



ZenQuest Martial Arts Center

55 Pittsfield Road-Building 10, Lenox, MA 01240

(413) 637-0656 * zenquestmac@sprynet.com * www.zenquestmac.com

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

NEWSLETTER October 2020

Adversarial Growth

We've seen some difficult challenges over the last six months or so. Although there are different levels of severity in the way that people have been affected by the global pandemic, it's probably safe to say that everyone has been affected in some way. Many of us have faced quarantines, problems with employment, financial hardships, lack of normal activities, reduction in services, new safety precautions everywhere, restricted travel, political turmoil and, of course...infection and illness.

One of the potential consequences of this is a wave of psychological damage both short and long term. Experts are assessing the impact of COVID19 and are noting a variety of effects ranging from anxiety and depression to Post-Traumatic Stress Disorder. In the short term, many people's priorities have changed with a sense of being forced to exist in a survival mode taking over their thoughts and actions. People have been taken way outside of their 'comfort zone' leading to insecurity and stress. With big changes to our normal routines our identity and sense of who we are may be shaken. The combination of isolation and sheer boredom can clearly affect our state of mind in negative ways.

All of this can put us at risk for a variety of negative conducts and consequences such as overeating, substance abuse, episodes of rage, and even destructive behaviors. These can all create a compounding effect that will result in making things worse for ourselves and more difficult to get back to a happy and productive lifestyle.

In order to avoid imploding during these challenging times we must constantly move our thoughts from a negative stream that will trigger the 'fight-or-flight' response to more positive thinking. Sometimes that means simply shutting down negative thoughts and feelings and calming ourselves. Another technique is to change our stream of thoughts to positive memories, future activities, or even the better aspects of our present situation. Plan some activities, take a class, learn a new language, PLAN A VACATION!

Dr. Shauna Springer of Psychology Today says that, during the pandemic "We must be relentlessly intentional and creative in: 1) Finding ways to be productive in new roles that tap existing strengths, 2) Continually connecting with each other using all modes available to us now, and 3) Doing business that will hold our economy stable through the crisis."

Keeping busy in this way serves as an important distraction from the negativity of the situation. The feeling of accomplishment in new projects and goals can help us to feel good in challenging times. Physical activity and exercise is especially great in this way AND promotes overall health and happiness. Just the practice of planning our

THE MORE YOU BELIEVE IN YOUR OWN ABILITY TO SUCCEED, THE MORE LIKELY IT IS THAT YOU WILL.

SHAWN ACHOR

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Schedule Adjustments

As you may know, we are currently limited in the number of students allowed in each class and many of our classes are full or nearly full at this time. In order to accommodate current trends in attendance we have made some adjustments to the class schedule. These are as follows:

- ◆ We've added a class on Wednesday evenings for Jr. Tigers and Tigers students (ages 4-1/2 to 8-1/2) at 5:00 PM. The existing Saturday 'Tigers' children's Karate class is discontinued for the time being.
- ◆ We've also added a Pythons Jiu-jitsu class (ages 6-1/2 to 12-1/2) on Friday evenings at 4:15 PM.
- ◆ The existing Saturday 'Pythons' children's Jiu-jitsu class will shift from 9:15 AM to 9:00 AM and be held in the front room (rather than the back room.) For this, students should arrive 5 to 10 minutes early.
- ◆ An additional Muay Thai class (ages 12 and up) has been added to Saturdays at 9:15 AM. We will still offer our 11:45 AM class as usual.

These changes took effect on Monday, September 21st. A complete schedule can be seen and printed from the website or picked-up at the front desk.

On Tuesday, September 29th, Governor Baker announced that certain areas of Massachusetts with low COVID19 risks could move into Step 2 of Phase 3 in the commonwealth's reopening plan. Consequently, ZenQuest will increase the maximum number of students of 10 per class. This will take effect on Monday, October 5th. For the time being we must continue to limit students to a maximum of three classes per week.

Please contact us with any questions and let us know if you would like to change any class reservations.



EasyPay Changes

We are in the process of changing the service for our 'EasyPay' tuition program. Students enrolled this way will still be able to take advantage of this convenient and cost saving option with little or no effort required.

For students who use a credit card for this purpose, virtually nothing extra is needed, unless contacted directly by Sensei Connie. You will likely just see 'Square' listed as the new vendor for your payments. Students who use a checking or savings account for this will need to provide Debit Card or Credit Card info to continue taking advantage of this tuition option. This can be done either in person, over the phone, or via email. New information must be provided by October 31 for this purpose.

Please contact us if you have any questions on this, or if you need to provide new information. For students who are interested in taking advantage of EasyPay going forward, let us know and we will be happy to provide you with a form to get you set up. Remember that enrolling in EasyPay locks you tuition so that it cannot be increased as long as you remain enrolled with it.

IMPORTANT DATES



**October 5, 2020
CLASS LIMITS INCREASED**

WELCOME NEW STUDENTS!

YOUTH - Fiona Ward, Dallas Hewitt, Finley Borrett, Hunter Christman, Ava Murray, Felicity Murray, Maddie Prusky

ADULTS - Tyler May, Terry Bandy, Zak Bernardo, Ryan McCusker

WELCOME BACK - Christopher Bennett

HAPPY BIRTHDAY!

- Darren Bradley 10/1
- Brandt Mears 10/1
- Stephen Dalton 10/2
- Kaydance Thornton 10/4
- Levi Giumarra 10/6
- Thomas Aube 10/7
- Dawn Simmons 10/9
- Gabrielle Mott 10/10
- Adam Weinberg 10/11
- Stephanie Chiera 10/11
- Tilo Jackson 10/14
- Devon Bigelow 10/14
- Orion Davidoff 10/15
- Dan Dufur 10/15
- Lucy Gregg 10/16
- Dulcinea Squailia 10/17
- Parker Lamont 10/17
- Zachary Winston 10/18
- Connor Burt 10/23
- Landon Ramos 10/24
- DeSean Scales 10/25
- Jordan Cornellier 10/28
- Phoenix Miller 10/28

RECENT PROMOTIONS

CRANES:

TIGERS:

DRAGONS:

COBRAS:

UECHI:

PYTHONS:

CORRECTION: 2stripe grey - Sadie Giumarra

JIU-JITSU:

3stripe white - Shawn Maschino

MUAY THAI:

Terminology

Calm

Japanese: Odayakana

Brazilian: Tranquilidade

Thai: Nyeib Singob

“Best Martial Arts Academy”

ZenQuest Martial Arts

Berkshire Eagle’s

Readers Choice Awards

2017, 2018 & 2019



Kids' Classes This Fall

With 'back-to-school' now upon us and the fall season around the corner, parents normally sort out their children's activities for this time. But, this year brings uncharted territory and uncertainty for many parents and kids. With continuing concerns about the Coronavirus, many school systems are starting the year with some or all learning via remote learning. This is expected to possibly continue until there is a vaccine and/or cure for the virus and experts are predicting that this will likely take months.

With these remote learning or hybrid models children are faced with struggling with excess screen-time and greatly reduced activity levels. In view of this new reality, having kids get out for in-person activities in a very controlled environment will be more important than ever. With strict safety precautions in place, children CAN reap the benefits of physical activity and socialization.

ZenQuest is prepared to strike a balance between safety and activity for kids during this time. With social distancing, face coverings, temperature checks, limited class sizes and durations, controlled foot traffic, positive ventilation, extensive cleaning and sanitizing, and appropriate activities, we are confident that we can provide our children's classes while also minimizing risks. We believe that kids can have some relief from the unique challenges they're faced with in the coming months and are prepared to help. For a full listing of the safety measures being used at ZenQuest please visit our website at www.zenquestmac.com.

Please contact us ASAP if you plan on having your children attend classes during this time. Class reservations are on a 'first come first served' basis. Due to controlled class sizes there is limited space available in our children's classes at this time. We are looking at adjustments to the schedule to accommodate as many students as possible. Let us know if you have any questions or concerns in this matter. As always thanks for your continuing understanding and support.



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activities helps us to look more forward to a better time. Setting a routine for ourselves and sticking to it also puts more structure in our lives, creating a 'comfort zone' in uncomfortable situations.

In the long term, we should try to learn and grow from the challenges life throws at us. Experts refer to this as 'Adversarial Growth' or 'Post Traumatic Growth.' Most people are familiar with PTSD or Post Traumatic Stress Syndrome, and some situations are so severe that it can be extremely difficult for someone to return to a healthy frame of mind afterwards. However, some situations can be traumatic for us and we will bounce back or even grow from the experience. Some people become MORE motivated to do well or even thrive in spite of the hardships that life has given them. We need to learn to live by the famous quote by Friedrich Nietzsche "What doesn't kill us, only makes us stronger."

According to a study at Penn. State, there can be five elements to Adversarial Growth:

- ◆ Improved relationships with others
- ◆ Identification of new possibilities in one's life
- ◆ Increased personal strength
- ◆ Elevation in attitude and spirit
- ◆ Enhanced appreciation of life

These positive changes relate to the development of important qualities of character, such as diligence, generosity, love, purpose, and humility.

For most of us, life is hard. The only way for us to be successful and happy is to keep a positive outlook and continue to fight for our success and happiness. We must learn to turn negatives into positives. Over time, we can actually reprogram our brains to be more optimistic and productive...in spite of hardships. It's up to us to see the opportunities we do have and make the best of them!

