



THE STRAIGHT BLAST

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

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SIFU'S CORNER

Summer is winding down and as we all prepare for the fall and the new schedules that come with it, I want to thank you all for a wonderful summer! Despite all the challenges, we had a pretty amazing summer capped off with our End of the Summer Picnic before the summer break.

August normally isn't as busy as our other months but this year, we were busier than ever and it felt really good to see the classes packed and full of awesome energy. We started off the month with a buddy week that ended with a Nerf Wars, which was so much fun. You could tell that beneath the masks, kids were smiling and sweating from all the nerf battles. It was pretty neat to watch.

On August 14th at Kissena Park, the weather gods were kind and we were able to host our end of the summer picnic once again. It was really great to have the students all together celebrating the past year. We ate well, talked, and just spent some time together and it was one of the best picnics we've had to date. Our raffle prizes were distributed and the winners were all shocked but joyous that they won. Congrats to all the winners! Please see pictures inside the newsletter!

September looks like it's going to be pretty awesome, too! We have our **Annual Open House scheduled for Saturday, September 18th from 10am-3pm**. It's a great opportunity for new students to come in and sign up. If you have any friends or family that might be interested in coming, please check inside this newsletter for details on the event. And just as a reminder, regular classes for that day will not be taking place.

In other news, **September 13th** marks the date that the City of New York has mandated that all fitness centers and gyms require **at least one dose of the COVID vaccine for students ages 12 and up**. Please make sure that you show your proof of vaccine to the front desk prior to this date so that you can participate in the facility. Kids ages 11 and under can still train at the school but masking is required at all times by staff and students. If you have any questions about this policy, please contact the front desk.

Looking forward to having a great start to the fall season! And just a reminder that we will be **CLOSED from Saturday, September 4th to Monday, September 6th** in observance of Labor Day Weekend.

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PROGRESSIVE MARTIAL ARTS

PMA

Kids Martial Arts • *Mixed Martial Arts* • *Brazilian Jiu Jitsu* • *JKD*

COME IN AND LEARN MORE ABOUT OUR SCHOOL, INSTRUCTORS AND AGE-SPECIFIC PROGRAMS!

OPEN HOUSE

Saturday Sept. 18th
Doors Open 10am - 3pm!

Striking • *Grappling* • *Muay Thai Kickboxing* • *Filipino Kali*

1 DAY SPECIAL OFFER!!!

OPEN HOUSE : SATURDAY, SEPTEMBER 18TH - 10AM-3PM

On Saturday, September 18th, PMA will be hosting an **OPEN HOUSE**, where new students can try out the school at one of our **FREE trial classes** or just join up with a **ONE DAY SPECIAL OFFER**.

We are offering free classes for different age groups at the following times:

- 11am: Explorer and Lil Dragons (3-6 year olds)
- 12noon: Lil Warriors and Warriors (7-15 year olds)
- 1pm: Adults (16 and up)

Please tell any of your friends or family members to come on in and take advantage of this one time special opportunity to join our school.

If you cannot make the scheduled classes, you can still just sign up by coming in during the hours listed or call in to sign up!

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END OF THE SUMMER PICNIC

Thank you to everyone that came out for the End of the Summer Picnic. We really had a great time getting together and celebrating the awesome PMA community. Please enjoy pictures courtesy of the Bauer Family. [Click here to view more images online](#)



STUDENT SPOTLIGHT: CHRISTIAN TAYLOR

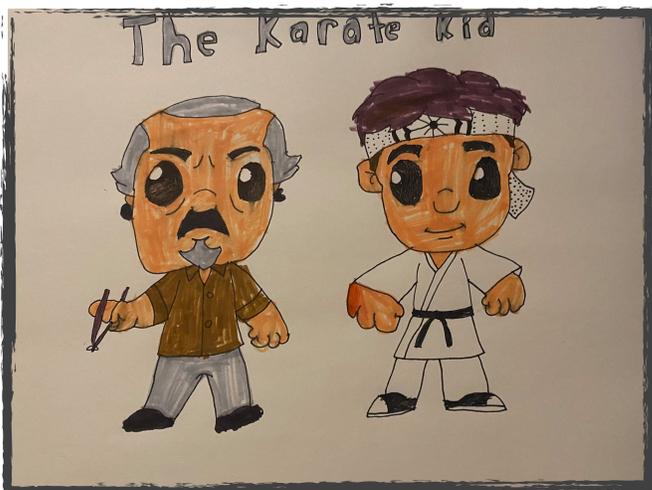
There are these quiet kids that you never know contain so much skill and power. Hidden within are some of the most talented and hardworking students. Christian Taylor is one such example.

Christian started training at Progressive Martial Arts over 2 years ago when he started in our Lil Dragon Program. He came in rather timid but was always really disciplined and listened to his instructors very intently. Over his time in the Lil Dragon Program, Christian developed more confidence, skill and leadership skills.

Because he was so disciplined in the Lil Dragon program, he was moved into the Lil Warrior Program a few months before he turned 7. His transition was super smooth and he transitioned into that class easily. Christian is currently a Yellow Belt and his instructors are again impressed with his work ethic and discipline. He

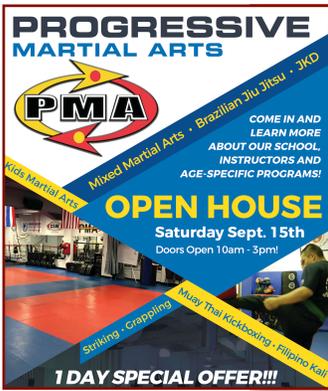
is often used for demonstrations and as a role model for his peers. During the pandemic, when we only had virtual classes to offer, Christian maintained his training consistently and even with the difficulty of training online, he was still listening intently to the instructors with discipline and respect.

Currently, Christian is being closely monitored for entrance in the Lil Warrior Black Belt club where we hope to watch him work his way to Junior Black Belt amongst all our other elite students. He thinks other kids should train martial arts because he says, *"If anyone bullies you in school, you will know how to defend yourself."* We look forward to exciting things from this young man!



Outside of martial arts, Christian goes to the Success Academy and will be entering the 2nd grade. He hopes to be a Martial Artist when he grows up and currently loves watching the original Karate Kid. (Note the drawing he made of Mr. Miyagi and Danielson.) As you can see, he also enjoys drawing and is pretty talented at it! He also likes to play basketball as well.

*Congratulations, Christian!
Keep up the great work!*



OPEN HOUSE - SEPTEMBER 18TH
10AM - 3PM
ONE DAY SPECIAL OFFER!!!
TAKE ADVANTAGE OF THE BEST OPPORTUNITY
TO REFER YOUR FRIENDS AND FAMILY!

September Birthdays

9/2: Lucas Chin	9/8: Nick Koundourakis	9/14: Carlos Asturizaga	Refrima
9/5: Ailani Erandio	9/9: Ricardo Araujo	9/14: Adrienne Palmaira	9/21: Lexington Hardy
9/5: Athena Lozano	9/11: Binal Piyathilake	9/15: Gabriel Budhu	9/22: Nikitas Sgantzios
9/5: Jayden Sturge	9/11: Amos Kong	9/16: Bryan Chu	9/26: Adeline Gan
9/6: Kate Guandique	9/13: Chloe Ngai-Abalos	9/17: Kanen Davis	9/29: Xavier Leconte
9/6: Aaron Persaud	9/14: Arad Ben-Bassat	9/18: Elaine Ngai	9/29: Yihang Han
9/6: Oliver Guerra	9/14: Sasha Cisneros	9/19: Jan Michael	9/30: Justin Lu

Welcome New Students:

Rose Li	Seiw Kong	Louis Casaliggi
Jack Sun	Amos Kong	Jonathan Batista
Andrew Adriano	Suliaman Hasan	Atal Ghafoori
Julian Gulkarova	Eric Huang	Jayden Vargas
Uriel Ramirez	Kasper Chen	Audrey Lee
Binal Piyathilake	Jeremy Zhang	Michael Flowers
Melissa Erem	Robert Santos	Jeremiah Channer

Welcome Back!

Chloe Ngai-Abalos
 Khalid Mahmoud, Jr.

SEPTEMBER Events

- Sept 4-6: SCHOOL CLOSED (Labor Day Weekend)
- Sept 13-17: BUDDY WEEK
- Sept 18: OPEN HOUSE (NO SATURDAY CLASSES)
- Sept 24: EXP/LD/LW/LWBBC Testing
- Sept 25: Warrior Testing

Thank you...

Cynthia Wu for referring Rose Li and Jack Sun
Vishal Kothari for referring Robert Santos
Ahmad Jamshidee for referring Atal Ghafoori
Naomi Liang for referring Audrey Lee
Jonathan Batista for referring Michael Flowers

*Thank you for your
 continued support!*



DIGNITY

DIGNITY MEANS:

"WE ALL DESERVE TO BE TREATED LIKE WE MATTER!"

DIGNITY MEANS:

TREATING OURSELVES AND OTHERS LIKE WE ARE ALL
 WORTHY OF CARE AND ATTENTION.