

STUDENT OF THE MONTH: STELLAN GILMARTIN

It's great to see smiling faces in your classes and you can always count on our student of the month to be smiling from the moment he walks into the school until he walks out the door. Stellan Gilmartin is a pleasure to have in our classes.

Stellan recently earned his Purple Belt in the Warrior Program and we are so proud of how far he has come since he joined almost a year and a half ago. Stellan's mom found the school years ago when his older sister had joined the school and they returned together to sign up again. Since his start in the Warrior program, Stellan has been a hard-working, determined student who is always willing to do what it takes to get better.



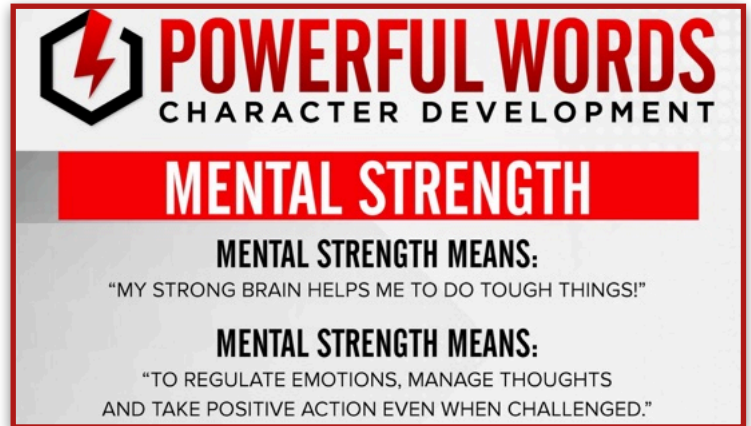
When asked what he's seen himself get out of training, he says, *"I have more skills to defend myself and I have grown as a person especially when it comes to my discipline."* His goals are to get his Junior Black Belt. His instructors have seen him definitely become stronger and his skill level has substantially increased over his time here. He is well on his way to Junior Black Belt.

Stellan's favorite part of coming to PMA? *"I love interact with the people at PMA."*, he says. He truly is wonderful to have at the school and assists in the Explorer class with so much enthusiasm.

Outside of PMA, Stellan is going into the 7th grade. His other hobbies include chess and soccer and he hopes one day to either be a lawyer or a chess grandmaster. I think mom said he is well on his way to that grandmaster title as he is already beating his adult counterparts in competition.

PMA YOUTH SECTION | JULY 2024

JULY'S
POWERFUL WORD
OF THE MONTH:
MENTAL STRENGTH



PMA YOUTH SUMMER CALENDAR 2024

SUMMER RAFFLE: Earn a raffle ticket for each class you attend and 4 tickets for any special event you attend. Final raffle occurs on 8/24/2024 where multiple big prizes are earned!

SUPERHERO WEEK: Instead of wearing your uniform top, wear your favorite superhero t-shirt. No masks or other accessories allowed in class. Regular uniform pants are required.

BUDDY WEEK: We have lots of buddy weeks this summer! Bring your friends in to train with you.

STAR WARS WEEK: Instead of wearing your uniform top, wear your favorite Star Wars t-shirt. No masks or other accessories allowed in class. Regular uniform pants are required.

SPECIALTY CAMPS: Register for one or all of our specialty camps! Details to be announced on a separate flyer.

GAMES WEEK: Tons of games to be played in classes this whole week. Get ready to have lots of fun!

DOUBLE RAFFLE TIX WEEK: This week earn two raffle tickets per class you attend instead of just one.

DYNAMIC DUO BUDDY WEEK: Come with your buddy dressed as your favorite dynamic duo!

END OF SUMMER PICNIC: Come celebrate the end of the summer with a fun-filled day in the park with your fellow PMA students. The Summer Raffle ends on this day and awesome prizes will be distributed to winners but you have to be there to win!

See CALENDAR on Next Page





PMA YOUTH SUMMER CALENDAR 2024

JULY				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 CLOSED 🇺🇸	5 CLOSED 🇺🇸
8 SUPERHERO tSHIRT WEEK 🦸	9 SUPERHERO tSHIRT WEEK 🦸	10 SUPERHERO tSHIRT WEEK 🦸	11 SUPERHERO tSHIRT WEEK 🦸	12 SUPERHERO tSHIRT WEEK 🦸
15 BUDDY WEEK 🧑🧒	16 BUDDY WEEK 🧑🧒	17 BUDDY WEEK 🧑🧒	18 BUDDY WEEK 🧑🧒	19 BUDDY WEEK 🧑🧒
22 STAR WARS WEEK	23 STAR WARS WEEK	24 STAR WARS WEEK	25 STAR WARS WEEK *PARENTS NIGHT OUT!*	27 STAR WARS WEEK
29 GAMES WEEK 🎮	30 GAMES WEEK 🎮	31 GAMES WEEK 🎮		



AUGUST					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 GAMES WEEK 🎮	2 EXP/LD/LW/LW BBC TESTING	3 WARRIOR TESTING
5 MUAY THAI CAMP DYNAMIC DUO WEEK	6 DYNAMIC DUO WEEK	7 BJJ CAMP DYNAMIC DUO WEEK	8 DYNAMIC DUO WEEK	9 KALI CAMP DYNAMIC DUO WEEK	10 DYNAMIC DUO WEEK
12 CLOSED	13 CLOSED	14 CLOSED	15 CLOSED	16 CLOSED	17 CLOSED
19 2X RAFFLE TIX WEEK	20 2X RAFFLE TIX WEEK	21 2X RAFFLE TIX WEEK	22 2X RAFFLE TIX WEEK	23 2X RAFFLE TIX WEEK	24 **END OF SUMMER PICNIC**
26	27	28	29	30	31 CLOSED LABOR DAY WEEKEND