



THE STRAIGHT BLAST

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

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TUHON'S CORNER

Brrr! It's cold out there but you've all managed to get your training in this past month and have started the year off in an awesome way! It's inspirational to see all the classes packed despite the weather.

January was an amazing month and a great way to kick off 2026!

We had some exciting additions to our staff, including Coach Tony Chong and Coach Stephen Eng. Both were students years ago who became coaches after long term training at the school. Coach Tony is a seasoned Muay Thai coach, who has cornered many fighters in amateur bouts. He also has experience in JKD, BJJ and the Filipino Martial Arts. Coach Stephen started training at PMA at the age of 12 and achieved his Black Belt at age 17. He is also certified as an Apprentice Instructor in Muay Thai under the Thai Boxing Association of the United States. Besides their high level of training, they are both friendly and amazing coaches who we are excited to have back at the school.

It was also great to see all the JKD students giving Thai boxing a try. You can all continue to take that class until February 14. After that, I hope you consider adding those classes to your program. Please speak with the front desk if you are interested in swapping programs or adding Muay Thai to your class schedule.

February is here and we have so much going on!

We have our annual **American Heart Association** donation drive going on for the month of February. For every donation you make, you get to help decorate our lobby with hearts. Let's fill up the room with lots of love!

For the week of **February 15 to February 21**, we are hosting our annual **Family Appreciation Week**, where you can invite family onto the mat with you during your class. Please read inside for details.

Looking forward to another exciting month at the school!

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Family Appreciation Week February 15 - 21st

FEBRUARY EVENTS

American Heart Association February Fundraising

During the month of February, we will be fundraising for the American Heart Association. Any donation is greatly appreciated and donors will be given a heart to label and post in the lobby of the school. Let's make the school full of hearts! Thanks in advance for your generosity!



American Heart Association®

Valentine's Parents Night Out Friday, Feb 13

Need a night out without the kids on this Valentine holiday? We have the perfect night out for you! Leave your kids here at PMA for a fun-filled night of games, crafts, pizza and digital free time!

Kids ages 5 and up are welcome!

Time: 6:00-8:30pm
Non-BBC: \$40
BBC: \$35



Family Appreciation Week Feb 15-21

For the week of February 15 to February 21st, we are inviting family members to join their students on the mat. It's our way of showing appreciation to the families for supporting our students throughout their training journey. It's also a great way for them to experience training and maybe get them on the mat for their own training.

Just complete a waiver to join us: [CLICK HERE](#)



THE IMPORTANCE OF CROSS-TRAINING IN THE MARTIAL ARTS

Cross-training is not a modern trend. It is a return to functional reality. Combat does not respect stylistic boundaries, rule sets, or rank structures. A martial artist who trains in only one system limits their adaptability, perception, and long-term development.

Skill Completeness Over Style Loyalty

No single martial art addresses all ranges of combat with equal depth. Striking arts develop timing, distance, and power. Grappling arts develop control, leverage, and positional dominance. Weapons systems develop awareness, angles, and consequences. Cross-training closes the gaps that single-style training leaves exposed. The result is not dilution. The result is coverage.



Adaptability Under Pressure

Stress strips away theory. What remains is what the body has experienced across varied contexts. Cross-training exposes the practitioner to different rhythms, rules, energies, and problem sets. This creates adaptability. Adaptability wins when conditions change, opponents differ, or plans fail.



Structural and Athletic Balance

Each discipline places unique demands on the body. Repetitive patterns create overuse, blind spots, and imbalance. Cross-training distributes stress, builds complementary attributes, and reduces injury risk. Striking develops explosive mechanics. Grappling develops isometric strength and endurance. Footwork-heavy systems improve coordination and mobility. The body becomes resilient instead of fragile.



Cognitive Expansion

Different arts solve violence differently. Exposure to multiple systems expands decision-making frameworks. A practitioner stops asking, "What does my style say?" and starts asking, "What works here?" This shift marks the transition from technician to problem-solver.

Ego Reduction and Longevity

Cross-training removes the illusion of mastery. Entering unfamiliar systems forces humility, learning posture, and beginner mindset. This protects against stagnation and burnout. Martial artists who cross-train tend to stay engaged longer because growth remains constant.

Realistic Self-Defense Perspective

Self-defense is contextual, not stylistic. Environments vary. Opponents vary. Legal and ethical consequences vary. Cross-training builds situational literacy. It prepares the practitioner to manage distance, clinch, ground, escape, and disengage as needed rather than as preferred.

Instructor and Leader Development

For instructors, cross-training sharpens teaching clarity. Concepts become transferable. Principles replace choreography. Communication improves because the instructor understands how different bodies and backgrounds learn. Leadership becomes grounded in understanding rather than dogma.

Conclusion

Cross-training is not about collecting techniques. It is about building capability. It strengthens the body, expands the mind, and hardens adaptability. Martial arts were never meant to be siloed. They were meant to prepare people for uncertainty. Cross-training restores that purpose.




Parents' Night Out
Valentine's Day Edition

PARENTS: Enjoy your Valentine's Day!

Date: Friday, February 13th
Time: 6pm-8:30pm
Price: \$40 per child
BBC Kids: \$35 per child
Ages: 5-12




FEBRUARY Birthdays

2/2: Samantha Kuang
2/2: Forjam Miah
2/5: Lucas Valencia
2/5: Coach Kenny Fong
2/7: Gregory DeBonet
2/7: Tony Borruso
2/8: Samuel Shimonov
2/9: Mariah Maldonado
2/12: Charlie Chu
2/12: Julia Chu

2/12: Matthew Hong
2/13: Vladimir Khalanov
2/13: Joanna Zhang
2/13: Cameron Vazquez
2/14: Imaan Ahmed
2/16: Mark Sgantzoz
2/17: Dennally Castillo
2/18: Josiah Martinez
2/19: Brandon Mika
2/19: Paul Moore

2/20: Jason Pan
2/20: Charlotte Ip
2/20: Adrian Baboolal
2/22: Coach Tony Chong
2/23: Chloe Ramos
2/23: Shiloh Milfort
2/26: Violet Chan
2/27: Rayyan Rahman
2/28: Elian Sampayo

Welcome New Students

Adonis James
Affan Karmaputra
Jenny Zhao
Kaleb Bailey
Dennally Castillo
Santiago Mahecha Ossa

Frankii Rodriguez
Anthony Goggans
Dylan Medina
Madison Angelucci
Reginald Noel
Austin Goggans

Alyssa Bayne
Maria Jucar
Karl Edry Aguinaldo
Luis Edejer

Thank you...

Jucar Family for referring Luis Edejer

**WELCOME
BACK!**

Charlie Muentes

FEBRUARY Calendar

- ➔ 2/ 1 - 28: American Heart Association Donation Drive
- ➔ 2/ 6: Explorer/Lil Dragon/Lil Warrior/LW BBC Testing
- ➔ 2/ 7: Warrior Testing
- ➔ 2/ 13: Valentine's Parents Night Out
- ➔ 2/ 15-21: Family Appreciation Week
- ➔ 2/ 28: JKD Testing