



THE STRAIGHT BLAST

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

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SIFU'S CORNER

It's officially summer and boy is it a hot one! We're ready to have an amazing summer and can't wait to share it with you. After not being able to be together last year, it's really something we are looking forward to.

June blew by so quickly! Because the school was so busy, time really flew by. We celebrated Father's Day by inviting our PMA Dads on the mat for the week before Father's Day. It was great to see the kids and their dads training together and having so much fun.

We also had a Junior Black Belt test for 5 of our youth students. Despite the pandemic and the obstacles to training that it brought, these 5 students completed a 2 day belt exam that they should be so proud of. Please read about these 5 awesome kids in the newsletter. I can't say enough about them and how inspiring they were during their test. Thank you to their families for their continued support throughout the years and for pushing them to attain this wonderful achievement.

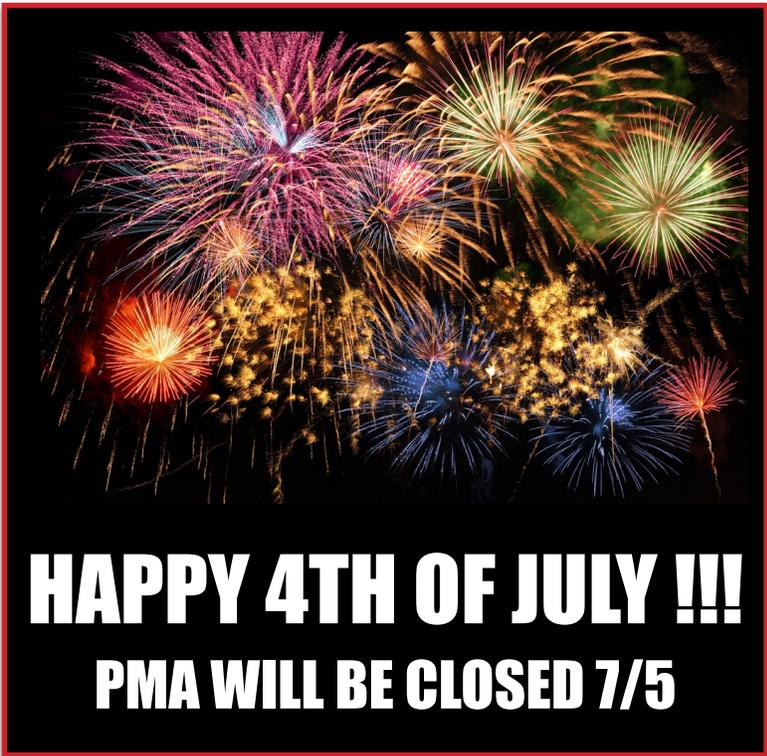
Finally, at the end of June, we hosted a portion of the annual Sayoc Sama Sama. It was an honor and pleasure to be able to host this event for the East Coast members and as usual, it was a time where we grew as an organization. I am so thankful to be part of such an amazing group.

July begins our Youth Summer Series. To keep summer fun, we hold our summer raffle where youth students earn a raffle ticket for every class they attend. At the end of the summer, we host an end of the summer event and the raffle takes place and multiple winners are announced. Make sure you attend your classes so you have a higher chance of winning! Also, during the summer, we have special theme weeks for our classes so look out for the themes so you can participate in these fun classes!

Also, I just wanted to thank everyone for their patience regarding the restroom situation at the school. We have been dealing with a plumbing issue for a month now and multiple agencies have been to at the school to try and fix the situation without luck. We finally think we have found the problem and are working tirelessly to get it fixed as quickly as possible. Thanks again for your understanding with this matter.

Finally, we will be **CLOSED on Monday, July 5th in observance of Independence Day.** Please enjoy the holiday and stay safe!

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JUNE HIGHLIGHTS

DADS ON THE MAT

In honor of Father's Day, we were so excited to have our Dads on the Mat for a week in June. The kids really enjoyed sharing the training floor with their dads and we had a blast having them there. Thank you to all the dads that participated in class and online.



PMA REFERRAL REWARDS

Do you love training at Progressive Martial Arts? Please tell others about it and be rewarded for it!

Experience shows that students provide the best referrals. We truly appreciate your help in growing our community of martial artists and fitness enthusiasts at Progressive Martial Arts. So if you have friends, family members or co-workers who you would like to introduce to any of our programs, please tell them about our academy.

As a thank you for telling others about our programs, **you will receive a \$50 credit towards your membership fees or to The PMA Shop whenever someone you told about us joins!** So pick up some Buddy Passes at the Front Desk, write your name on them, and invite people to try a free class!

Commonly Asked Questions about PMA's Referral Rewards Program

How do I get the referral rewards credit?

It's easy! When your friend, family member, coworker, etc. enrolls at PMA for the first time, they just need to put your name and email address on the enrollment form. By putting your email address in the Referred By field, it does two things: 1) proves that they really do know you, and 2) immediately puts a \$50 credit in your account.

To guarantee that you receive credit for your referral, you can also shoot us an email at info@progressivemartialarts.com with the subject line "Student Referral – (Student's Name)".

How do I redeem my credit?

Once the new student who you referred enrolls, you automatically receive a \$50 credit towards your next purchase at The PMA Pro Shop. If you prefer to use this credit towards next month's membership dues, just shoot us an email letting us know that that is what you would like to do. You will receive this credit in your account within the next billing cycle!

Is there a limit to how many referral credits I can get?

No. Only the sky is the limit. (There is no glass ceiling at Progressive Martial Arts!) If you tell six friends about how great PMA is, and they all enroll for the first time, then you will receive a \$300 credit.

STUDENT SPOTLIGHT:

JOSHUA CHOY, VISHAL KOTHARI, ARMAND SURBAN, CHRISTIAN WU AND EMMA WU



This month, we are featuring our newest **Junior Black Belts!** Last month, they endured a rigorous 2 day test to achieve their Junior Black Belts at the school. We call this group the Fab Five as they demonstrated some Fabulous dedication and hard work in an especially hard year.

All 5 of these students started at the age of 4 or 5 and have been training at PMA for over at least 10 years. Watching them all train and grow throughout the years has been an honor and a blessing. Each of them never quit and always rose to the occasion when challenged at each and every level. Most importantly, they have all

developed into strong leaders, who have the black belt qualities of respect, discipline, integrity and a hard work ethic that has translated into their personal and educational lives. All of them are stellar students, excelling in all that they participate in.

What was even more telling of their character was the past year. With the pandemic taking over most of 2020 and the beginning of 2021, each one of these students continued to train online and when classes began in person, they returned right away to classes. Whether online or in person, they worked hard, maintained focus and stayed in shape. Their resilience over the past year really demonstrated why they attained their Junior Black Belts this year.

And upon learning of their nomination for Junior Black Belt, they came for extra sessions on Saturdays to run and get in top physical condition the month before their test. They pushed one another to get better, to complete their challenges and to take on the test before them. It was an inspirational sight to see.

Their physical fitness portion of the test included a mile run, followed by 10 minutes of jumprope, 100 sets of pushups, sit-ups and squats, 10 pull-ups and climbing the rope. They all took on the challenge with determination and we were so proud of how they all finished. The second portion of the test included a 2 hour test in front of Sifu Nick, where they demonstrated the basic skills that they have learned over their time at PMA, which included Kickboxing, MMA, Kali, JKD and sparring.

We are so proud of all of them and can't wait to see what the Fab Five do in the future! Congratulations to all of them!



JULY Birthdays

7/1: Coach Carlos Bonola
7/5: Daniel Bautista
7/6: Abbie Brown
7/11: Nathan Fu
7/11: Stephen Eng
7/13: Mikaela Araujo
7/15: Sohaib Hasan
7/15: Dean Davis

7/18: Dorian Choy
7/18: Adam Puertas
7/20: Brandon Cordova
7/20: Clarence Curley
7/21: Catherine Can
7/22: Hibah Randhawa
7/23: Liana Gelashvili
7/23: Kalea Liew

7/24: Devin Pressoir
7/25: Stephanie Belmonte
7/26: Kayode Okebiyi
7/26: Jean Qu
7/27: Kyson Zou
7/29: Carlos Quintanilla
7/29: Jorge Rodriguez

Welcome New Students:

Heraquiline Barcia	David Vasquez
Cynthia Wu	Chloe Robinson
Jin Sol Park	Zoey Robinson
Lucas Chin	Jason Pan
Emma Galvis	Liam Thomas
Erie Agustin	Marco Countryman

Welcome Back!

Vailoa Alalamua	Jun Yu Wu
Dania Askary	Vernon Rhames
Joshua Beir	Ogo Morka
Ashton Beir	Richard Zhou

July Events

- July 5: SCHOOL CLOSED (Independence Day)
- July 6: Youth Summer Raffle Begins
- July 6-10: Buddy Week
- July 12-17: Superhero T-Shirt Week
- July 19-24: Star Wars T-Shirt Week
- July 30: Exp/LD/LW/LW BBC Testing
- July 31: Warrior Testing

Thank you...

Kyson Zou for referring Cynthia Wu
Sophie Lau for referring Emma Galvis
Ronald Yonggi for referring Jinsol Park
Dave Meagher for referring David Vasquez

YOUTH JULY THEME WEEKS

July 5-10: Bring a Buddy to Class Week!

July 12-17: Superhero T-Shirt Week
(Wear Your Favorite Superhero T-Shirt to Class!)

July 18-24: Star Wars T-Shirt Week
(Wear Your Favorite Star Wars T-Shirt to Class! We will also do some fun Star Wars Themed Games & Drills)



POWERFUL WORDS
CHARACTER DEVELOPMENT

MENTAL STRENGTH

MENTAL STRENGTH MEANS:

“MY STRONG BRAIN HELPS ME TO DO TOUGH THINGS.”

MENTAL STRENGTH MEANS:

TO REGULATE EMOTIONS, MANAGE THOUGHTS AND TAKE POSITIVE ACTION EVEN WHEN CHALLENGED.