



THE STRAIGHT BLAST

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

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SIFU'S CORNER

Summer is finally in full swing! And it's truly hot out there!

June was a busy month for all our families and it was just as busy for us! We started the month off with our Dads on the Mat week for the kids and it was great to have all those dads with us on the training floor. The kids really enjoy sharing their martial arts with their parents and this week was no exception.

We also hosted a Dads Vs. Kids Dodgeball event in honor of Father's Day and all our families had a blast! We can't wait to host more events like these in the future!

I am also excited to announce that we will be hosting Ajarn Surachai Sirisute for a 2 day seminar in the art of Muay Thai. It's been since before covid that we will be hosting Ajarn Chai in person and I'm so excited to have him back at the school. So save the dates! September 21 & 22, 2024. Look out for more seminar information in the upcoming months.

July marks the beginning of summer training here at PMA. We realize that you all have plans for the summer but we will still be maintaining our regular schedule so make sure you make every effort to get to your regularly scheduled classes. We understand that things can get crazy when your schedule gets changed but it's important to maintain the discipline of your training so you don't interrupt your progress.

For myself and some of the Sayoc Kali students, this month marks our annual Sama Sama. I am looking forward to be amongst the Sayoc Tribe to further propagate the art of Pamana Tuhon Christopher Sayoc. It's always a memorable and awesome time and I can't wait.

For our kids, we are starting our **SUMMER RAFFLE** and we have lots of special theme weeks to look forward to throughout the summer. Please check out our summer calendar for details.

Finally, please note that we will be **CLOSED** from **Thursday, July 4th to Sunday, July 7th** in observance of Independence Day. Classes will resume on Monday, July 8th.

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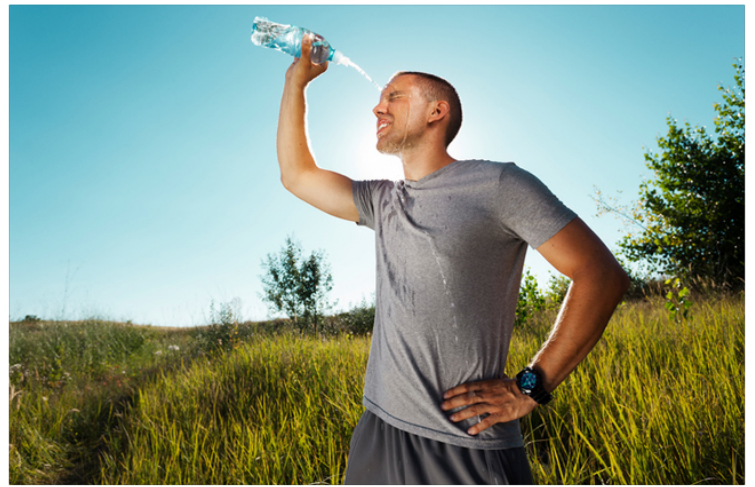


PMA Will Be CLOSED
July 4th - July 6th

STAYING ON TRACK WITH YOUR TRAINING DURING SUMMER

Oftentimes, summer creates a change in one's training regimen due to the warmer weather, the ending of school for kids, and planned vacations. This can sometimes serve as a disruption of your training and it's important to make sure you account for this change when you are planning your summer training schedule.

So, there are a few ways to make sure you are consistent:



1. **Make a summer calendar.** Sit down and take a look at your summer and map out each week. Mark down all your vacations and start making a training schedule, taking into account all the activities you have planned for the summer.
2. **Quickly reschedule any classes you missed.** It's inevitable that you will miss class due to a last minute plan. Quickly make plans to make up that class by putting that in your schedule.
3. **Stay hydrated.** With all the warmth and sun, it's easy to become dehydrated in the summer which leads to fatigue and lack of motivation. Drink lots of water and be sure to have lots of vegetables and fruits throughout the summer.
4. **Keep good nutritional habits throughout the summer.** With all the parties, BBQ's and beach and pool events, we often eat poorly through the summer. Be moderate with your diet.
5. **Have your training partners and coaches keep you accountable.** Make a plan with your training partners to meet in each class and hold them accountable when they are not there. Using your team to have you keep integrity will only make the entire class better!
6. **Don't make excuses! Finally, stop making excuses and make it work.** You can enjoy your summer and keep your training schedule if you make the commitment to do so.



JULY Birthdays

7/1: Xilei Shan
7/1: Coach Juan Carlos
Bonola
7/2: Emanuel Bermeo
7/3: Mia Alfred
7/3: Aiden Liang
7/5: Bianca Balwan
7/5: Michael Zuzunaga
7/6: Abbie Brown
7/8: Lucas Zhang
7/8: Liselle Ramirez
7/9: Elizabeth Tum
7/9: Landon Celestin

7/9: Neo Lew
7/10: Stellan Gilmartin
7/11: Nathan Fu
7/11: Stephen Eng
7/12: Hector Mejia
7/13: Mikaela Araujo
7/14: Nathaniel Zamora
7/15: Dean Davis
7/16: Athena Boson
7/18: Dorian Choy
7/19: Sophia Prashad
7/20: Jason Baldorado
7/20: Aamina Lone

7/21: Frankie Liu
7/21: Johann Dupont
7/23: Kalea Liew
7/24: Nicholas Stabile
7/25: James Healy
7/26: Lia Cassiere
7/26: Kaylin Montague
7/27: Kyson Zou
7/28: Kohen Llerena
7/29: Jorge L. Rodriguez
7/30: Justin Zheng

Welcome New Students

Michael Lucre
Rahat Nazari
Aiden Liang
Hector Steven Regalo
Dylan Liao
Peter Vera

Nabila Rahman
Andy Thai
Alina Alny
Dakota Barrera
Ethan Wang

Thank you...

Stephen Grosch for referring ***Michael Lucre***
Enzo Zhang and Eric Li for referring ***Aiden Liang***
Rayyan Rahman for referring ***Nabila Rahman***

JULY Events

- 7/ 4-6: SCHOOL CLOSED (Independence Day Weekend)
- 7/ 8: Summer Raffle Begins
- 7/ 26: Parents Night Out (Pajama Night)

