

LET'S CELEBRATE! *Investment in Health*

A valued member of the Martial Arts Center for Health, Nissim, has reached an important milestone: **Second Degree Black Belt!** Nissim, congratulations on this significant accomplishment!

This accomplishment represents far more than the achievement of another rank. It reflects the kind of commitment, trust, and long-term perspective that we deeply value at MACH. Nissim has made his health a long-term investment in himself—one measured not simply in years, but in consistency, discipline, growth, and a willingness to continue developing. For more than a decade, he has trusted MACH to be part of that journey, and we are honored by that trust.

Congratulations, Nissim, on reaching Second Degree Black Belt!

- From your MACH family



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STUDENT Testimonial

Nissim A.



I started practicing martial arts at MACH eleven and a half years ago, and during this time, it has become much more than a place where I exercise and learn martial arts. It has become an important part of my life and a place where I find peace, love, comfort, and a sense of belonging.

The owner, Tom Curtin, and all the instructors at MACH are extremely knowledgeable, patient, and supportive. They do much more than teach martial arts techniques. They teach discipline, respect, patience, self control, and how to deal with the challenges that life brings.

Over the years, I have experienced tremendous improvements in my physical health. My balance and strength have increased significantly, and I feel stronger and more capable than I did when I first started.

But, the greatest changes have happened inside. Martial Arts has taught me how to control my stress, stay calm, and be more present in the moment. Instead of always worrying about what happened yesterday or what might happen tomorrow, I have learned the importance of being in the moment and focusing on what is happening right now.

My training has also helped me become a better person and a better family man. I have learned to be more patient, more understanding, and more aware of how I respond to situations. The lessons I learned at MACH do not stay in the training room—they carry over into my everyday life and my relationships with my family. MACH has helped me understand that martial arts is not just about physical strength. It is also about developing inner strength, finding balance, reducing stress, and becoming the best version of yourself.

After eleven and a half years of training, I can sincerely say that MACH has had a positive and lasting impact on my life. I am very grateful to Tom and the instructors and to the entire community for the knowledge, support and positive environment they have provided me. I wholeheartedly recommend MACH to anyone who is looking to improve their physical health, manage stress, develop greater self-control, live more in the present moment, and become a better person.

Nissim A.- Second Degree Black Belt

“*My training has also helped me become a better person and a better family man.*”



The Martial Arts Center for Health is more than a place to train — it is for total development rooted in love, knowledge and oneness.

What truly sets us apart is the depth of knowledge behind our system and the ability to customize movement to each individual's needs and abilities.

REFERRAL Winner!



Linda B.



Please join us in congratulating Linda, our August Referral Champion!

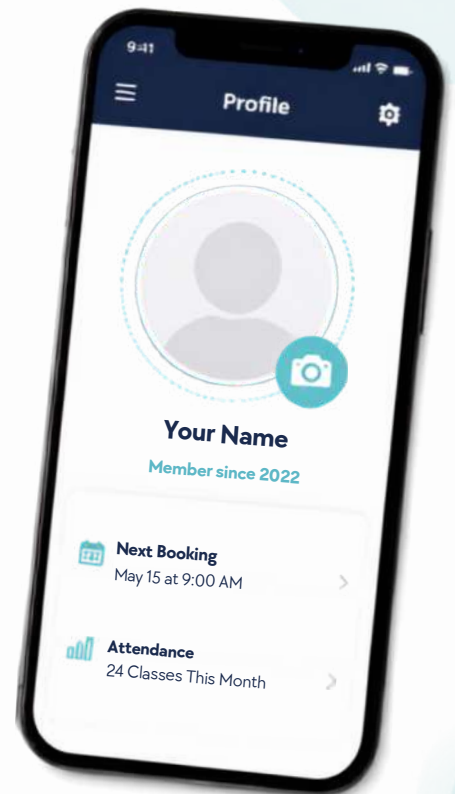
Linda has experienced so many wonderful health benefits through her own practice at MACH, and one of the things she loves most is seeing others discover those same benefits for themselves. Linda is 71 years old and worked as a realtor for the past 25 years. She began her journey here after suffering 11 broken vertebrae and a compressed torso. Since starting in 2024 she has seen vast improvements.

Her referrals are a wonderful reminder that when something positively impacts your own life, it's natural to want to share it with the people you care about. **Congratulations, Linda!** We appreciate you and the positive difference you continue to make in our MACH community!

Have you updated your **zen**planner profile?



Download the ZenPlanner app and add your photo so your instructors & training partners can put a face to your name.



Add your profile photo today



AUGUST

Promotions

1ST SECTION

Anthony C.
Craig P.
Karen F.
Laryssa N.
Mark B.
Rhonda P.
Sonya S.
Valentina D.



2ND SECTION

John Z.
Margaret B.
Reza S.



5TH SECTION

Alex D.



2ND DEGREE

Nissim A.



UPCOMING *events*



Sept 1 Enrollment opens - Traditional Skills - Longstaff

Sept 7 **CLOSED** for in person classes ([available online](#))

Sept 16 Traditional Skills - Longstaff

Sept 30 Traditional Skills - Longstaff

Oct 3 Fall Sunset Beach Seminar -@ New Symrna
Details coming soon!

Oct 14 Traditional Skills - Longstaff

Oct 28 Traditional Skills - Longstaff