



# THE STRAIGHT BLAST

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

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## SIFU'S CORNER

Spring has sprung and it's so great that we get to look forward to warmer weather ahead!

April started off with our St. Jude Kickathon, where we raised a little over \$2500 for that wonderful cause. I really enjoy seeing our school come together as a community to do great things. Thanks to everyone who fundraised, donated and participated in the kick-a-thon!

Before the break, we also hosted a Nerf Wars for our Lil Warrior and Warrior students and they all had a blast! As usual, kids left here sweating and smiling as they had some non-screen time fun. Thanks to Ms. Kathy and her assistants for making the event so fun.

We also got a much needed Spring Break in April as the staff has been putting in a lot of work over the past year. It was a great time to spend quality time with family and rest and recharge for the upcoming Spring and Summer months. I know I came back with a renewed energy.

Finally, we also had our collection for Ukraine during the month of April. Thank you to everyone who donated to this cause as we try and help those who are suffering right now on the other side of the world.

## *May is Women's Month!*

This month, we are celebrating all the women at PMA with some special events. On **Saturday, May 7th**, we will be hosting our **MOMS ON THE MAT**, where students will be able to train with their moms at PMA. If you would like to join us, please register on the app!

And on **Saturday, May 21st**, we will also be hosting a **Women's Self-Defense Class**, where students, their friends and family are welcome to attend. You can register for this event on the school app as well.

We want to take this time to show our gratitude towards all the women of PMA. Thank you for all that you do, who you are and how you contribute to the school!

Finally, we will be **CLOSED** for Memorial Day Weekend from **Saturday, May 28 to Monday, May 30th**.

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**SATURDAY MAY 7TH**  
**1:30 - 2:30 PM**



**SATURDAY MAY 21ST**  
**1:30 - 2:30 PM**

MAY EVENTS

# MAY IS WOMEN'S MONTH!

In honor of all the women in our lives, we are dedicating May to all of them and have some special events planned to celebrate!

These Events are **FREE!**  
Sign up on our Mobile App



**SATURDAY MAY 7TH**

**1:30 - 2:30 PM**

**[CLICK HERE TO REGISTER](#)**



**SATURDAY MAY 21ST**

**1:30 - 2:30 PM**

**[CLICK HERE TO REGISTER](#)**

## STUDENT SPOTLIGHT: REGINA MOLLISON

This month, we are celebrating a woman who has dedicated her life to martial arts and although she started later in her life, she credits it with changing her life and making her the woman she is today!

Regina Mollison has always wanted to do martial arts and when she was a young girl wanted to do it do badly but her mom refused, saying, *"It's not for girls."* Regina grew up around lots of boys and thought differently and when she was around 30 years old, she ventured into the martial arts. She started training in Manhattan around that time and did some MMA. After getting in graduate school, she had to find a school more local and convenient to her where she could train on the weekends and that is when she found PMA.



She has trained with PMA off and on since then and returned more recently during the pandemic. It had been a good year since she last trained and she needed to get back to it and PMA at the time was offering virtual and in-person classes. And as soon as she got back into training, she felt like herself again.

Regina credits her martial arts training with giving her a positive mindset, physical fitness, self-defense and confidence. She can't see her life without it. She has even gone to Thailand to train Muay Thai to get a fuller and better understanding of the art. And that trip deepened her love for training and made her appreciate it all the more.

She has even used her martial arts in real life self defense. As she describes vividly, *"I was leaving class in Manhattan one day and headed toward the subway when a homeless man came towards me to grab my throat. Without thinking, I immediately threw a Jab-Jab-Cross and ran away. It was completely instinctual."*

Regina has been training 20 years on and off since she's 30 years old and she will never stop. Even with all the challenges that life brings along, she finds a way to keep going. In the past year alone, Regina had gotten bursitis, covid with long term effects, and even got laid off from work but she kept on going. *"Training fuels me and gives me peace."*, she explains. Her ability to persist and her wonderful attitude really is inspiring. It's no wonder she makes so many friends wherever she trains!



We are honored to have Regina at PMA and her energy is contagious. She is an example to all those who train alongside her. No matter what age you start, like Regina always says, *"Don't count yourself out!"*

## MAY Birthdays

5/1: James Rappaport

5/1: Giovanni Bolkovic

5/3: Ari Abaev

5/3: Annie Bacani

5/8: Nicolle Marquina

5/9: Kyle Leung

5/10: Ryan Chen

5/10: Vanna Ng

5/11: Chetan Sharma Kapur

5/11: Josiah Rodriguez

5/11: Nolan Alleyne

5/11: Diego Zamora

5/12: Richard Segarra

5/12: Cassandra Caxaj

5/12: Jax Paredes

5/13: Ryan Singh

5/15: Jim Hidalgo

5/15: Collen Ye

5/16: Regina Mollison

5/17: Ignacio Mahecha

5/19: Barron De Los Santos

5/20: Divine Grace Chu-Zambrano

5/25: Armand Surban

5/25: Anthony Cairo

5/27: Luis Arce

5/27: Ethan Chien

5/27: Ryan Chien

5/29: Mark Cisneros

5/31: Albert Figueroa, Jr.

## Welcome New Students

Adrian Wu

Ariana Estevez

Alicia Estevez

Michael McClure

Lauren Lee

Samuel Zuluaga Cordoba

Jim Hidalgo

Kerien Washington

Mia Soriano

Brandon Mika

Jason-Jeremiah Stephen

Alexandra Holynski

Cassandra Caxaj

Brandon Ramsaywack

Joshua Harris

Sebastian Hollman-Mena

Thelmo Quizhpi, Jr.

Brian Murray

Jayden Wang

William Wang

Yuhang Zheng

Thea Shi

Aileen Yu

Eric Yu

### ***Thank you...***

***Dmitri Bauer***

*for referring*

***Sebastian Hollman-Mena***

### **Welcome Back!**

Liam Kalontarov

Jai Kovvuri

Ethan Chiu

Shiloh Milfort

## May Events

- **May 7: Moms on the Mat**
- **May 21: Women's Self Defense Workshop**
- **May 25: Adult JKD Testing**
- **May 28-30: Memorial Day Weekend (SCHOOL CLOSED)**

