

PMA YOUTH SECTION | JULY 2018



STUDENTS OF THE MONTH: KYANA LAM AND PRANAV PARANJI

This past month, we tested two of our youth students for their **Junior Black Belts**. In a two-part test, consisting of physical fitness, curriculum and sparring challenges, these two students demonstrated the perseverance, mental will, and determination that only a true Junior Black Belt would understand.

On Saturday, June 2nd, both Kyana Lam and Pranav Paranjhi faced the physical fitness challenge. Both ran a mile between a 7-8 min pace, then jump roped for 10 minutes. This was followed by 100 squats, 100 pushups, 100 situps, 10-20 pull-ups, climbing the rope and splits. Both showed a mental strength and will that we have never seen in them before.



On Saturday, June 16th, they then faced their test in front of Sifu Nick, demonstrating techniques in front of him that they have learned over their many years at PMA. After this hour long session, they then had to spar and face a grueling kickboxing test, that would challenge their ability to face their own physical and mental stamina. Both, once again, showed their true Black Belt Spirit and came out to finish and earn their Junior Black Belts.

Kyana and Pranav are true examples of what it means to be Junior Black Belt at PMA. They have both been training since they were in the Lil Dragon Program and despite scheduling issues, other activities, transitions to other schools, they have maintained their commitment to training. The result of their discipline and consistency is the achievement of Junior Black Belt. A big reason for their success is the support of their parents and families, for without their own commitment, these two would not have been able to get to this point. Big thanks to both families!

In the end, both Pranav and Kyana understand that this is only the beginning. Achievement of Black Belt doesn't mean an end but rather just a start. The next class, in the next week after they achieved Junior Black Belt, both attended their classes, raring to go.

We are so proud of both Kyana and Pranav and may they be shining examples to all the youth students at PMA! Congratulations!



MENTAL STRENGTH

Mental Strength means:

- My Strong Brain Helps Me to do Tough Things! -

- To regulate emotions, manage thoughts and take positive action even when challenged. -

SUMMER FUN AT PMA



★ July 9: Attendance Raffle Begins

★ July 14: Dodgeball Tournament 1pm:

LW (Ages 7-9), 2pm: Warriors (10-15)



★ Week of July 15-21: Superhero Week -

Instead of wearing your PMA T-shirt, wear a superhero T-shirt to class and get ready to have some super fun in class that week!

★ Week of July 22-28: Games Week - Fun games at the end of every class this week!

★ Week of July 29-August 4: Fitness Week - Physical Fitness is the focus of this week)

★ Week of July 17: Crazy Hair Week - Wear your hair in a crazy hairstyle this week!



★ Week of August 5-11: Buddy Week - Bring a buddy to class with you this week and let them share in all the fun! (5 Bonus Raffle Tickets for every invite)

★ August 11: Nerf Wars: 1pm: LW (Ages 7-9), 2pm: Warriors (10-15)

★ August 12-18: Prize of the Week - Earn a surprise after each class you attend this week!

★ August 18: End of the Summer Party - Attendance Raffle Prizes to be distributed that day. (Location TBA)

★ Week of August 19-24: SCHOOL CLOSED (Summer Break)

★ August 25: Classes Resume

