



THE STRAIGHT BLAST

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

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SIFU'S CORNER

Already feeling like summer is quickly approaching and I'm still trying to remember it's 2024!!! That only means this year has been so busy and eventful and that we're taking advantage of all the time we're given each day!

April was a pretty amazing month. We started off tallying our donations from St. Jude and all in all, we collected \$2000 for the hospital and research center. Thank you to everyone who donated and to all the students for kicking throughout the month of March to raise awareness for this wonderful organization. It's been an annual event that we never forget to include in our annual calendar and I'm proud to report that we have contributed over \$30,000 over the years that we have been doing this.

We also had some of our promotions in the youth and adult programs and it's been great to see how many people are so consistent with their training and the advancement to higher ranks for so many of our students. Keep up the great work everyone.

After the much needed break, we also **started our morning classes in Muay Thai and the FightFit Bootcamp on April 30th**. We're excited about these additional classes and hope that if you are available during these times that you give them a try. For the month of May, PMA students are welcome to try the FightFit Bootcamp for FREE!

For May, we are excited to announce the addition of **BJJ classes on Saturdays!** We heard you and the coaches are excited to able to offer those classes. It will be a No-Gi class at 1pm.

In honor of the moms at PMA, we will also be hosting a **MOMS on the MAT week at the school from May 6-11**. Mom are welcome to come on the mat with their kids for the whole week! We look forward to seeing you training!

We will also be hosting a **Moms' Night Out Paint Party on Friday, May 10th from 8:00 - 10pm**. To register for this event, please sign up on the app. We will be having light fare and supplies will be provided. Leave the kids at home and come in for a night of relaxing painting and fun!

In honor of Women's Empowerment Month at PMA, we will also be hosting a **Women's Self-Defense Workshop on Saturday, May 18th from 2:00 - 3pm**. This is a **FREE workshop** open to PMA students and the surrounding community.

Finally, in observance of Memorial Day, we will be **CLOSED from Saturday, May 25th to Monday, May 27th**.

*Wishing all the PMA MOM's
a Wonderful & Happy Mother's Day!*

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YOUTH INSERT

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**MAY is
Women's Month
At PMA!
Check out our
May Events**

MAY EVENTS

BJJ classes added on Saturdays

Starting on Saturday, May 4th, a no-Gi class has been added at 1pm. We're excited to be able to offer classes once again on Saturdays and look forward to seeing all the BJJ students there!

For any questions regarding this change in schedule, please don't hesitate to ask the front desk.



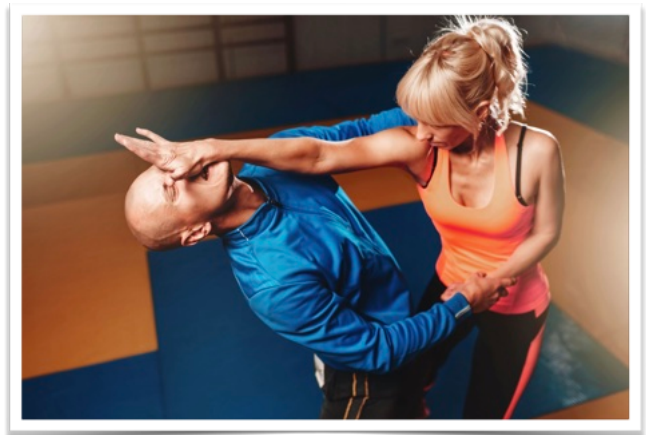
FightFit Bootcamp

For the month of May, PMA students may train in this high intensity, fast-paced fitness class for **FREE!** This is a 45 minute class that will enhance your training and help you reach any fitness goals that you may have. Need to get leaner or increase muscle mass? This is the class to come to! After the month, if you want to continue taking these classes, you can purchase a 10 pack of classes for \$99 or drop in for a class for only \$20.



Women's Self Defense Workshop

On **Saturday, May 18th**, we will be hosting a **Women's Self-Defense Workshop from 2:00-3:00pm**. Participants will learn important awareness skills needed in today's world. Even if you've trained martial arts before, this is an important workshop you can't miss. Spread the word! Registration is available by [CLICKING HERE](#)



ESSENTIAL WOMEN'S SELF DEFENSE TIPS

In an increasingly unpredictable world, self-defense is a crucial skill, especially for women. The ability to protect oneself from harm is not just empowering but can also be life-saving. Here are some practical self-defense tips that every woman should know:



- 1. Awareness is Your First Line of Defense:** Always be aware of your surroundings. Avoid distractions like smartphones when walking in less familiar or potentially unsafe areas. Trust your instincts; if something feels off, it likely is.
- 2. Take a Self-Defense Class:** Enroll in a self-defense class. These classes are designed to teach you not only physical techniques but also how to assert yourself confidently. Techniques such as strikes to the eyes, nose, or throat can be effective in deterring an attacker.
- 3. Use Your Voice:** Do not be afraid to yell or scream if you feel threatened. Drawing attention to yourself and the situation can scare off attackers and alert others nearby who can offer help. A loud, assertive voice can also show the attacker that you are not an easy target.
- 4. Keep Your Distance:** If confronted by a potential threat, keep as much distance as possible between yourself and the aggressor. This space can give you time to react and escape if necessary.
- 5. Carry a Self-Defense Tool:** Whether it's pepper spray, a high-decibel alarm, or a sturdy flashlight, carrying a self-defense tool can enhance your safety. Ensure you know how to use these tools effectively and are aware of the legal implications of their use in your area.
- 6. Target Vulnerable Areas:** If physical confrontation is unavoidable, aim for the attacker's vulnerable spots: the eyes, nose, throat, and groin. Quick and forceful actions at these points can incapacitate your attacker, giving you a chance to escape.
- 7. Practice Makes Perfect:** Regularly practicing the techniques you learn in self-defense classes can help you react more swiftly and effectively in real situations. Muscle memory can play a crucial role when you're under stress.
- 8. Have a Plan:** Think about different scenarios and have a plan of action for each. Know the exits in buildings you frequent and think about safe places you can run to. Having a plan can reduce panic in the moment.
- 9. Stay Fit:** A basic level of physical fitness can greatly improve your ability to run, fight, and endure physical confrontations. Regular exercise can also improve your mental health, making you more alert and responsive.
- 10. Empower Each Other:** Share safety tips with friends and family. Empowering each other and discussing strategies can increase everyone's safety and confidence.

Women's self-defense is about more than just physical techniques; it's about cultivating an attitude of self-awareness, confidence, and preparedness. By incorporating these tips into daily life, women can enhance their personal safety and feel more secure in their environments.

REGISTER TODAY FOR OUR FREE WOMEN'S SELF-DEFENSE WORKSHOP ON MAY 18TH
[CLICK HERE TO REGISTER](#)

MAY Birthdays

5/1: James Rappaport	5/11: Karlena Robinson Jenkins	5/24: Richard Abbatangelo, Jr.
5/3: Ari Abaev	5/11: Ellis Chi	5/25: Armand Surban
5/3: Annie Bacani	5/13: Ryan Singh	5/26: Kgosì Northover
5/3: Daniel Ding	5/14: Mateo Pina	5/27: Linnea Gilmartin
5/3: Joshua Syuonov	5/15: Collen Ye	5/27: Talia Mansour
5/4: Gerro Deon C. Lorenzo	5/15: Angela Chan	5/27: Yuheng Xiao
5/5: Kelfen Li	5/15: Coach Ivan Choi	5/28: Ryan Lin
5/6: Nicole Chaitnarine	5/16: Alexander You	5/28: Ziyad Elsaway
5/6: Anjali Quintanilla	5/16: Mariana Arango	5/28: Renjay Miu
5/8: Anthony Hill III	5/18: Ayden Rambally	5/28: Austin Zeng
5/8: Elliot DeSilva	5/20: Sophia Wang	5/30: Marlee Frasier
5/8: Nicolle Marquina	5/21: Emmanuel Arevalo	5/31: Efrain Avalos
5/9: Kyle Leung	5/22: Nayviah Jones	
5/11: Chetan Sharma Kapur	5/22: Yehuda Nissani	

Welcome New Students

Riley Merle-Fray
Ethan Shi
Salman Alrshid
Zahaire Howard

David Yahalomi
Jackson Chen
Cara Roberts
Marlee Frasier

Walid Popal
Ryan Chu
Anha Kazi

Thank you...

Kelfen Li for referring ***Jackson Chen***
Morghan Tindal for referring ***Cara Roberts***
Pavel Mehedi for referring ***Anha Kazi***

MAY Events

- 5/ 3: Explorer/Lil Dragon/Lil Warrior/Lil Warrior BBC Testing
- 5/ 4: Warrior Ph 1 and 2 Testing
- 5/ 6-11: Moms on the Mat Week
- 5/ 10: Moms' Night Out Paint Party 8-10pm
- 5/ 18: Women's Self-Defense Workshop
- 5/ 25-27: SCHOOL CLOSED (Memorial Day)

