



January 2nd, 2020

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

Hello and welcome to the first newsletter for **2020!**

I look forward to another wonderful year with our Progressive Martial Arts team; a team of dedicated instructors, loyal PMA students and committed staff members. Thank you to everyone for your ongoing support ... it is a pleasure to work and train along side of you.

I hope you all had a safe and wonderful Christmas and New Year. In the words of Meister Eckhart "Be willing to be a beginner every single morning" ... now, let's get started!

- Cookie

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 – Royal 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 may have noticed the **RFBAQ donations tin on the sign in table** at the Academy. We thank you for any monetary contributions you generously provide for this wonderful charity organisation.

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! ...

2 x
ACADEMY
SINGETS FOR
\$50





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 VAUGHAN WARDLAW a little more.

Vaughan has been a valued part of Progressive Martial Arts for over 25 years ... Vaughan is one of the more senior instructors here at PMA and he is an integral part of the academy's team.

When Vaughan is not instructing a class, you will find him happily helping PMA members with their martial art skills, assisting fellow instructors and Cookie wherever possible.

Vaughan is a man who we are proud to have here with us at Progressive Martial Arts.



Vaughan Wardlaw 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.



Instagram @progressive24_7gym



GRUMPY & LOVELY – TIED THE KNOT!

Congratulations to **Junior Vassiliou and Chavonne Jones** who were married in December! We wish this beautiful couple a lifetime of happiness together.

Be sure to pop into our onsite café (located at the 24/7 gym) to congratulate the newlywed's and enjoy one of their premium coffees, acai bowls, smoothies or burgers. Don't forget – they now serve ice cream too!

Grumpy and Lovely's ... it's the perfect place to grab your pre/post training treat!

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

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

PROGRESSIVE STRENGTH

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

* Don't forget – The **Progressive Martial Arts Party** is **January 11th, 2020!**
We are excited to welcome the beginning of another great year with you all.

Party starts at 2pm ... please find further details on the flyer. 3