



THE STRAIGHT BLAST

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

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TUHON'S CORNER

Summer has officially arrived and we're excited for all the events at the school this summer! As the weather changes and schedules change, don't fall victim to the summer slide and make sure to keep your routines and discipline despite all the disturbances to your schedule.

June was amazing at PMA!

Firstly, we celebrated all the dads at the school with our DADS ON THE MAT WEEK and it did not fail to disappoint! Seeing all the dads train with their kids was so awesome and there's nothing like those experiences to create lasting memories. Thanks to all the dads that joined us!

That was followed by our DADS Vs. KIDS Dodgeball Tournament. Seeing the dads compete on the mat was pretty intense! But I know the kids had a blast and so did the dads!

Our adult students also had their "Bring a Friend to Class" week and it was great to see all of you bring your friends or loved ones on the mat. We're hoping to host more of these in the future since it was such a success.

For myself and some of the PMA Sayoc students, we attended the annual Sama Sama in Virginia at the end of the month. While the travel can be quite harrowing, we all enjoyed a wonderful weekend of bonding and stellar training with the rest of the Sayoc Tribe.

July is gonna be pretty awesome, too!

For our youth students, it begins our **Summer Raffle series and special theme weeks**. It definitely makes class something to look forward to each week. For more information about these events, please check out the details in the newsletter.

And just as a reminder, we will be **CLOSED from Friday, July 4th to Sunday, July 6th**. Classes will resume on Monday, July 7th. Have a wonderful and safe holiday weekend!

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HAPPY 4TH OF JULY !!!
PMA WILL BE CLOSED 7/4 - 6



POWERFUL WORDS

CHARACTER DEVELOPMENT

EXCELLENCE

EXCELLENCE MEANS:

“I AM WORKING HARD TO BECOME THE BEST I CAN BE!”

EXCELLENCE MEANS:

“CONSISTENTLY STRIVING TOWARDS OUR PERSONAL BEST
IN ORDER TO REACH OUR OWN POTENTIAL”

YOUTH JULY THEME WEEKS

July 20-26: Superhero T-Shirt Week

(Wear Your Favorite Superhero T-Shirt to Class!)

July 28-Aug 2: Sports T-Shirt Week

(Wear Your Favorite T-Shirt of Your Favorite Team!)

NERF WARS! - Saturday. July 19th



Dates: Saturday, July 19

Time: 2:30pm - 3:30pm

Pricing: Non-BBC: \$15
BBC: \$10

**For Ages
7 - 15**

*Bring Nerf Gun and eyewear is recommended.
We provide the AMMO!*

[CLICK HERE TO REGISTER](#)

STUDENT OF THE MONTH: RYAN SINGH



Most times, the kids who have been training at the school for a long time develop into strong leaders on the training floor. As part of our requirements for Junior Black Belt, we require students to volunteer 100 hours in their younger peer classes. And a select few are asked to work over the summer for a part time paid position. This year, the student that was selected was Ryan Singh.

Ryan has been training at PMA since 2021, which was right after COVID. He says, *“I started training due to gaining a lot of weight from it. Before coming to PMA, I went to many different martial arts schools but soon realized that I didn't like those. After visiting PMA and seeing what it was like, I wanted to be in that environment and felt that I belonged from the first day.”*

Since his start, Ryan has always been the type of student that worked really hard and was open to coaching. We've seen him not only get stronger but also develop into a leader amongst his peers. He's got such a positive energy at the school and we love to see it. He also agrees that he

has seen wonderful growth, *“Training in martial arts has shown me many different things that I know will help me later in life, even if it doesn't now. Benefits I've gained are time management between training, school, and my personal life; having patience with not only the kids training at PMA but with myself too; being able to be disciplined in situations where people can't control either their emotions or their physical actions; and taking on new challenges. Last but not least, having confidence with everything that I do.”*

When asked what keeps him motivated and consistent, Ryan says, *“My motivation for consistent training is knowing what I'll become after, as in a black belt, and knowing that I will not only be able to protect myself but also my siblings, cousins, friends, and parents if/when needed. Knowing that we live in a world that isn't that safe and being able to know I can protect myself or anyone from danger is, I would say, one of my biggest accomplishments and choices I've made.”*

Ryan is currently going to be a sophomore at Gotham Tech High School. He also does Robotics for a community-based team called I.N.T. Robotics. He also enjoys playing baseball and rock climbing. He hopes one day to become an architect and support his family's construction business. He also dreams of maybe one day going to the MLB draft.

The entire Singh Family trains at PMA. From his dad to his mom and his younger brother and sister, Ryan gets to enjoy his training alongside his family. He says, *“Having both my parents and siblings in PMA is a great feeling; knowing that we can connect with one another through something like martial arts is such an amazing feeling.”*

We love the Singh Family and are so excited to witness Ryan's growth in martial arts and in life!



JULY Birthdays

7/1: Coach Juan Carlos Bonola
7/3: Mia Alfred
7/5: Michael Zuzunaga
7/5: Bianca Balwan
7/6: Abbie Brown
7/8: Lucas Zhang
7/9: Landon Celestin
7/9: Neo Lew
7/10: Stellan Gilmartin

7/11: Nathan Fu
7/11: Stephen Eng
7/11: Penelope Peralta
7/13: Adam Kandkhorov
7/14: Nathaniel Zamora
7/16: Athena Bodon
7/18: Kaleb Yuan
7/18: Dorian Choy
7/19: Sophia Prashad

7/20: Aamina Lone
7/21: Johann Dupont
7/21: Zoe King
7/21: Frankie Liu
7/23: Nadav Shoshan
7/28: Rainie Zhu
7/29: Salih Simbhu
7/30: Justin Zheng

Welcome New Students

Salvatore Salerno
Cameron Vasquez
Harrison Martin
Malachi Coke
Oliver Bueno
Farah Chichgar

Ethan Rivera
Kristian Patrick
Yuze Gao
Olivia Gao
Zia Vu
Elizabeth Donnaway

Rex Gao
Xi Zhou
Sang Lee
Suleiman Rashid

Welcome Back!

Jackson Martin
Daniel Persaud
Theodore Lora
Cole Farquharson
Arsalaan Rashid
Jeffrey Franco

Thank you...

Mateo Vasquez for referring Cameron Vasquez

Milo Runza for referring Oliver Bueno

Zaiden Vu for referring Zia Vu

Roy Gao for referring Rex Gao

JULY Calendar

- ➔ 7/ 4-6: SCHOOL CLOSED (Independence Day)
- ➔ 7/ 7: Youth Summer Raffle Begins
- ➔ 7/ 11: Explorer/Lil Dragon/Lil Warrior/Lil Warrior BBC Testing
- ➔ 7/ 12: Warrior Testing
- ➔ 7/ 13-19: Youth Buddy Week
- ➔ 7/ 19: NERF WARS
- ➔ 7/ 20 - 26: Youth Superhero T-Shirt Week
- ➔ 7/ 27- 8/ 2: Sports T-Shirt Week

