

THE CHALLENGE OF WINTER

As instructors and coaches, we often hear the excuse, "I couldn't get there because it was too cold." It's pretty baffling because don't we all still go to school and work despite the weather? **Success in your training is wholly dependent on you just showing up.**



So, here are some tips to getting yourself to class:

- 1. Set a schedule for yourself and don't divert from it.** We ask you upon enrollment what your schedule is going to be for a reason. We want to hold you accountable for the time that you are going to train. Just like school or work, you are expected to be there for a number of hours a week and as a student at PMA, we ask that you commit that same way to your classes.
- 2. Set a goal regarding your training.** When you signed up, you signed up for a commitment of time for a reason. During that time, we guarantee high quality instruction that reaps many benefits ranging from self-defense, self-confidence, weight loss, fitness and so much more. You cannot acquire these benefits if you don't set a goal that moves you. There's a reason you signed up, always come back to that reason when you find yourself unwilling to get out the door.
- 3. Don't make it optional.** PMA IS a school, it's NOT a gym. When you get that you are in an institution of learning, you realize that in order to learn, you must be consistent and treat it as seriously as you would school. Many parents often make it seem as if training is an option rather than a "Have to". We find that adult students often do the same. Your mindset should be one where training is a priority, that your health and well being are a priority and not one that should be pushed down to the bottom of your to do list.
- 4. Become invested in the school.** Some of you are like, "What? What does that mean?" Every single student at PMA is regarded as a special part of a bigger tribe. We would not be the wonderful school that we are for it not for the students that come each and every day. So, when we say become invested, we ask that you become part of the community. We ask that you get to know your fellow student, take part in school events and really open yourself up to being part of PMA. It's a wonderful place to be and all the members and staff have created this familial culture so take advantage of it!
- 5. Just do it.** Finally, just as Nike has made famous, you just have to do it. Get out of your head and stop making excuses for why you can't get to class. You are in fact wasting your time, while you could be on your way. Remember, developing discipline takes time but once you get it, you will never lose it. But it's a habit worth working towards because it transfers to every part of your life. So, **JUST DO IT!**

GRAND MASTER CHAI

VIRTUAL MUAY THAI SEMINAR

FEBRUARY 18TH

7:00 PM - 9:00 PM EST

FREE TO CURRENT PMA STUDENTS & WTBA MEMBERS

\$25 FOR NON MEMBERS

REGISTER ON OUR
MOBILE APP



UPDATED ADULT SCHEDULE EFFECTIVE FEB 21ST

PMA ADULT CLASS SCHEDULE						
PROGRESSIVE MARTIAL ARTS - Effective February 21st 2022 -						
- MUAY THAI KICKBOXING -						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	MUAY THAI 10:30 - 11:30am		MUAY THAI 10:30 - 11:30am		MUAY THAI 12:00 - 1:00pm	
MUAY THAI 7:00 - 8:15pm		MUAY THAI 7:00 - 8:15pm		MUAY THAI 7:00 - 8:15pm		
- BRAZILIAN JIU-JITSU -						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
BJJ 7:00 - 8:15pm	BJJ 7:00 - 8:15pm	BJJ 7:00 - 8:15pm	BJJ 7:00 - 8:15pm	OPEN MAT 7:00 - 8:30pm	OPEN MAT 7:00 - 8:30pm	
	BJJ 8:45 - 9:00pm		BJJ 8:45 - 9:00pm			
- JKD CONCEPTS / FILIPINO MARTIAL ARTS -						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
JKD PHASE 1 11:15 - 12:30pm	JKD PHASE 1 12:30 - 2:45pm	JKD PHASE 1 12:30 - 2:45pm	JKD PHASE 1 12:30 - 2:45pm		JKD PHASE 1 12:00 - 1:15pm	
JKD PHASE 2 & 3 1:15 - 3:30pm	JKD PHASE 2 & 3 3:30 - 7:45pm	JKD PHASE 2 & 3 3:30 - 7:45pm	JKD PHASE 2 & 3 3:30 - 7:45pm			
- SAYOC KALI -						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	SAYOC KALI 8:00 - 9:15pm		SAYOC KALI 8:00 - 9:15pm			

CLICK THE IMAGE ABOVE FOR MORE DETAILS

STUDENT SPOTLIGHT: RYAN SPARKS



We are so fortunate to train some of the best people in the tri-state area! This one particular student came into the school when we had just re-opened after being shuttered for COVID and he hasn't stopped training since. Ryan Sparks is one of those students who came in when we were rebuilding and we will always be grateful he walked into our doors.

Ryan had his first martial arts experience as a small child. *"I enjoyed martial arts films and my father had a friend who was an instructor at a Tae Kwon Do school and she welcomed me into the classes."*, he says. He didn't stick with it for very long but it must have stuck with him a bit because in his late twenties he ventured back into the martial arts. Interested in gaining some self-defense, he began to train in Jeet Kune Do in his hometown. He further explains, *"I trained JKD for a little more than a year before leaving home to attend graduate school. The Sifu I trained with suggested that I try classes at PMA if I wanted to continue training so I took an introductory class shortly after moving to Queens and just kept coming back."*

Ryan's been super consistent with his training over the past 2 years, missing only if school or work interferes. *"I find the training at PMA complements many of the other areas of his life. The training helps me maintain fitness goals, challenges me to learn and think differently, and provides opportunities to practice managing my emotions."* Ryan's an awesome student and training partner because of his mindset and attitude. His coaches love his coach-ability and willingness to learn and always put in the work.

When asked what he loves about training at PMA, Ryan says, *"I really appreciate the people at PMA. I haven't trained a day at PMA when I felt that I wasn't welcomed. The staff and instructors are kind and patient, and the students are respectful of each other. As a full-time graduate student and part-time residential counselor at a homeless shelter, I sometimes feel there's always work to be done. The challenge of learning martial arts and the friendliness of the PMA community provide a great setting for me to drop whatever stress I might be feeling."*

Ryan's goals for training are to improve his understanding of the martial arts while also challenging his mind and body. He believes the key to his consistency is having fun and enjoying the process and he encourages others who haven't tried the martial arts to consider doing so. *"There are many distractions and influences that can lead us astray from our goals. Incorporating a regular practice that exerts physical, mental, and emotional demands, like martial arts, can provide structure and focus to your life."*

Besides school and work, Ryan also enjoys strength training and being outdoors. If you haven't met Ryan yet on the training floor, I encourage you to do so. He's a really great guy and an awesome training partner. We really love having him be part of the PMA Family!



FEBRUARY Birthdays

2/1: Ryan Sparks
2/3: Zachary Cangro
2/5: Grant DeGuzman
2/5: Joshua Choy
2/5: Kenneth Fong
2/7: Gregory DeBonet
2/7: Tony Borruso
2/8: Jeremiah Channer
2/12: Joey Cheung

2/12: Roman Mazurkevych
2/12: Matthew Hong
2/14: Megan Choo
2/16: Mark Sgantzoz
2/16: Abel Lowe
2/18: Benjamin Garcia
2/18: Matias Torres
2/19: Karvis Sun
2/19: Isabella Ditomaso

2/19: Nadiah Layne
2/20: Charlotte Ip
2/20: Eric Huang
2/20: Jason Pan
2/25: Logan Lai
2/26: Marcella Arcabascio
2/26: Mark Mahilum
2/28: Nico Bolkovic

Welcome New Students

Clarence Lo
Luis Arce
Kaylin Montague
Amber Lai
Madyson Abad
Zane Pagan
Ivan Picon

Brayden Galvan
Sonali Gopaul
Christian Pineda
Alexis Cruz
Elijah Adelsky
Alexander Adelsky
Simon Adelsky

Eva Reyes
Guanting Chen
Yanzi Chen
Joshua Daniels
Kendrick Polanco
Jason Aptaker
Luna Vera

Welcome Back!
Richard Segarra



Thank you...

Logan Lai for referring ***Amber Lai***
Chloe Santora for referring ***Madyson Abad***
Sebastian Reyes for referring ***Eva Reyes***
Ryan Lavache for referring ***Joshua Daniels***

February Events

- **Feb 1 - 5: Buddy Week**
- **Feb 4: Rescheduled Warrior Testing**
- **Feb 11: Valentine's Parents Night Out** (NO LW BBC or Adult Muay Thai Class)
- **Feb 18: Muay Thai Webinar w/ Ajarn Surachai Sirisute at PMA (7-9pm)**
- **Feb 19: Indoor Snowball Fight**
- **Feb 21: Updated Adult Schedule Takes Effect**
- **Feb 23: Adult JKD Testing**
- **Feb 25: Explorer/Lil Dragon/Lil Warrior/Lil Warrior BBC Testing**
- **Feb 26: Warrior Testing**