

# It's Meant to Be Fun!

By Anthony Quatrochi, *Anthony Quatrochi's Martial Arts Institute*



Oh what fun it is to be a part of the AQMAI family!

**H**onestly, I can't believe someone hasn't said something to me yet. As they say, the question almost begs to be asked...

Okay, I'll go ahead and ask it myself!

*Why have I subjected East Fishkill to almost half a year of magazine ads featuring my instructor team dressed up in a variety of goofy winter holiday costumes...even in the middle of the summer?*

I'm sure that many possible answers and theories abound—and I'm also sure that many of them are pretty hilarious—but the simple answer is this: life is meant to be happily lived as best as you can manage it. We need to try to find the good and the fun that's out there; we can't hold back or live in fear.

As the New Year approaches, we all realize that there's only so much time to be had. So, a huge thank you to my staff for embracing the absurd photo shoot and suiting up—somewhat literally this month!—to show what a good time we have at the school with each other and with our students and their families.

Self-defense is a serious business in many ways. The fact that we need to be ready for an unpleasant event to happen and practice how to deal with it is, frankly, depressing. I'm proud to say, though, that my team and my students train seriously for the unexpected, but we talk and laugh and share so much while we do it that we bypass the darker part. We train safely so we can train for years, even decades, because we love what we do. (Remember that my teacher is 81 years old and still surpasses anything any of us here can do on the mat.)

The floors are matted (which was a great thing as those oversized elves kept falling off the balls!), and we don't ask or expect anyone to do something they can't. We train all ages in all states of physical ability and conditioning. I believe you can learn what we have to teach and that we can help to take a bit of anxiety from the back of your mind. You'll know you can do what needs to be done should the need arise. And when you know that, and that anxiety is lessened, you know what happens? You get more time to be focused on the good, the fun, the happy.

That's what I wish for my students, my friends, my family and you. Have, and enjoy, the life you're meant to have. Best wishes in 2024 for the happiest life you can grab. If you're interested and want to come by, we'd love to share some fun with you! OSU!

Visit us at 1299 Route 9 Wappingers in the Southside Plaza and at [AQMAI.com](http://AQMAI.com). Contact us at [aqkkij@gmail.com](mailto:aqkkij@gmail.com) and 845-298-2177. ♦

Photos courtesy of AQMAI

