



THE STRAIGHT BLAST

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

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TUHON'S CORNER

The last quarter of the year is upon us and I can't believe how fast 2024 is going! The weather is cooling, the kids are back in school on a regular schedule and fall is fully in effect.

September was pretty amazing at the school. We welcomed some new students and welcomed back some returning students and it was great to have all the smiling faces at the school, new and old.

We started off the month with youth and adult testing. Congratulations to all those who have been promoted! We also had our Junior Black Belt testing this month. A big shoutout to Jalin Ferguson, who received his Junior Black Belt after a rigorous 2 part test, which he performed with perseverance and humility. We couldn't be more proud of him.

On September 21st and 22nd, we also hosted Ajarn Surachai Sirisute for a 2 day seminar in Muay Thai. It has been almost 5 years since I have hosted him at the school and I was so excited and honored to have him back so that the students could learn from him. Thank you to everyone who came out. I'm sure you will remember that experience and hopefully it has inspired your training. During this seminar, our coaches were promoted by Ajarn in rank. Congratulations to Kathy Sacoulas on achieving Full Instructor Rank and to Coaches Ivan and Carlos on achieving their Associate Instructor Rank.

October is looking quite eventful at the school.

This year, we are hosting our annual **Open House on Saturday, October 19th**. This is a great opportunity for new students to come in at a one time only special rate. If you have friends or family that you wish to join you at the school, this is the most opportune time to come in. There will be NO regularly scheduled classes that day. Please read about details in the newsletter.

For our kids, we will be having our **Halloween Themed Parents Night Out on Friday, October 25th**. This is an awesome time for parents to drop off their kids for a few hours to play games, make arts and crafts, eat and just have an awesome time. Registration details are included in this newsletter.

Finally, we will be **CLOSED on Thursday, October 31st for Halloween**. Please have a safe and enjoyable holiday.

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YOUTH INSERT	
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PROGRESSIVE MARTIAL ARTS

PMA

Kids Martial Arts • Mixed Martial Arts • Brazilian Jiu Jitsu • JKD

COME IN AND LEARN MORE ABOUT OUR SCHOOL, INSTRUCTORS AND AGE-SPECIFIC PROGRAMS!

OPEN HOUSE
October, 19th
Doors Open 10am - 3pm!

Striking • Grappling • Muay Thai Kickboxing • Filipino Kali

1 DAY SPECIAL OFFER!!!

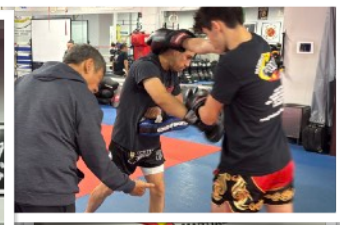
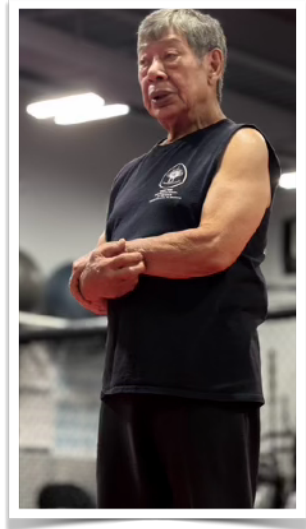
SEPTEMBER HIGHLIGHTS

Review of Ajarn Chai Muay Thai Seminar

During the weekend of September 21st and 22nd, we were once again honored to host Ajarn Surachai Sirisute for a 2 day seminar in the art of Thaiboxing. We had not hosted him in person since 2019 (before COVID) and we were so excited to have him back at the school.

Special congratulations to Kathy Sacoulas for earning her Full Instructor Rank and to Coaches Carlos and Ivan for earning their Associate Instructor Rank.

Thank you to all that attended!



Congratulations to Jalin Ferguson for Earning the Rank of Junior Black Belt

(Read more about Jalin's journey in the Youth Section)



SPECIAL ANNOUNCEMENTS!

The Black Belt Parenting Podcast is Officially Streaming!

Join this parenting community as we discuss ways to develop those Black Belt Characteristics in our kids together! You can stream the podcast on the following platforms:

[Black Belt Parenting Podcast Website](http://BlackBeltParentingPodcastWebsite.com)



PMA OPEN HOUSE : SATURDAY, OCT 19TH - 10AM-3PM

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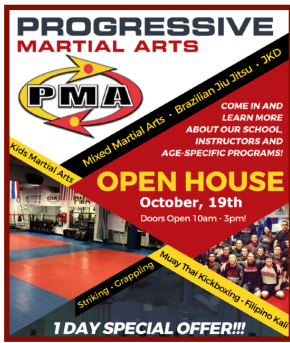
On Saturday, October 19th from 10am-3pm, we will be hosting an **OPEN HOUSE**. A **ONE TIME SPECIAL OFFER** will be presented for this one day only so if you have any friends or family that are interested in joining PMA, this is the best time to send them in.

Doors open at 10am and close at 3pm. If your friends are unable to make the class times, they are more than welcome to call or just come in and check out the school and take advantage of the special offer.

Please note that for regular students, there will be no regular class that day.

Here are the group class times:

- 11am: Explorer and Lil Dragon Class (Ages 3-6)
- 12noon: Lil Warrior and Warrior Class (Ages 7-15)
- 1pm: Adult Class (Ages 16 and Up)



OPEN HOUSE - SATURDAY, OCTOBER 19TH

10AM - 3PM

ONE DAY SPECIAL OFFER!!!

TAKE ADVANTAGE OF THE BEST OPPORTUNITY TO REFER YOUR FRIENDS AND FAMILY!

OCTOBER Birthdays

10/1: Jose Cruz	10/11: Vanessa Carpio	10/19: Usman Khan
10/3: Cerrone Lundy	10/11: Ziyang Zhou	10/19: Emily Pelaez
10/4: Evan Clemente	10/11: Randall Huang	10/20: Steven Palmore
10/4: Luke Guo	10/12: Jaden Hou	10/23: Jerome Narvaez
10/7: Jedi Cordero	10/12: Alexander Yao	10/24: Emma-Reese Dupont
10/7: Yvan Lin	10/14: Alec Lora	10/25: Joshua Lee
10/8: Imaad Khan	10/14: Treyvon Gilbert	10/26: Tara DeSuze
10/8: Maharet Montoya	10/16: Zane Pagan	10/28: Aria Natanov
10/10: Monica Pian	10/16: Edin Chan	10/30: Myung Joon Kim
10/10: Alexander Adelsky	10/17: Ryan Yip	10/30: Sydney Diane
10/10: Jaya Chand	10/28: Dmitri Bauer	10/30: Jazir Thompson

Welcome New Students

Ruby Rotstein	Sarai Arce	Rainie Zhu
Peter Pan	Jordan Chin	Adrian Baboolal
Damir	Myin Khan	Igor Aronov
Seksenbayev	Ethan Edwards	Stephanos
Aiwei Zhao	Frank Lin	Kokolis
Audrey Liu	Ricky Jia	Orion Amoguis
Victor Ng	Ray Gordon	Elizabeth Galati

Welcome Back!

Josiah Rodriguez
Zara Salman

Thank You...

Rappaport Family for referring Audrey Liu
Jia Chan Li for referring Ray Gordon
David Yahalomi for referring Igor Aronov



OCTOBER Events

- 10/ 4: Explorer/Lil Dragon/Lil Warrior/Lil Warrior BBC Testing
- 10/ 5: Warrior Testing
- 10/ 19: Open House (NO REGULAR CLASSES)
- 10/ 25: Halloween Parents Night Out (No classes after 6pm)
- 10/ 31: Halloween (SCHOOL CLOSED)