



***There is no elevator to success. You have to take the stairs.***  
~ ***Unknown***

February 3rd, 2020

Hello – Just a quick **thank you** to all of our academy members who have generously donated to the rural fire brigades association. We have been able to give **over \$3000** to the local brigades. We are told this is going towards some much-needed equipment, so again, I thank you for your generosity and support.

The local heroes that came to visit during the PMA party informed us of the current and **ongoing fire disaster**. We will be collecting monetary funds and continue to donate bottled water and supplies for the upcoming months.

The donation will remain located at our front office, and we will pass along any water that is generously donated as well. All supplies are in high demand. Thank you in advance for any further support you are able to give.

Cookie x

## UPCOMING EVENTS

### AJARN CHAI SEMINAR

March 10<sup>th</sup> and 11<sup>th</sup> , 2020  
\$110 for 1 day or \$180 for both

### JEAN JACQUES MACHADO

~ COMING IN APRIL



## BUSHFIRE RELIEF

The recent bushfires have been devastating for the Australian Community. Here are Progressive Martial Arts we strive to help wherever we can and with a number of charities asking for donations at the moment, we have decided to help raise funds for **RFBAQ – Rural Fire brigades Association Queensland**.

Largely funded by the community, Queensland's Rural Fire Brigades comprise more than 1,400 volunteer brigades, and more than 33,000 volunteers (both fire fighters and support members). They are focused on **protecting rural Queensland**, which represents 93% of the states land area.

You would have noticed the **RFBAQ donations tin at the front desk** at the Academy. We thank you for any monetary help you can provide for our local brigades.



## PROGRESSIVE MARTIAL ARTS MERCHANDISE

We have a number of new styles available in our clothing range. Please take advantage of our latest **Summer Special** and enjoy! ...

**1 x**  
**ACADEMY**  
**T-SHIRT**  
**for \$30 (save \$5)**



## MEET A MEMBER OF PROGRESSIVE MARTIAL ARTS ACADEMY

*Coming together is a beginning, staying together is progress and working together is success. ~ Henry Ford*

Each month we would like to introduce you to some of the individuals who make our team what it is. In this edition, please get to know our valued member and instructor **Stephen Georgiou** a little more.

Stephen has been a valued part of the Progressive Martial Arts team for over 10 years ... Stephen began training with PMA back in 2009 and has brought his energetic and fun learning style with him since the beginning.

His long, curly locks help to easily recognize Stephen around the academy! Stephen is known for his generosity – he is always happy to share his time and knowledge with others. He is supportive and encouraging of fellow instructors and team members, and always happy to lend a hand around the academy – even when that means supplying street fighter 2, on a retro video game, to keep the academy kids entertained!

Stephen is an integral part of the Progressive Martial Arts team and he is a man who we are proud to have here with us at the Academy.



Stephen Georgiou pictured here with Guro Dan Inosanto



## PROGRESSIVE 24/7 GYM

In early 2019 we opened the doors to the **Progressive 24/7 gym**. Our members now have the opportunity to train on our extensive range of exercise, weight training and boxing equipment in the same convenient location as the academy. The Progressive 24/7 gym is located right next door!

**Our members have access to the gym for just \$10 per week.**



@progressive24\_7gym

## GRUMPY & LOVELY

NOW SERVES ICE CREAM!!!

Our onsite café (located at the 24/7 gym) offers our members and friend's premium coffee, acai bowls, smoothies, burgers and now serves ice cream too!

Be sure to pop in and say hi to Junior and Chavonne and try one of Grumpy & Lovely's delicious coffees or treats... *it's the perfect place to fuel up!*

## MINI MUSCLES

For all of the families who participate in our **MINI MUSCLES** program – Please know that we now offer classes every Monday – Thursday afternoon.

**Classes begin at 4pm (weekdays) and at 8am on Saturday.**

We also offer a class for *under 4's* on both Thursday and Friday mornings, at 10:15am, with Chavonne and Nyota Vassiliou.

*As with all of our classes – Please enjoy a complimentary first lesson*

## PMA BUSINESS HUB

The progressive Martial arts BUSINESS HUB offers **SPACE.TO.RENT** Located in the same building as our fitness facility, this space offers a great place for workshops, meetings and office space.

- \* Low hourly rates
- \* Spacious enough for 30+ people
- \* Kitchenette
- \* Fridge
- \* Private Bathroom and the convenience of GRUMPY AND LOVELY café downstairs.

**Please contact 0412 400 836 for any further details.**