

# PROGRESSIVE MARTIAL ARTS ACADEMY

180 New Cleveland Road, Tingalpa Ph: (07) 3393 9329



December 2nd, 2019

***Whenever you find yourself doubting how far you can go, just remember how far you have come ~ Unknown***

Hello and welcome the **PROGRESSIVE MARTIAL ARTS ACADEMY** newsletter. We are very pleased to have Guro Dan Inosanto here at the academy at this time. Guro Dan is here until Thursday the 5<sup>th</sup> of December and for everyone who has been learning from Master Dan, we hope you are enjoying the seminar as much as we always enjoy having Guro here.

Thank you to everyone who cooperated with class changes and cancellations during this time.

As we near the end of the year I wanted to take this opportunity to thank all of our students, and of course our wonderful instructors. We have loved watching our students, both old and new, grow in the field of Martial Arts over 2019 and we look forward to another exciting and wonderful year in 2020!

Over the festive season we hope you all have a blessed Christmas and wonderful New Year with family and friends.

- Cookie x

## WATER FOR THE WEST

We are still collecting donations of **water** in the ongoing campaign of “Water for the West”. The lasting drought and recent bushfires have made this an important call for action from the community. Whether a 1L carton of water, 10L box or even a 600ml bottle – every drop counts.

Please bring all water donations to the front office of Progressive Martial Arts and it will be transported to those who are struggling out West.

We thank you in advance for your kindness and help in providing some much needed relief and WATER FOR THE WEST.

## CHRISTMAS HOURS

We are CLOSED all public holidays over the Christmas and New Year period.

CHRISTMAS DAY and BOXING DAY (December 25<sup>th</sup> and 26<sup>th</sup>)

NEW YEARS DAY (January 1<sup>st</sup>)



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### PROGRESSIVE MARTIAL ARTS MERCHANDISE

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

**2 x T-shirts for \$60**  
**2 x singlets for \$50**

**OR**

**1 x T- shirt +**  
**1 x singlet for \$55**



### MEET A MEMBER OF PROGRESSIVE MARTIAL ARTS ACADEMY

***The strength of the team is each individual member. The strength of each member is the team ~Phil Jackson***

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 PAPPY WALTERS a little more.

Pappy has been a part of the Progressive Martial Arts team for over 11 years. His eagerness to learn and willingness to help wherever he can, has seen Pappy grow to become a much love and highly respected instructor here at the academy. Pappy assists with the kickboxing classes and also with our fight-training program.

Pappy's high energy and positive attitude are two of many qualities that he consistently shares with fellow instructors and Progressive Martial Arts students. Pappy is not only known for his excellent abilities in Martial Arts but also for the exceptional artwork that takes place at his Wynnum tattoo studio, PACIFINK.

Always smiling and happy to help others – Pappy Walters is a man who we are proud to have here with us at Progressive Martial Arts.



Pappy Walters pictured here with Guro Dan Inosanto

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### PROGRESSIVE 24/7 GYM

Earlier this year we were excited to open 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.

Please know that we have placed a cap on our membership numbers to ensure it remains a functional workout space for all of our gym members. If you are interested in securing one of the remaining memberships – please be sure to let us know.



### BABIES ON BOARD!

There has been some exciting news over the past few weeks with FOUR academy families welcoming bundles of joy to the world!

Big congratulations to Cian and Nicole Lowke with the birth of their son Alex in early November.

We also want to congratulate Carly and Marco Sinigaglia on the safe arrival of their baby boy Leo and to Mark and Allysha Scholz on the birth of their son, Jordan.

Congratulations to Amy and family who welcomed Ava Lee to the world.

We send our love and best wishes to all. Xx

### RUMBLE AT THE RIDGE

**Louie McHugh** won his debut fight, by unanimous decision at *Rumble at the Ridge* on 23<sup>rd</sup> of November 2019.

Congratulations to Louie, whose hard work and dedication to training for this event was evident in his excellent performance on the night.

Thank you to all of the instructors, trainers and academy members who helped Louie to achieve this goal.

Also, Thank you to Louie's opponent, Jordan Bretherton from Heartout Muay Thai and to all of our members who attended the event and showed their love and support to Louie McHugh and the Academy.

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### 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 for your pre/post training fuel.

### 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 Thursday mornings, at 10:15am, with Chavonne and Nyota Vassiliou.

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

### PROGRESSIVE STRENGTH

Congratulations to **Niamph McHugh** for her amazing results in the recent 6-week challenge. Dedication and consistency sure pay off!

Well done Niamph for being the winner of the September challenge and congratulations to everyone who committed to making positive changes, there were great results across the board.

Progressive Strength is based in the same building as the Progressive Martial Arts gym and has its own dedicated training area with a wide range of personal training tools and equipment. Progressive Strength has many valued clients who train at both Progressive Strength and Progressive Martial Arts.

Progressive Strength runs its own programs and schedules separate to PMAAI. For more information please have a chat with Junior Vassiliou.



**Personal Training, Endurance and Overall Fitness**