



ZenQuest Martial Arts Center

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An Okinawa Karatedo Association, Demian Mata Jiu-jitsu Network and Siyodtong Boston Affiliate

NEWSLETTER November 2020

Looking Forward

Now that we're almost nine months into the COVID19 pandemic, it's important to remember that there will come a time when we return to normal. Some people have speculated that we may never be able to get back to the way our lives were pre-coronavirus. This is not only untrue, it is very negative and not where we want to be mentally. In this very challenging time, it is important to stay as positive as possible and look forward to a better time in the future.

Why should we think that things will return to normal? That's easy. We've had several pandemics throughout history and things have always returned to normal once they ran their course and subsided. A good example of this is the 1918 pandemic known as the 'Spanish Flu.' This outbreak resulted in about one-third of the world's population infected and over 600,000 American deaths, but things did eventually return to normal.

Back then communities struggled with ways to minimize the impact of the outbreak without modern technology, communications, or medicine. Similar to our current situation, the best strategies for that were social distancing, sanitizing, masks and quarantines. Studies have shown that areas that did those things during that pandemic fared much better while that virus raged on for months.

First appearing in the spring of 1918, the Spanish Flu virus ran its course until enough 'herd immunity' developed and things began returning back to normal about one year later in the spring of 1919. Technology for vaccines and treatments against viral infections were not as advanced at that time, and an effective vaccine was never developed to deal with the Spanish Flu pandemic.



Today, we are faced with a very similar dilemma with COVID19 that the world faced over a hundred years ago. Although we are far more advanced in medicine, it takes time to develop safe and effective vaccines and treatments for a new or 'novel' disease. Until then we do have the proven strategies of social distancing, using masks, and sanitizing. Unfortunately, portion of the population are uncooperative and do not want to follow these. Despite having much better technology and communications, the message is lost on many people and the virus is free to infect far more than necessary.

A complete return to normal from the COVID19 will require a large portion of our population to have either recovered from the disease or been vaccinated against it. Infectious disease specialist, Dr. W. David Hardy, recently stated in an interview with Healthline magazine that this will happen "When there is strong scientific evidence that the vaccination has rendered 65 to 70 percent of the population." For that, though, he said the people need to "trust in science."

Experts are now predicting that a COVID19 vaccine may be available as early as January of 2021. With time for distribution that may mean returning to normal in late winter or early spring of next year. Dr. Hardy places his bets on the new normal as "the

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TY, TY, TY

ZenQuest has been voted the 'Best Martial Arts Academy' in the Berkshires AGAIN! The distinction is given by the area's premier news agency, and is solely based upon voting by the Berkshire Eagle's readers. This makes the award even better and we are humbly proud.

This is the fourth year in a row for ZenQuest going back to 2017. We believe that this is a direct result of doing everything possible to provide the best programs, instruction, facility and training environment possible. It's nice to know that our students and fans appreciate that and we will continue to do our best to make things even better going forward.

We've definitely seen our share of challenges in reaching this point. This year has been no exception with a forced closure for almost four months, and then opening with intense safety measures in place. But it is our pleasure to set the example that, in spite of life's challenges, we all must continue to remain calm and navigate through the best we can.

This award would not be possible without the dedication and support of our students, families and parent organizations. To them we say thank you, thank you, THANK YOU!



The 'Easy Pay' Advantage

We recently changed the service used for our 'Easy Pay' tuition program. The majority of students enrolled this way previously have been able to continue taking advantage of this convenient and cost saving option with little or no changes required. This provided seamless continuity in their enrollment going forward. Many newer students have also recently switched over to ZenQuest's Easy Pay enrollment. Doing so provides several advantages to students and parents.

Convenience Once you set up your Easy Pay virtually nothing else is required of you to maintain your tuition at ZenQuest. Payments are automatically made each month through an account of your choice. There is no need for keeping track of interval enrollments, wasting time with payments, or awkward social distancing issues.

Tuition Discount Enrolling via Easy Pay automatically reduces your tuition to the equivalent of our three-month or quarterly rates. In other words, you get to pay the discounted monthly rate as if you had done a three-month enrollment.

Tuition Lock Enrolling in Easy Pay locks your tuition so that it will not go up at all when there are periodic tuition increases that happen. The longer you stay enrolled with it, the more your tuition is effectively discounted. Some long time students are taking advantage of as much as 50% off.

Commitment Easy Pay is perfect for students who want to commit to a longer term study of the martial arts. Enrolling this way takes the indecision and inconsistency out of your training and leads to real results.

To take advantage of enrolling this way all that is needed is to fill out an Easy Pay form and submit it at the ZenQuest front desk. Tell us which credit card account you would like to use for this and we take care of the rest. A double payment is made on the 'front end' of this enrollment and that extra month can be used on the 'back end.'

Please contact us if you have any questions on this or would like to go ahead with ZenQuest's Easy Pay.

Easy Pay

IMPORTANT DATES



CLOSED Tuesday, 11/3 - Election Day
OPEN Wednesday, 11/11 - Veteran's Day
CLOSED Wednesday to Friday, 11/25 to 11/27
 - Thanksgiving

WELCOME NEW STUDENTS!

Easton Armstrong, Camden Blake, Dylan Blake, Charlotte Fleury, Malyna Lacker, Jemimah Levi, Dylan Lundgren, Addi Meola, Tim Mertinooke, Elise Moran, Alexa Tallboy, Layla Valenzuela

WELCOME BACK

David Kosla

RECENT PROMOTIONS

CRANES:

2 Gold - Krish Shah

TIGERS:

8kyu - Abigail Senner

DRAGONS:

COBRAS:

UECHI:

PYTHONS:

3 stripe white - Mason Lucy

JIU-JITSU:

2 stripe blue - Tilo Jackson

3 stripe blue - Glenn Giumarra

4 stripe purple - Matt Gerlitz

MUAY THAI:

HAPPY BIRTHDAY!

Genevieve Buker 11/1

Marissa Maher 11/5

Todd Dort 11/6

Tia-Marie Damman 11/6

Raquel Levin 11/6

Carlee Herlihy 11/7

Joseph Willson 11/8

Arianna Noyes 11/9

Marcus Drake 11/10

Silas Heck 11/11

Jake Martin 11/12

Quincy Rocca 11/12

Dinesh Kandasamy 11/15

Jon Oleson 11/16

Herbert Gregg 11/20

Layla Wixsom 11/20

Morgan Leighfield 11/22

Ryk Byers 11/24

Evan Collins 11/25

Ericka Oleson 11/26

Norrin Darby 11/26

Adam Goodman 11/27

Steve Tremble 11/28

Collin Wellman 11/28

Leila O'Brien Sevilla 11/28

Terminology

Success

Japanese: Seiko

Brazilian: Sucesso

Thai: Kwam Samrec

**“Best Martial Arts Academy”
 ZenQuest Martial Arts**



*Berkshire Eagle's
 Readers Choice Awards
 2017, 2018, 2019
 & 2020!*



Special Shirts Soon

Special edition ZenQuest shirts are finally on their way! These are 100% cotton 'cobalt' colored Gildan brand t-shirts with our usual 'ZenQuest Martial Arts' on the front. The back side of shirt says 'I helped ZenQuest survive COVID19.' Several of these shirts are reserved for those who pre-ordered them, but there will be a limited supply of extra available. These are expected to be available at the front desk in early November. Thanks to everyone who pre-paid for these.



Staying Safe

Remember that it is important that all students know and stay mindful of all of the safety precautions currently in place at the gym/Dojo. This is crucial to the safety of everyone and preventing a problem with COVID. This includes arriving for each class no earlier than 5 to 10 minutes prior to it's start. After a temperature check, shoes must be carried to the 'fitness room' and placed on one of the shoe racks. Next, sanitizer must be applied to hands and feet at the training room entry door, then students should proceed to a 'social distancing' spot in the room for their class, filling in the spaces farthest from the door first. Water bottles and spare masks can be placed at a back corner of their space. During the class masks must stay on and instructions should be followed carefully. Once the class is finished, students can gather their belongings and exit the training room in order, one at a time. Shoes should be put on near the exit door, then the student may proceed to the playground area and walk to the front of the building. Parents should be ready to receive their children at that time. At all times, please minimize congregating in the 'fitness room'. With everyone staying vigilant about safety we can all keep our risks to a minimum and continue to practice the martial arts that we love. Thanks for your cooperation with this!

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second or third quarter of 2021." Further, advancements in treatments and drug therapies will also minimize the effects of the virus for those who do become infected as time progresses.

Recently, Massachusetts Governor Baker lessened the restrictions for certain areas in the Commonwealth with low Coronavirus metrics. This applied to the Berkshires and allowed ZenQuest to increase the number of students allowed in each class slightly. We are hoping that our area continues to do well with low infections and spread, and this trend continues.

So, what will a return to normal at ZenQuest look like? We are bound by the orders and guidelines provided by the Massachusetts Governor's office. It's possible that they will just keep things the same until enough of the population is vaccinated and the all clear signal is given. Its also possible that we will continue to see the current restrictions reduced gradually up to that point.

It's difficult to say exactly, but we can imagine how that would likely play out. If things continued to go well in the Berkshires we could see additional safety measures relaxed in stages including (not necessarily in this order):

- Elimination of one-way traffic and return to free movement throughout the building
- Reopening common areas like the reception area, changing rooms, and class viewing area
- Reduced social distancing and a return to partner drills (possibly with designated partners)
- Reduction in extreme sanitizing and cleaning
- Returning to free sparring and rolling
- Elimination of masks requirements

We're all looking forward to returning to normal in and out of the Dojo. Until then we must stay vigilant with the only measures we have to control COVID19...social distancing, disinfecting, and masks. Experts also say that getting flu shots and otherwise staying as healthy as possible can help keep your immune system strong in the event of an infection.

So, here's to staying focused and doing our best until better days arrive!