



ZenQuest Martial Arts Center

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

NEWSLETTER February 2021



MMA at MH

In the fall of 2020 the Dean of Academics and Faculty at Miss Hall's School reached out to ZenQuest to see if we would be interested in developing a Martial Arts program for the students there. With restrictions on activities due to the COVID19 pandemic, the school was trying to come up with alternatives to provide exercise and interests for the youth. After some discussion about scheduling and curriculum, an agreement was reached and a plan was put into place for classes at the school.



On the morning of Monday, January 8th, we kicked off the program with ten enthusiastic students. With plenty of space in the Cross Athletic Center gym, students are socially distant for individual drills and learning. Students remain socially distant for limited partner drills to help them understand the purpose of many things better. Essentially, the program covers 'striking' exercises and drills from Karate and Kickboxing

on Mondays, and self-defense material taken from taken primarily from Jiu-jitsu on Thursdays. Since the kids are learning a variety of material from three different Martial Arts they are, in a sense, practicing a form of Mixed Martial Arts!

The feedback we've gotten so far is very positive and there's already talk of making this a permanent program at Miss Hall's. We would like to thank the students for being so great in the debut of the school's martial arts class. Also, special thanks goes to the amazing staff at Miss Hall's for trusting ZenQuest and making this program happen!



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Mindfulness & Safety

With the COVID vaccines underway and the national COVID metrics trending down, we can all be optimistic about seeing an end to this challenging situation soon. In fact, local metrics have improved enough that we are able to increase the limits on class sizes at ZenQuest. On Monday, February 8th fitness facilities, including martial arts gyms, were allowed to increase their class sizes from 25% of capacity to 40%. At ZenQuest that means that we can return to a ten student maximum per class.

Meanwhile, It's still important that everyone stay mindful of a few things to keep things running as smoothly as possible. First, knowing and following ALL of the safety precautions is crucial to the safety of everyone at ZenQuest. This includes arriving for each class 5 to 10 minutes prior to its 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. Water bottles and spare masks can be placed at a back corner of the space. During training students need to do their best to continue to 'social distance' and stay in their designated space. Once the class is finished, students can gather their belongings and exit the training room, in order, to the fitness area. Shoes and coats 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.

Transactions for tuition or gear can be made in the front area, but making payments online or over the phone is preferred. Students and parents who use incremental enrollments (monthly, quarterly, etc.) should be careful to keep track of their dues dates. In some cases reminders may be sent by email, if needed, since normal reminders are not available to students and parents at this time. Students and parents should consider using our 'Easy Pay' payment plan for everyone's convenience.

Since classes are still limited in size it is very important that students and parents keep their class reservations up to date. Many classes are at capacity at this time with waiting lists for other students to join. If a student can no longer attend a class that they had reserved, they should notify Sensei Connie ASAP. Students who miss three classes in a row or stop paying their membership, without communicating why, will be assumed to have made a schedule change and adjusted accordingly.

Please call 413-637-0656 or contact us via email at train@zenquestmac.com with any questions or adjustments. Thanks!



Tuition Reminders

With all of the COVID safety measures in place it is more difficult for us to remind students and parents about when their memberships are coming due. This makes it much more important that students who choose to do incremental enrollments (monthly, quarterly, etc.) keep close track of their due dates and re-enroll on or before their due dates.

The safety measures have only added more work to the six days each week that we are open, and this leaves little time for individual reminders. Further, the restrictions and constraints caused by the pandemic have made the business side of running the dojo more challenging, and delays in payments only exacerbate the situation. We try to provide lots of flexibility in tuition choices for our students. So, please make sure to stay on top of incremental tuition payments if this is how you choose to pay for your enrollment.

As an alternative, consider enrolling via our 'Easy Pay' autopayment option. We recently changed the service used for our Easy Pay program. This has provided several improvements for both students and ZenQuest. Aside from the convenience and tuition discount that Easy Pay provides, it also locks the student's tuition rate. This means that their tuition cannot increase as long as they remain in it. It's also perfect for students who want to commit to a longer term study of the martial arts.

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 plan.

IMPORTANT DATES**HAPPY BIRTHDAY!**

Jasper Stanton 2/2
 Tim Mertinooke 2/3
 Zooley Bayles 2/4
 Sadie Giumarra 2/5
 Daniel Coe 2/7
 Dylan Lundgren 2/7
 Joseph Weinberg 2/10
 Scott King 2/11
 Jennifer Sommerville 2/14
 Ricky Jennings 2/15
 Oscar Daire 2/15
 Joseph Pellegrino 2/16
 Eli Mertinooke 2/18
 Dallas Hewitt 2/20
 Leo Daly 2/21
 Leo Wilhelm 2/21
 Zachary Kmetz 2/22
 Ava Klapas 2/22
 Chris Bradley 2/24
 Ivey Helmer 2/25
 Liam deRis 2/25
 Terry Bandy 2/26
 Fiona Ward 2/26
 Grayson Ambriz 2/26
 Brendan Sullivan 2/28
 Lilly Hassmer 2/28
 Lizzy Sondrini 2/28

WELCOME NEW STUDENTS!

Michael Cleary, Grace O'Callahan, Claire O'Callahan, Dessa Boinay, Michael Siktberg, Brendan Sullivan, Addi Meola, Michael Kneer, Ashlyn Holden, Joseph Saviano IV, Derek Roberts, Jada Siv, Jasmine Boinay, Audrey Chagnon, August Mason, Harrison Martin, Zooley Bayles, and Jasper Stanton!

Welcome back Jeff Scrimo, Alexander Bock, and Paul Griffin!!

RECENT PROMOTIONS**CRANES:****TIGERS:**

9kyu - Layla Wixom

DRAGONS:

9kyu - Camden Blake, Dylan Blake
5kyu - Michael McLaughlin

COBRAS:

8kyu - Ava Murray, Felicity Murray,
Maddie Prusky

UECHI:

9kyu - Michael Cahalan

PYTHONS:

Grey/white - Enzo Dort, Nico Dort
3 stripe grey - Levi Giumarra

JIU-JITSU:

4 stripe white - Sadie Giumarra

MUAY THAI:**Terminology****Confidence**

Japanese: Shinrai

Brazilian: Confiança

Thai: Kwam Manki

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



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

