

# **PMA 2022 SUMMER NEWS**



**MESSAGE FROM GRAND MASTER JAMES COX:** Hello everyone, I hope all is amazing, it is SUMMERTIME and I just want to encourage you to be active and consistent in your martial arts training right now! Make it a priority to attend at least 2 classes per week, for every reason: self-protection, peace of mind, physical fitness, health, life-skills, character development, goal setting, socializing, and SOOO much more. You must come to class, NO EXCUSES, only results! My team and I are obsessed with our students making real progress while having fun, so let's kick together and stick together. Also, go subscribe NOW to our YouTube channel at James Cox Martial Arts, and follow our podcast, The Martial Arts Lifestyle with James Cox (on Spotify, Apple or Google), for some outstanding instructional videos, interviews and powerful knowledge to aid in your journey toward Black Belt Excellence.

*\*Things coming up; see [jamescoxmartialarts.com](http://jamescoxmartialarts.com) for details\**

**PARENTS TRAIN FREE IN JUNE:** Plain and simple ... all parents of members of our schools can try a FREE month of unlimited classes, no obligation ... just come to class and thank me later!

**NEW GRAPPLING CLASS:** Beginning **June 7<sup>th</sup>**, Wylie will add a new grappling (Brazilian Jiu-Jitsu) gi class for ages 13 and older held there every Tuesday and Thursday from 8:30 – 9:30 pm, (just like the existing S. 14<sup>th</sup> Monday & Wednesday 8:30 class). Also, at Wylie on Monday and Wednesday from 5:15 – 6:00 pm there is a kids no-gi grappling class for ages 5-12 and the same is at the S. 14<sup>th</sup> location on Tuesday and Thursday for kids at 5:15. There is an additional charge of only \$20 per month for these add-on classes and students will need to purchase the required gi or no-gi uniform for \$149.

**FIGHT TEAM CLASS:** Improve your MMA skills with the best from the best, join our prestigious Fight Team to become eligible for competitions in kickboxing, jiu-jitsu, pankration (new safer MMA for youth and teens).

For anyone ages 8 and older, current in Black Belt or Premier Training. Classes are at S. 14<sup>th</sup> (Mon. Wed. Fri. 7pm and Sat. 12:00). You will be grandfathered in as a founding member for a one-time total cost for the life of the program for only \$299.

**SATURDAY CLASS:** Classes are held every Saturday morning, at our S. 14<sup>th</sup> location only. These are for all students of all belt ranks from both the Wylie location and S. 14<sup>th</sup> to attend, for ages 5 and up. It's an additional free class that serves great as a review of the week plus with some extra fun, perfect to get ahead or make up time so be there. Ages 13 and older at 9 am, Ages 5-7 at 10:15, Ages 8-12 at 11:00, and 12 noon is a kid grappling class for ages 5-12, as well as the Fight Team class.

**DEMO TEAM / GYMNASTICS TIME CHANGE:** As we have discussed, starting Friday, June 3<sup>rd</sup>, the normal Demo Team class will begin 30 minutes earlier. We will start at 5:30 and end at the usual 7:15, to have more time to work all the new and challenging skills.

**FREE BEGINNER TRIAL CLASS:** Your referral is our best advertising. We are holding a free beginner workshop trial class on **Saturday, June 4<sup>th</sup>**. Please help spread the word. If anyone that you invite attends and enrolls with us, you get \$100 for each person! Ages 13 & older at 10 am and ages 5-12 at 11:30 am, both classes will be at our Wylie location (6410 Buffalo Gap Road).

**PARENTS NIGHT OUT PARTIES:** Held each month with different exciting themes from 7-11 pm. The next 2 parties are “Superhero Night” on **Friday, June 10<sup>th</sup> at our S. 14<sup>th</sup> location**, and on **Friday, July 15<sup>th</sup> at our Wylie location**. These are for all children ages 5 and up. Invite friends and family while parents can enjoy a night out knowing the kids are in the safest place in Abilene. It is ONLY \$30 per child or just \$25 each for 2 or more kids coming together. This covers pizza, refreshments, games, and tons of FUN! Sign up at the front counter today or online at [JamesCoxMartialArts.com](http://JamesCoxMartialArts.com).

**8 WEEK SUMMER SPECTACULAR THEMES:** On **June 6<sup>th</sup> – July 30<sup>th</sup>**, during the summer, we will do the famous 8 weeks of themed fun for the last 10 minutes of every regular kid’s class. We will have extra training with surprises changing each week. We kick it off with Secret Ninja Week, then its: Air Force Training, Dodge Ball, Nerf Wars, Board Breaking, UFC MMA, Relay Races, and week #8 ends with ... Sparring Games.

**STRIPE TESTINGS:** Usually the third Wednesday OR Thursday of each month is stripe testing. The purpose is to make certain everyone is progressing on schedule and understanding the curriculum. The next two stripe test are: **June 15<sup>th</sup> or 16<sup>th</sup>, and July 20<sup>th</sup> or 21<sup>st</sup>**. Students that successfully pass will earn stripes. After 3 on one belt side, we do the big belt graduation shows at the end of each quarter to receive their new belts (June 24<sup>th</sup> & September 24<sup>th</sup> at the Dodge Jones Center).

**BELT GRADUATIONS:** The Graduation Experience is a big show that is mandatory for everyone to attend. The next two Graduations are **Friday, June 24<sup>th</sup> and Saturday, September 24<sup>th</sup>**. These are both at the Dodge Jones Center, (1042 Loop 322, building by the Zoo). The June show is from 6:30 – 8pm, students must be there by 6:15 pm to line-up, be ready to perform and enjoy the celebration! The September show will be on a Saturday with different times, those details will be announced later. Dress in your full program uniform (no shorts). You must be signed up and have your test fee paid 5 days before graduation for your belt and certificate to be awarded. Register **NOW** at [JamesCoxMartialArts.com](http://JamesCoxMartialArts.com) (log in and go to the dashboard, sign up and see graduation and register, with students name, current and next belt color and size, with payment of \$49). The 3-4-year-old Tiny Champs will graduate during their regular class on Wednesday, June 22<sup>nd</sup> or Thursday, June 23<sup>rd</sup>, but also need to register online before June 20<sup>th</sup>. The only people that will not be graduating on June 24<sup>th</sup> are Red 3’s, Black Belts, and any new white belt that have less than 6 weeks of training, meaning they enrolled after May 15<sup>th</sup>.

**CLOSED FOR INDEPENDANCE DAY:** No classes on **Monday, July 4<sup>th</sup>** at either location in observation of the holiday. Friday and Saturday are open as usual with all classes.

**YOUTH / TEEN MMA FIGHTS COMING TO ABILENE:** We are proud and super excited to bring action-packed MMA FIGHTS back to Abilene on **Saturday, July 9<sup>th</sup>** at The West Texas Event Center (5477 South 7<sup>th</sup>). Tickets are on sale now at JamesCoxMartialArts.com, get yours today! This is the areas first ever sporting event like this for youth and teens to compete, there will also be adult professional exhibitions. DO NOT MISS IT ... come support your teammates and witness some of the states most talented future stars battle it out.

**WHITE BELT BUDDY BASH:** The next two are **Friday June 17<sup>th</sup> and July 29<sup>th</sup>** from 6:00 – 7pm at our Wylie location, it is orientation for all white belt children ages 5 – 12, along with their parents. They are encouraged to bring friends. We will discuss details regarding our program and answer all questions of things to come.

**PICNIC IN THE PARK:** On **Sunday July 31<sup>st</sup>**, at Redbud park, 4:00 – 6pm we are having a fun get together with food and festivities, free to all members and families, don't miss out.

**SUMMER CAMPS (NINJA WARRIOR AND BELT ACCELERATION):** The **first** is "AMERICAN NINJA WARRIOR CAMP" (4 days - 16 hours total, full of fun athletic building drills and obstacles to improve your martial arts skills and have a blast), held **Monday July 11<sup>th</sup> – Thursday July 14<sup>th</sup>** from 10am – 2pm at our **Wylie** location. The total cost is ONLY \$169 (bring your lunch).

The **second** is "BELT RANK ACCELERATION CAMP" held **Monday August 1<sup>st</sup> – Friday August 5<sup>th</sup>** from 10am-3pm at our **S. 14<sup>th</sup>** location. *This camp is 5 days - 25 hours (equivalent to 3 months of classes) of education, entertainment, and empowerment.* Each student should earn a new belt at the end, skipping them ahead one extra belt rank (excluding Red 3 & Black Belts)! The total cost is ONLY \$289 which covers the camp; lunch every day, activities, the test fee, and your official certificate with a new belt. \*For Red 3 & Black Belts, since there will be no belt promotion, belt camp is only \$189\*

**Pre-Pay for both by July 1<sup>st</sup> to get \$60 off (you pay \$398 instead of \$458 & get 2 camps)**

**DECAL STICKERS:** We have *FREE* auto decals located at the front counter for you to all put on your vehicles and represent the best martial arts school in town. We love seeing our stickers all around Abilene, so get yours on and show your PMA support!

**NEW CONTACT UPDATE FORMS:** We are on a quest to update our members contact information to ensure proper communication and delete any duplicates. Communication to our members is key, we will send out occasional important emails, texts and post news on our socials to keep you well informed. In order to make certain that we have accurate current information, please complete and return the simple contact form, we are working on getting rid of the old separate lists so that you do not get more than intended. Also be certain to like and follow us on Facebook Premier Martial Arts.