

PMA is special because the instructors inspire me to work harder, try to become better, go the extra mile. The best thing about that is that one look at their black belt turns my day from bad to awesome, and I push myself to accomplish what I couldn't have accomplished before.

PMA improves my own strength and fitness. And the practice of martial arts builds my kids' confidence and improves their physical skills at school.

I miss Colorado and PMA. I can't imagine my life without it. I spent 10 years there and now I've been 10 years gone.

PMA is Awesome
because It shows
Cool things.

David

You make us strong.

- ① Mr. Gonsalves
- ② Wear a mouth guard
- ③ Based on work ethic
- ④ Gives me goals
- ⑤ They wouldn't answer their phone.
- ⑥ I need to get punched sometimes.

I have trained and taught at PMA for over 20 years, and I am still consistently and pleasantly surprised at the impact PMA continues to have in my life and the lives of so many others. Young or old, male or female, everyone is positively impacted by the healthy, encouraging and empowering environment. A life-changing place and one I am proud to call home.

Honesty, courtesy, discipline... I forgot about these not just from the karate school but in reality too. I think I am going to walk through the PMA door again. Thank you for some inspiration.