



THE STRAIGHT BLAST

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

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TUHON'S CORNER

It's that time of year again when we start heading into the holiday season and I can't believe how fast that came upon us! November is always a month where we take stock of what we have and express the gratitude for all of those blessings. For myself, I am truly grateful for the PMA family and all the joy and kindness that it brings to the community. I am especially grateful for the hardworking staff and the dedication and loyalty that they exhibit everyday. Without them, PMA would not be the place that it is.

October was super busy at PMA!

We had a bunch of promotions throughout the month in both the youth and adult programs. Congratulations to all those who were promoted! We also hosted a few parties in the month, one birthday party and one Halloween party. And after seeing pictures from both, I could tell they were lots of fun!

We also implemented a schedule change in our Adult Program and it was nice to see how the students enjoyed the new schedule. The classes are well attended and there is a lot more opportunity for students to train. I'm looking forward to seeing more students cross training as a result.

As for November, we have a lot of exciting things going on as well.

Firstly, we have our annual **City Harvest Food Drive going on until November 22nd**. For the whole month, we will be collecting non-perishable food items for hungry New Yorkers. Please remember to bring your donations when you come for class. We appreciate all your generosity!

Secondly, we will be having our **Annual Holiday Sale on Friday, November 21st from 12pm-8pm**. Check out the menu included in this newsletter and read about savings that you can receive for membership renewals, add-ons, testing fees, birthday parties as well as uniforms and equipment. This only happens once a year so don't miss out!

Finally, we will be **CLOSED for Thanksgiving recess from Thursday, November 27th to Sunday, November 30th**. Classes will resume on Monday, December 1st.

On behalf of the PMA Staff, we extend our heartfelt gratitude to you and your families for being an essential part of the PMA Family. Wishing you all a warm and Happy Thanksgiving. 🦃🙏❤️

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FRIDAY NOV. 21ST

SAVINGS OF 10%-50% ON EVERYTHING

HOLIDAY Sale

FRIDAY, NOV 21st 12PM - 8PM

ONE DAY ONLY

GET COOL GIFTS FOR GREAT PRICES AT OUR WINTER WONDERLAND SALE!
EVERYTHING WILL BE ON SALE. APPAREL, EQUIPMENT PACKAGES, MEMBERSHIPS ETC. STOP IN, CALL OR EMAIL YOUR ORDER!

MUAY THAI TRAINING CYCLE

To bring greater structure and progression to our Muay Thai program, we'll now follow a defined **Training Cycle**. Each week will focus on a specific area of development, rotating through four focused training themes:

- **A Days:** Padwork
- **B Days:** Glove Drills (Partner Drills, Sparring, etc)
- **C Days:** Clinch
- **D Days:** Circuit Training (Heavy Bag, Shadowboxing, Clinch work, Padwork, etc)

Each theme runs for **two consecutive days** — for example, *A Days* on Monday and Tuesday, *B Days* on Wednesday and Thursday, continuing in order, with the following Monday becoming *D Day*.



This cycle ensures every student develops a balanced skill set through consistent focus, structured repetition, and variation — building proficiency across all major components of Muay Thai.

CITY HARVEST FOOD DRIVE

Each year, PMA hosts a Food Drive for City Harvest, a NYC based organization that is dedicated to feeding hungry New Yorkers. Each year, PMA students donate non-perishable food items and we are proud to say that **over the last 15+ years, we have donated over 2,000 lbs of food**. During this time of year, please take the time out to go through your cupboards and donate to this amazing cause. A collection box is located in the main lobby. Thank you in advance for your generosity!



Collections End on November 22nd!

The items that would be most helpful are:

- **Canned Fruit and Vegetables**
- **Canned Proteins (i.e. tuna or beans)**
- **Peanut Butter (Plastic Jars)**
- **Macaroni and cheese (packaged)**
- **Soups**
- **Hot and cold cereal (packaged, family-sized)**
- **Juice packs**

*** Please check that items are not expired before bringing them in.*

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[**CLICK HERE TO
DOWNLOAD THE
HOLIDAY SALE MENU**](#)

On Friday, November 21st, we will be hosting our Annual Holiday Sale. Memberships, testing fees, equipment, and uniforms will be on sale for this one day only. If you are looking to take advantage of this wonderful one day opportunity, make sure to review the menu beforehand and be prepared to come in to have a chance to obtain those items offered on a limited basis.

The sale will be taking place from 12pm-8pm and we will be taking orders via phone and text as well. Those items that aren't offered on a limited basis can be ordered beforehand and rung up on the card on file with your authorization.



PMA HOLIDAY SALE

SAVINGS OF 10%-50% OFF OF EVERYTHING INCLUDING MEMBERSHIPS, SERVICES, EQUIPMENT, & MERCHANDISE
FRIDAY, NOVEMBER 21st 12pm-8pm

November Birthdays

11/2: Affan Lone	11/15: Gabriel Melendez	11/24: Fabien Contrains
11/3: Ashley Williams	11/15: Rose Singh	11/24: Xavier Rivera
11/5: Lincoln Kistow-Pupek	11/17: Elijah Arroz	11/24: Zainab Lone
11/6: Conner Sung	11/18: Ashley Todd	11/25: Sophia Chen
11/7: Karter Brown	11/19: Isaac Kasahara	11/26: Matthew Santagato
11/7: Naomi Liang	11/20: Joseph Morin	11/26: Enzo Benito
11/9: Ethan Shi	11/20: Catalina Postigo	11/27: Sophie Coelho
11/10: Lily Chin-Tsuei	11/21: Kyle Yao	11/28: Aaden Kretzu
11/10: Aden Harris	11/21: Ethan Loo	11/28: Michael Tow
11/11: Mathias Gonzalez	11/22: Orion Amoguis	11/28: Arandy Gabriel
11/12: Amelie Kernizan	11/22: Theon Haynes	11/30: Elon Abaev
11/14: Jenna Moussa	11/23: Roy Gao	
11/14: Eric Pena	11/24: Giannis Gabas	

Welcome New Students

Liam Hernandez	Aiden Mahaica
Syniah Swint	Lucas Li
Wesley Tres Palacios	Leonel Gonzalez
Dev Rishi Ramnarine	Sophia Zamora
Mathias Gonzalez	Kalvin Perkins
Neymar Jara	Eshan Miah
Lucas Valencia	

Welcome Back!

Bradley Nieves
Vrindavan Chandra Sonny

Thank you...

Shakir Miah for referring
Eshan Miah

November Calendar

- ➔ 11/1-22: CITY HARVEST FOOD DRIVE
- ➔ 11/7: Exp/LD/LW/LW BBC Testing
- ➔ 11/8: Warrior Testing
- ➔ 11/21: HOLIDAY SALE 12pm-8pm
- ➔ 11/22: Warrior Phase 3 Testing
- ➔ 11/27-11/30: Thanksgiving Recess (SCHOOL CLOSED)

