



THE STRAIGHT BLAST

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

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SIFU'S CORNER

Happy New Year! 🎉🥂

2024 has arrived. And with a new year comes all sorts of possibilities! Let's make it the best one yet!

December was a big blur as it was so eventful!

We started off the month with our Junior Black Belt testing and I couldn't be more proud of the two young men who tested. They demonstrated all the characteristics a Junior Black Belt should have through the three parts of their test: The Physical portion, their Junior Black Belt essay and the Curriculum portion. It's a rigorous test that helps them truly understand the transformative process of the martial arts. Read more about them in the newsletter.

We also hosted a Holiday Themed Parents Night Out for the youth and here is where we got to celebrate the season with the kids with lots of games, crafts and just some plain old fun. Thanks to the staff and leadership team for making it so much fun!

I also wanted to give a big shout out to the PMA family for their generosity with the Toy Drive in December. We collected over 3 boxes of toys and donated them to the John Theissen Foundation. This organization serves sick and underprivileged kids in Long Island and we are so thankful to be able to give to such a wonderful cause.

We ended the month celebrating the staff at our annual Holiday Staff Dinner. It was a great way to end the year on a high note. We have the best team of people at PMA and I can't say enough how thankful I am for this group of talented, caring and hardworking people. We are truly blessed.

January 2024 is jam-packed with activities!

We are starting off the year with a sale on PMA sweatshirts for the month of January. Purchase a pullover or zip-hooded sweatshirt for 20% off! Look out for sales on retail items every month this year, too!

For the kids, we will be hosting our annual Indoor Snowball fight on Saturday, January 27th and we have a Buddy Week for friends and family from January 8 - January 13.

We also have a special Perfect Attendance Challenge for the kids this month! Read more about it in the kids portion of the newsletter.

Finally, at the end of the month, we will be having our Adult JKD Testing.

Looking forward to another AMAZING year with all of you!

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RETAIL ITEM OF THE MONTH: SWEATSHIRTS!



Get warm this January with a PMA sweatshirt!

For the month of January, **PMA sweatshirts will be on SALE (20% off)**

We have **Pullovers and Zip Hoodies available** in all sizes

Just ask the front desk and they can assist you with your purchase!

Supplies are LIMITED

CELEBRATING PMA STAFF

During the holiday season, the PMA Staff gathered for a celebration to honor the achievements of the past year. It was a delightful occasion filled with food and reflection, appreciating the wonderful accomplishments and expressing gratitude for being part of such an outstanding team.



PMA HOLIDAY SCHEDULE CLOSURES 2024

- **Jan 2: School Re-Opens**
- **April 22-27: Spring Break (CLOSED)**
- **May 25-27: Memorial Day (CLOSED)**
- **July 4-6: Independence Day (CLOSED)**
- **Aug 12-17: Summer Break (CLOSED)**
- **Aug 31-Sept 2: Labor Day Weekend (CLOSED)**
- **Oct 31: Halloween (CLOSED)**
- **November 28-Nov 30: Thanksgiving Holiday (CLOSED)**
- **Dec 24-Jan 1: Winter Break (CLOSED)**

Please note that the school also closes occasionally for special events like seminars, workshops, youth events as well as snow days.

You will be notified of these special events closures via the monthly newsletters, emails and signs posted in the school.

Snow days are announced via email the day of. Call the school before coming to class to ensure the school is open in the event of a snow day.





JANUARY Birthdays

1/1: Ryan Guartasaca
1/1: Jin Javier
1/1: Brian Kwok
1/2: Farhan Khan
1/3: Alyssa Kwai
1/4: Cesar Zuzunaga, Jr.
1/4: Eva Victoria Acquaye
1/7: Elijah Adelsky
1/8: Julius Baltonado
1/10: Levon Yerknepetian

1/12: Darren Chen
1/13: Winter Dunlop
1/18: Claire Trent
1/18: Noah Nie
1/18: Keoni Marshall Valley
1/18: Adriano Fletcher
1/22: Jaxson Davila
1/23: Eva Ramirez
1/26: Gabriella Cruz
1/26: Nicholas Varon

1/27: Ping Choi
1/28: Stephanie Araullo
1/28: Andrew Artemiou
1/29: Sophia Venturino
1/29: Sebastian Reyes
1/30: Jayson Williams
1/30: David Moshhev
1/31: Ezekiel Rojas

Welcome New Students

James Healy
Denzel Castiblanco
Stephanie Araullo

Andy Zephyr
Javier Oviedo
Emma-Reese Dupont

Johann Dupont
Karlana Robinson Jenkins
Emanuel Bermeo

Thank You...

Michael Zuzunaga for referring Emanuel Bermeo

January Calendar

- ➔ **1/2: Classes Resume**
- ➔ **1/8-13: Buddy Week**
- ➔ **1/26: Explorer/Lil Dragon/Lil Warrior/Lil Warrior BBC Testing**
- ➔ **1/27: Warrior Testing**
- ➔ **1/27: Indoor Snowball Fight**
- ➔ **1/31: Adult JKD Testing**