here. Ms. Tara and Ms. Kathy remember Ella's first time coming to PMA very well. She was quite shy and a little anxious about coming in but Ms. Tara convinced her to go in and we're so happy she made the leap.

Over the last 2 years, we've seen Ella open up and become more confident. Watching her develop belief in herself and her skills has been such an awesome thing to see. Dad agrees

and says, *"Ella has grown stronger and more confident. She is also more active because of PMA."* Ella's favorite part of training is *"learning different things and having fun and playing games."*

During the pandemic, Ella was promoted into the Lil Warrior Program, after having been in the Lil Dragon program for over a year. She transitioned really easily into the new program because of her newfound confidence and her instructors say she is always focused and works hard in each and every class, whether virtual or in-person. Recently, she achieved her High Yellow Belt and is quickly becoming a leader amongst her peers in class, demonstrating techniques for them often.

Outside of PMA, Ella is in PS 41 in the second grade. She hopes one day to be an elementary school teacher. Her other hobbies are swimming, playing Roblox and drawing.

We are so proud of you, Ella! You are a prime example of how important it is to try things you might be a little afraid of. And we can't wait to see you achieve Black Belt in the future!



## OCTOBER Birthdays

9/6: Aaron Persaud  
10/2: Tony Chen  
10/2: Angel Arias  
10/3: Cerrone Lundy  
10/3: Jenny Rosales  
10/3: Christian Sellan  
10/4: Evan Clemente  
10/4: Kali Monae Burrell  
10/4: Jocelyn Chen  
10/6: Demetrios Kontos  
10/7: Elizabeth Kim  
10/8: Vasili Asimakoupolos  
10/9: Eleanor DeSilva

10/9: Ryan Paccione  
10/10: Langdon Heredia  
10/10: Shomari Akil  
10/11: Randall Huang  
10/11: Owen Liu  
10/15: Nathan Shamalov  
10/15: Dekel Johnson  
10/15: Jonah Yunatan  
10/15: Justin Mitchell  
10/16: Mateo Freire  
10/17: Sonam Namgyel  
10/17: Ryan Yip  
10/18: Kyle Gee

10/18: Maximus Sheodial  
10/18: Dmitri Bauer  
10/19: David Kusayev  
10/21: Maxine Andrea Manoto  
10/22: Nicholas Otero-Lugo  
10/22: Jonathan Ng  
10/24: Robin Robinson  
10/24: Anthony Shalaby  
10/26: Tara DeSuze  
10/27: Adelina Katzner  
10/28: Emma Wu  
10/29: Sophia Chang  
10/31: Madison Li

### Welcome New Students:

Robert Lorenzo	Jan-Michael
Jason Lorenzo	Refrima
Ryan Sparks	Ramon Calidonio
Desiree Sims-Dhu	Grey Griffin
Owen Shakespeare	Anzette Weston

### October Events

- **October 12th:** Monday Night Kickboxing Begins
- **October 30th:** Halloween Virtual Family Fun Night
- **October 26-Oct 31:** Halloween Week and Buddy Week  
(Wear your costume to class!)



**POWERFUL WORDS**  
CHARACTER DEVELOPMENT

## RESPONSIBILITY

### RESPONSIBILITY MEANS:

“I’M THE ONE WHO GETS THE JOB DONE!”

### RESPONSIBILITY MEANS:

DOING WHAT IS REQUIRED,  
NEEDED OR EXPECTED OF US!