



THE STRAIGHT BLAST

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

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SIFU'S CORNER

Feels like it's getting warmer already! Spring is right around the corner and we haven't had as bad a winter as I thought we would. Days are getting longer and I can't wait for the warmer temps.

February was pretty eventful at PMA!

Firstly, I want to thank everyone who donated to our American Heart Association Fundraiser. Looks like the lobby window is filled with hearts and that we received almost \$500 in donations for this wonderful cause. It's important to support these types of organizations because they help to keep us all heart healthy and that is part of our mission at PMA.

Secondly, I want to thank all the family members that came in to participate in our Family Appreciation Week. It was wonderful to see all the smiling faces on the training floor. We love all the PMA families and to see them training together is always a special treat. I hope you all enjoyed the week and we hope that some of you continue your training in the future.

We also hosted a February Camp session for kids who were off from school during the week of February 19-22. Kids got to do martial arts, play games, do arts and crafts and even supplemented their academics with some extra work and reading. It was a wonderful week and I want to thank the older kids who came in to assist Ms. Kathy for the camps. They made it even more outstanding. We're hoping to do more of these camps in the future and this was a great start.

March is going to be just as exciting at the school. We will be doing a **school wide kicking fundraiser for St. Jude Children's Research Hospital for the whole month** and I'm excited for this year's efforts. Each program will be competing to see which one will be performing the most kicks and raising the most money. Let's break some records this year!

For our kids, we will be hosting another **Nerf Wars for kids ages 7-15 on Saturday, March 23rd from 2-3pm**. Buddies are welcome to attend. Sign up is available on the school app!

Looking forward to another amazing month!

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FUNDRAISER MONTH OF MARCH

MARCH EVENTS

St. Jude Kicking Fundraiser at Progressive Martial Arts

PMA is proud to be hosting our **ANNUAL KICK-A-THON** for St. Jude Children's Research Hospital during the **MONTH OF MARCH!!!**



During the month of March, everyone will be able to kick for a great cause in their classes. And this year, we will be having a competition amongst all the programs here at the school.

The programs will be broken into the following groups:

- Explorers/Lil Dragons (ages 3-6)
- Lil Warriors/Lil Warrior BBC (Ages 7-9)
- Warriors/Warrior BBC (Ages 10-15)
- Adults (Ages 16 and Up)

Winners will be determined by which group raises the most money and performs the most kicks during the month. The winning program will get a **PIZZA PARTY!**

Family Appreciation Month Review

It was so wonderful to see all the families training at PMA during Family Appreciation Week! Please enjoy all the awesome pictures from the week. If you want to continue your training, please contact the front desk and they can help get you started! We'd love to keep seeing you on the mat.



GUIDE TO ENSURING SAFETY IN MARTIAL ARTS CLASS

Participating in martial arts classes can be an enriching experience, offering benefits such as improved physical fitness, mental discipline, self-defense skills, and a sense of community. However, like any physical activity, martial arts carry the risk of injury. To help students navigate these risks and ensure a safe training environment, here's a comprehensive guide on martial arts class safety.

Understand the Risks

Recognize that martial arts involve physical contact, which can lead to injuries if not practiced correctly. Common injuries include sprains, bruises, and, less frequently, more serious injuries like fractures or concussions.

Wear Appropriate Gear

Protective Equipment: Always wear the necessary protective gear, such as mouthguards, headgear, gloves, shin guards, and foot protection, depending on the martial art.

Uniforms: Wear the proper uniform (Gi, etc.), ensuring it's in good condition and fits correctly to prevent tripping or catching.



Warm-Up and Cool Down

Begin each session with a thorough warm-up to prepare your body for physical activity and reduce the risk of injury. Similarly, end each session with a cool-down period to help your body recover.

Learn and Practice Proper Techniques

Focus on mastering the fundamentals and proper form before attempting more advanced techniques. This reduces the risk of injury and improves your skills more effectively.

Understand and Follow the Rules

Every martial arts discipline has its own set of rules and etiquette. Learn these early on and adhere to them to maintain a respectful and safe training environment.

Communicate and Report Injuries

- If you feel discomfort or suffer an injury, stop training and inform your instructor immediately. Early intervention can prevent further harm.
- Don't be afraid to communicate with your sparring partner about intensity levels to ensure both of you are comfortable with the training pace.

Stay Hydrated and Nutritionally Supported

Drink plenty of water before, during, and after training to stay hydrated. Eat a balanced diet to support your physical exertion.

Listen to Your Body

Pay attention to your body's signals. If you're feeling unwell or fatigued, it's better to take a break rather than risk injury.

Sparring with Caution

Sparring should be approached with caution, especially for beginners. Make sure you have a clear understanding of sparring techniques and protective measures. Sparring should always be supervised by an instructor.

Regular Health Checks

Regular check-ups with a healthcare provider can ensure you're fit to participate in martial arts and help identify any potential issues that could be exacerbated by intense physical activity.

Create a Culture of Safety

Be a proactive member of your martial arts community by advocating for safety, respecting your peers, and supporting beginners in their journey.

Safety in martial arts classes is a collective responsibility. By preparing adequately, practicing proper techniques, and fostering a culture of respect and care, students can enjoy the many benefits of martial arts with minimal risk. Remember, the journey in martial arts is not just about physical strength but also about discipline, respect, and continuous learning.

MARCH Birthdays

3/1: Aiden Rivera
3/1: Connor Hylton
3/1: Carter Hylton
3/2: Cheng Xuan Wu
3/2: Eri Chan
3/2: Maya Rappaport
3/2: Hector Quinteros
3/4: Zane Lafoucade
3/5: Sophie Lau
3/6: Nicholas Lagrega
3/7: Maximilian Reyes

3/8: Joshua Gabriel
3/8: Sophia Francisco
3/8: Dylan Baz
3/9: Sophia Queiroz
3/10: Kyle Guandique
3/12: Aaban Karim
3/12: Ethan Chiu
3/13: Armaan Singh
3/14: Liam Siedlik
3/17: Narges Hasanzada
3/19: Charlie Fuentes

3/22: Aiden Pinto
3/23: Raina Huang
3/23: Sydney Huang
3/24: Vinson Ng
3/24: Humza Lone
3/24: Jonathan Kaykov
3/25: Kayla Chen
3/27: Alan Chu
3/29: Kelly Ng
3/31: Jacob Maze

Welcome New Students

Sarah Queiroz
Sariya Reeves
Richard Ramirez
David Akinyele
Daniel Akinyele

Ivri Yahalomi
Shalev Yahalomi
Pavel Mehedi
Devon Washington
Lia Cassiere

Anthony Hill III
Abdullah Malik
Hector Mejia
Eric Li
Abigail Rau

Thank you...

***Kgosi Northover for referring Sariya Reeves
Sophia Queiroz for referring Sarah Quieroz***

March Events

- **March 1-31: St. Jude Fundraising**
- **March 1: Explorer/Lil Dragon/Lil Warrior/Lil Warrior BBC Testing**
- **March 2: Warrior Testing**
- **March 4-9: Buddy Week**
- **March 23: Nerf Wars**
- **March 27: Adult JKD Testing**

