



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 is here and boy do you feel it! It's hot out there!

But remember, it's always cool at PMA so there's no excuse not to get to class. Class schedules are the same so there's no reason for you not to get there. Consistency and dedication is key when you want to achieve your goals so don't let the distraction of summer be your downfall.

June was great and we have seen tremendous growth in all of our programs at the school. With lots of new members and the advancement of many of our current students within the programs, classes are so exciting and dynamic. Congratulations to all those who tested on Wednesday, June 27th in the Adult JKD program and congratulations to Fabrice Jeudy, who achieved Blue Belt in BJJ.

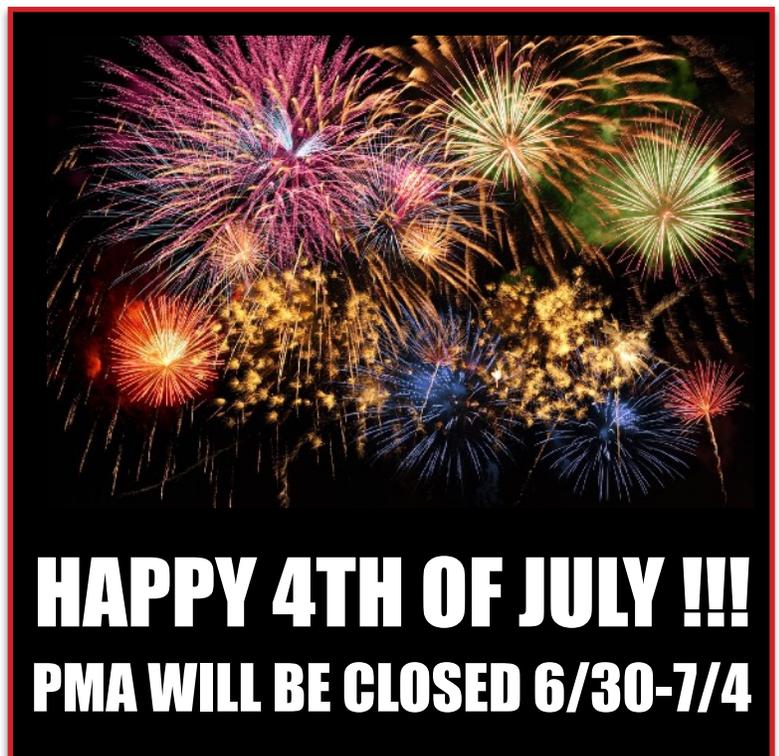
I was also really excited to see all the dads on the mat for the Father's Day Punch and Lunch. What a great event it was! I even got to train with my own 2 daughters and it was great to see all the smiles and hear all the laughter in the room. As a father, I understand how truly memorable and important these moments are to share with our kids and I was so happy to be able to witness it all.

At the end of the month, I attended the annual Sayoc Sama Sama in Pennsylvania along with my family and some of the PMA Sayoc Group. This is my 19th Sama Sama and once again, it did not disappoint. Four days filled with training and bonding with other Sayoc members in the Pennsylvania woods is always a great time.

Summer looks truly exciting at PMA! In our youth program, the summer raffle is beginning, along with a lot of fun theme weeks throughout the summer. Take a look at our Summer Fun Calendar for all the cool events!

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HAPPY 4TH OF JULY !!!
PMA WILL BE CLOSED 6/30-7/4

FATHER’S DAY PUNCH AND LUNCH REVIEW

On Saturday, June 9th, PMA hosted it’s annual Father’s Day Punch and Lunch and it was a HUGE hit! Father’s hit the mat with their kids for a fun-filled workout and training session that included partner drills and some fun and challenging drills for the dads. There was much laughter and lots of smiles around the room and everyone had a blast. Sifu Nick led the group with his own kids and it was great to see all the bonding going on. We’re hoping to see some dads truly on the mat for their own training in the future! Thanks to everyone who came out and enjoyed this special event.



CHECK-IN AND DO SOME GOOD!

During July, every check-in at Progressive Martial Arts will provide 50 gallons of clean drinking water to someone in need. We’re working with Causely and H2OpenDoors to make it happen. You can add #givewater when you check in to promote the cause. For more information about this month’s charity, check out www.h2opendoors.org.



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.

INSTRUCTOR SPOTLIGHT: TEDDY HOLEVAS

Martial Arts is a lifestyle, not a hobby and all of our instructors are living examples of this. Coach Teddy has been training in the martial arts since he was 5 years old, when his father put him in Tae Kwon Do and gymnastics. His own father has a Black Belt in Tae Kwon Do so he wanted his son to follow in his footsteps. After a hiatus in his youth to focus on basketball, Teddy returned to the martial arts at age 14 when he found PMA and has been training ever since.

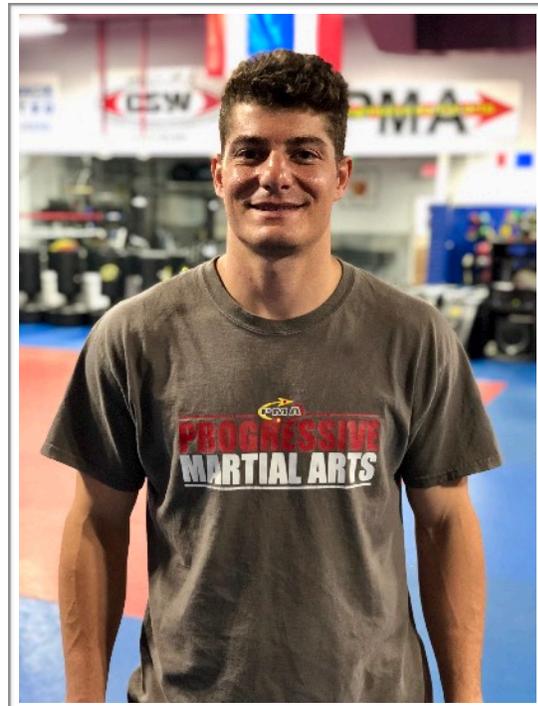
When asked about how he stays consistent and motivated to train in the martial arts, Teddy explains, *"I know that there is so much more to do and learn. I see people like Sifu Nick, Guro Dan, and Ajarn Chai....Martial arts is their life and I know I have a long way to go still, I want to constantly learn and then pass it on to future martial arts students."* With

regards to his own training, Teddy has many goals. *"I would like to compete in MMA very soon. I have experience in Muay Thai and wrestling competitions and I recently did pretty good in a Brazilian jiu-jitsu tournament and submitted all 3 opponents. I feel ready to take on the MMA world. Also, I want to earn a black belt in Jeet Kune Do."*

Teddy became an instructor under Sifu Nick when he undertook the Instructor Training Program at PMA. *"I would always tell Sifu that I want to compete in Muay Thai and MMA. He encouraged me to also become an instructor, I am thankful that Sifu believed in me to do both."* Although quiet and soft-spoken, Teddy cares deeply about his students development and growth and those who have been fortunate enough to take his classes know that he takes great care of his students. His advice to all his students? *"Have a blast. Enjoy it. Sometimes you won't feel like training there will be days like that but always remember why you started and that will motivate you to keep going. Also if you have a friend that likes to train motivate each other and use that team work to get better. In Sayoc Kali, we refer to the word tribe a lot, you're not by yourself, you motivate each other to all get better."*

Outside of PMA, Teddy does work installing carpets. He also loves being outdoors, swimming, playing sports, bike riding, jogging and reading.

Coach Teddy sets a great example for all the students and we have been so honored to be part of his growth in the martial arts and are so proud of him. We love you, Coach Teddy!



PRIVATE

facebook
Community

Join our [PMA Members Only Facebook](#) community where you can connect with other students to share stories, get advice and receive updates. [Click Here to join.](#)

July Birthdays

7/1: Juan Carlos Bonola	7/5: Andrew Venetis	7/13: Calvin Wesh	7/27: Kyson Zou
7/1: Richard Rombach (81)	7/6: Isabella Berni	7/16: Alexander Hechanova	7/28: Stephanie Ruiz
7/1: Maya Safiyev	7/6: Randy Vergara	7/18: Dorian Choy	7/28: Jordan Wu
7/1: Isabella Tapia	7/7: Benjamin Normatov	7/18: Regina Sav	7/29: Lee Johnson
7/2: Adam Amzadally	7/8: Travis Deremick	7/18: Matthew Yan	7/29: George Pylios
7/2: Flora Qu	7/9: Elizabeth Tum	7/21: Rose Marie Del Rosario	7/30: Penelope Fernandez
7/3: Victor Ocana	7/9: Arieannah Wright	7/21: Sang Yeon Pak	7/30: Joseph Yang
7/3: Bobby Poon	7/10: Julius Yunayev	7/24: Sarah Hersh	7/31: Andrew Lam
7/3: Enrique Salas	7/11: Stephen Eng	7/24: Ethan Yang	7/31: Coral Manshary
7/3: Kayon Wilkinson, Jr.	7/11: Guy Giordano	7/25: Stephanie Belmonte	7/31: Jaden Scott
7/5: Julian Cabreja	7/12: Natalie Bellone	7/25: Matthew Hechanova	
7/5: Kalliope Poulios	7/13: Mikaela Araujo	7/26: Kayode Okebiyi	

Welcome New Students

Lorena Gomez	Nicholas Gracia	Shane Lides
Lei Jiang	Chrisa Zafiridis	Ashton Lides
Jacob Shimon	Liam Phillip	Miles Banks
Douglas Esposito	Denzal Burks	AlMuntasir Mohamed
Kristopher Parente	Javier Caballero	AlMutasim Mohamed
Joseph Azzone	Abraham Yagloa	Nathaniel Haimov
Jun Yu Wu	Serena Pascal	Daniel Collins
Paul Garcia	Nora Elsaway	Michael Rossman
Elizabeth Yip	Brian Jaklitsch	Anh Nguyen
Michael Israelov	Jalin Ferguson	

Welcome Back!

Liam Kalontarov
Tyler Cooper
John Miller
Victor Ocana
Sophia Ocana
Jordan Ocana

Thank You...

Libi Aminov for referring ***Jacob Shimon and Nathaniel Haimov***
Ben Nektalov for referring ***Michael Israelov***
Christopher Coll for referring ***Elizabeth Yip***
Austin Cooper for referring ***Nicholas Gracia***
Julius Baltonado for referring ***Jalin Ferguson***

July Calendar

- ➔ **June 29 - July 1: PMA Closed (Independence Day Holiday)**
- ➔ **July 6: Explorer/Lil Dragon/Lil Warrior BBC/Lil Warrior Testing**
- ➔ **July 7: Warrior Testing**
- ➔ **July 14: Dodgeball Tournament**