



# THE STRAIGHT BLAST

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

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## TUHON'S CORNER

It's the final month of 2025 and I always like to take the time to reflect back on the past year in this newsletter. Time usually goes so fast so it's nice to stop and remember what happened so that I can truly take in all the amazing things that have happened. I want to thank all of you for making this year another wonderful year. 2025 commemorates the 30th year of PMA and I am so proud of how far we have come.

November was pretty great and super busy at the school!

Firstly, I want to thank everyone for contributing to what seems like the biggest food donation that we have made to City Harvest! We collected 1500 pounds of food this year and our lobby was overflowing. When they came to pick it up, I was in awe of our community and the generosity of you all. You all are truly something special.

We also had our annual Holiday Sale and it looks like a lot of you took advantage of the special offers and discounts of that day. I want to shout out Ms. Tara and Ms. Kathy for their hard work that day. They really handled the whole sale with such ease and wonderful customer service, as always. They make it look so easy!

December is going to be another wonderful month!

We have a **Holiday themed Parents Night Out on Friday, December 13th**. This is such a crazy time of year for families so take this time to leave your kids at the school while you handle some last minute shopping or just take a breather. Your kids will be sure to have a blast.

We will also be having some buddy weeks during the month so please look out in your emails for those dates. It's a great time to bring your friends in and have them try the school!

**Finally, we will be closed from Wednesday, December 24th to Thursday, January 1st for the Holiday Break. Classes will resume on Friday, January 2nd.**

*On behalf of the entire staff, I want to wish you and yours a very Happy Holidays and Happy New Year!*

*Happy Holidays!*

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### **YOUTH INSERT**

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**HOLIDAY BREAK**

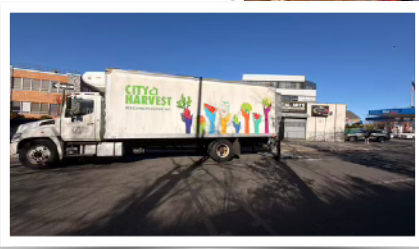
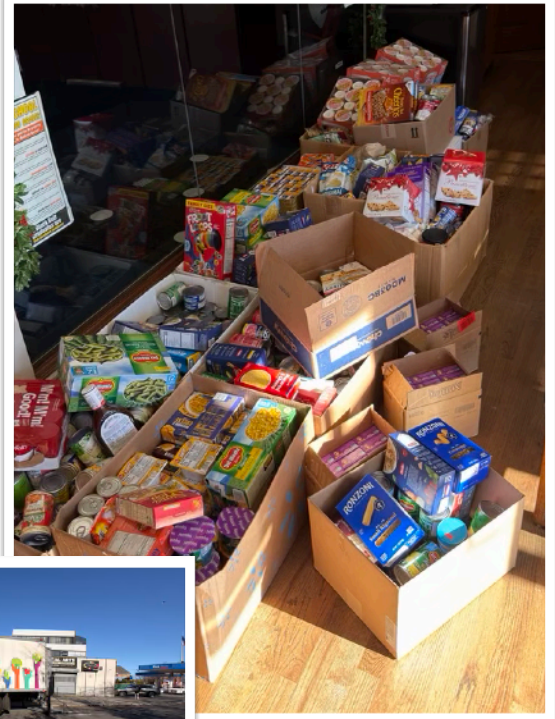
**DEC 24th - JAN 1st**

*Happy Holidays!*

# NOVEMBER HIGHLIGHTS

## CITY HARVEST ANNUAL FOOD DRIVE

Thank you to the families and students of PMA who stepped up for this year's City Harvest Food Drive. In just three weeks, you contributed 1500 pounds of food. That outcome reflects the strength of this community and what becomes possible when its members act with purpose and commitment.



## East Coast Sayoc Winter Sama Sama 2025

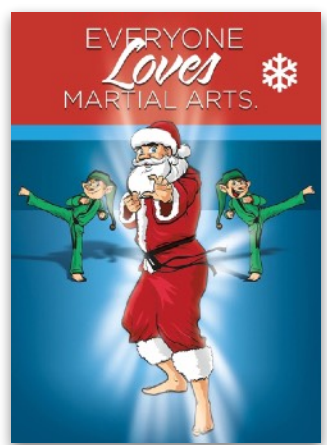
On the weekend of November 8th–9th, members of the PMA Sayoc Tribe traveled to Pennsylvania for the annual Winter Sama Sama. The experience delivered exactly what our tribe values most—real bonding, genuine connection, immersive training, and deep learning.



## Give the Gift of Martial Arts this Year!

Looking for a special gift this year but can't think of anything? How about gifting your loved ones a month of martial arts and a uniform for **only \$99!**

We have a package all ready for you to give! Just ask the front desk and they can put together just the right gift for the ones you care about!



## 2025: A YEAR IN REVIEW

### 30 YEARS!

This year was a big one in PMA history. We hit a huge milestone and we are so happy to still be a big part of the community.

Each year, PMA is lucky to serve the Queens community and this year was no different. We continue to serve over 450 students in our classes and this year, we continue to see them grow and develop with each class. With promotions every month in our youth program, we are watching these young people not only become better martial artists but better individuals with good values.

Besides teaching wonderful classes, this year we have given back to wonderful charitable causes such as St. Jude Hospital for Children, American Heart Association, Jericho Cares and City Harvest. Our school supply drives, food drives and donation collections are a testament to the generous student body and the kindness that pervades the school.

We also hosted a bunch of school events, including birthday parties, Parents Night Outs, parties, self defense courses, buddy weeks, family training and our annual summer picnic. These community events brought our families together and really made us a closer knit family and what sets us apart from any other school.

Our adult program saw some additions to the schedule, allowing students to cross train in all the arts taught at the school. These updates allow for more training flexibility and for the students to add more to their program. It's great to see students take advantage of these opportunities.

Our commitment is to always continue to grow and get better and make sure we are providing outstanding services to our students. We are thankful to every family and student that has come through our doors. We look forward to another year of growth and learning!





# HOLIDAY BREAK DEC 24th - JAN 1st Happy Holidays!

## DECEMBER Birthdays

12/1: Aryan Rahman	12/14: Ray Gordon	12/24: Fiza Shuja
12/2: Nathan Gee	12/16: Eshan Miah	12/25: James Alerta
12/4: Leanna Kataev	12/17: Jason Henry, Jr.	12/25: Nikolas Seepersaud
12/4: Joanna Lin	12/17: Avery Ngai	12/25: Zara Campbell
12/6: Li He	12/17: Edward Chin-Tsuei	12/26: Cody Huang
12/6: Enze Zhang	12/17: Joshua Bangiev	12/28: Myles Beltre
12/9: Usman Lone	12/18: Pavel Mehedi	12/28: Kenna McKenzie
12/10: Kian Paybarah	12/19: Curtis Dean	12/29: Syniah Saint
12/11: Chloe Kwai	12/19: Adrian Wu	12/30: Gabriel Ventura
12/13: Ahanna Kaur	12/19: Matteo Noguera	12/31: Vincent Shao
12/13: Allison Malaran	12/23: Katherine Prieto	
12/14: Liam Hernandez	12/24: Ava Pinto	

## Welcome New Students

Michael Sullivan  
Jonathan Bangiev  
Joshua Bangiev  
Samir Desai  
Destiny Davis  
Gela Gonzalez

## WELCOME BACK!

Mohamed Daeisadeghi

## Thank you...

*Mariana Arango for referring Michael Sullivan*

## DECEMBER Events

- 12/5: Explorer/Lil Dragon/Lil Warrior/Lil Warrior BBC Testing
- 12/6: Warrior Testing
- 12/12: Holiday Parents Night Out (6-8:30pm)
- 12/24 - 1/1: SCHOOL CLOSED (Holiday Break)