



# ZenQuest Martial Arts Center

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

# NEWSLETTER June 2021

## Un-Virusing

For well over a year now we have been thrown into a situation that has required us to change many aspects of our lives. In the gym we were forced to modify the way we trained and avoid any contact with partners. Now that we're returning to pre-pandemic training and able to drill with partners again we need to adjust back to how to work with other people. After all, the martial arts are all about interacting with others.

Here are some things to be mindful of when working with partners in the dojo:

**Personal hygiene** - One of the most important rules of etiquette for training with others is maintaining good personal hygiene. This includes regular bathing, using deodorant, keeping nails trimmed and grooming hair so that it doesn't interfere with training. Students must also keep all uniforms, shorts, shirts and gear clean. This includes bringing changes of clothing, as needed, if doing multiple classes in one day.

**Distancing** - An important aspect in growth as a martial artist is developing a sense of distancing, or how far away from someone you should be to make a strategy work. In addition, we all need to respect other students' personal space. When doing a group exercise like laps or line drills each student needs to maintain a distance behind the person in front of them to be safe and respectful. We all just spent months practicing 'social distancing' so, this should be easy. Also, remember that it's not appropriate to 'play fight', horseplay, or even touch other students in off moments in the gym.

**Control** - Working with a partner requires us to stay under control at all times. Its not OK to be careless, reckless or overly aggressive. This is especially important when sparring or 'rolling.' Sparring is NOT fighting. It is an opportunity for students to practice the strategies they've been working on in real-time for the purpose of LEARNING. Part of sparring should be training yourself to be calm under pressure and to use your resources intelligently.



**Respect** - To create an environment that is constructive for all every student needs to respect everyone else in the dojo. This means following established rituals like bowing, fist bumps, and using titles for instructors. In addition, students should try to be courteous with their actions, words, tone, and body language.

**Talking** - Unlike mainstream gyms, martial arts facilities tend to have a friendly and supportive environment where people can socialize and make lasting friendships. During training though, its important for students to also focus and learn as much as possible. So, it's important to strike a balance between having fun sharing a common interest with

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## Custom Uniforms

ZenQuest Jiu-jitsu Gis are back in stock! These are the high quality blue "Team ZenQuest" uniforms with a variety of patches on them. These are extremely popular and tend to be sold out quickly. They're available in a variety of sizes at \$140 each.

Our brand NEW custom Karate Gi are currently in production and will be here soon! These will be made from a high quality material and include patches for both ZenQuest and our parent organization, the Okinawa Karatedo Association. An image of the new design is shown right. These will be priced at \$70 each

Our popular ZenQuest t-shirts and sweatshirts are also available again. These are black with the school name on the front, and our three core martial arts noted on the back. They are available in children's and adult's sizes up to XXL. T-shirts are \$29 each and sweatshirts are \$45 each. We also have custom ZenQuest 'Board Shorts' and training shirts available at \$45 each, as well as custom beanie hats for \$15!

Students and parents can also order a wide variety of gear and equipment including punching bags and targets for home...all at 20% off. Stop by the front desk, call or message us to purchase or pre-order any of these items. We also have gift certificates available which can be purchased at our front desk or through our website.

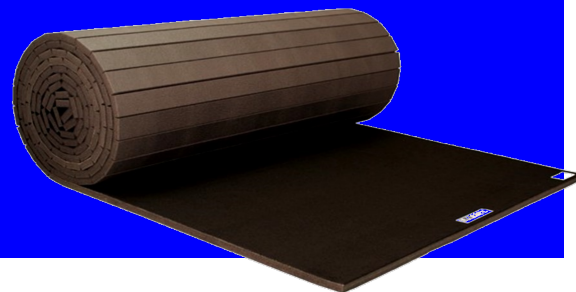


## Black Mat Upgrades

Students who train in ZenQuest training room 2 (the black matted room) may have noticed that some of the mats are reaching the end of their useful lives. Some of the mats have splits and repairs in them that make a less than ideal situation. In actuality, those mats have seen over 10 years of hard training at ZenQuest, and a few years before that at another gym in northern Virginia.

Soon three of the six 'Dollamur Flexi-Roll' mats in that room will be replaced. The remaining three are still in good shape and can continue to be used at this time. Of course, the new mats will match those existing in thickness, color and texture. All of the mats will be arranged to optimize training in that room, and reconnected with new mat-tape. A new layer of padding will also be added under the black mats to provide additional cushioning and extend the life of the Flexi-Roll matting.

These mats have been shipped and we are currently waiting for their delivery.



(Continued from page 1) **Un-Virusing**

others in the dojo and getting the work in. Students should also avoid assuming the role of 'the expert' and not bombard others with words in an effort to help them. Students must be given a chance to learn a martial art on a physical level once they understand a technique or strategy.

**Sticking to the plan** - When doing situational drills students need to try to 'stick to the plan' and avoid branching off into variations of a strategy, or doing things the way THEY think it should be done. Part of the instructor's job is to keep everyone on the same page based on their experience. Once students start going off script the entire training environment can break down into a disorganized mess with no team unity. Students who prefer their own way should probably just train at home.

So, optimize and enjoy the opportunity to train with partners again! Following these rules will create an environment where everyone can thrive in their chosen martial art. See you on the mats!

**IMPORTANT DATES**



ALL STARTING @ 1:15 pm:

- Advanced Concepts Uechi: 6/12/21
- Advanced Concepts Muay Thai: 6/19/21
- Advanced Concepts Jiu-Jitsu: 6/26/21

DOJO CLOSED: Saturday, 7/3 & Monday, 7/5  
HAPPY INDEPENDENCE DAY!

**NEW STUDENTS!**

Welcome Jesse Fillio, Dan Mannion, Michael D'Amato, Leslie Heitzler, Nicole Salazaar, Felicity Ryan, William Truskowski, Phoebe Porter, Ellie & Jennie Hogancamp, Ruby Littman

Welcome back Charlie Guyer, Elaine Cook!

***HAPPY BIRTHDAY!***

- Tiffany Brower 6/1
- Matt Hill 6/3
- Michael Wynn 6/6
- Emma Baczek 6/6
- Indigo Tortolani 6/8
- Hayden Coe 6/9
- Andrea Moreau 6/10
- Harrison Martin 6/10
- Dessa Boinay 6/11
- Luke Olsen 6/17
- Charlie Guyer 6/18
- Jamie Brown 6/20
- Andre Gusmao 6/21
- Katya Bowen 6/24
- Henry Herzberg 6/24
- Logan Rebello 6/24
- Christopher Smith 6/28
- Benjamin Chagnon 6/30

**RECENT PROMOTIONS**

**TIGERS:**

- 7kyu - Leo Wilhelm
- 9kyu - Leo Cardillo

**DRAGONS:**

- 4kyu - Sam Maschino
- 7kyu- Abigail Senner
- 9kyu - Zooey Bayles

**COBRAS:**

- Sempai - Hannah Alsdorf
- 1kyu - Luna Wilhelm, Leanne Maschino
- 3kyu- Levi Giumarra

**UECHI:**

- 2dan - Kathy Petrucci
- 1dan - Tyler Woodbury, Shaun Supranowicz
- 1kyu - Ayden Jezak
- 3kyu - Dan Coe
- 5kyu - Zachary Kmetz

**PYTHONS:**

**JIU-JITSU:**

- 1stripe white - Jemimah Levi

**MUAY THAI:**

**Terminology**

**Hygiene**

- Japanese: Eisei
- Brazilian: Higiene
- Thai: Suk Anamai

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



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



## Everything Old New Again

ZenQuest COVID19 safety measures were recently updated in compliance with updates from the Commonwealth of Massachusetts. Based on these, we will make the following adjustments to our policies for attending classes:

- **Masks** For all students ages 12 and above masks are now optional in the gym/dojo. This applies to both vaccinated and non-vaccinated students. Students ages 11 and younger are required to continue wearing masks until it is deemed safe for them to go without.

- **Entry & Exit** Students and caretakers can enter and exit through the front door again. Two-way traffic is restored, and students may move around the building more freely again.

- **Signing In** Students and caretakers will once again sign themselves in at the front desk. Please note that tuition due dates are highlighted on the attendance sheets for students enrolled incrementally, ahead of their due dates.

- **Common areas** Common areas such as the reception area, locker rooms, and playground are open again for student and caretaker use. Our viewing area will remain closed for the time being.

- **Storing Belongings** Shoes and belongings may be left in the cubicles in the front area or in locker-room lockers. Lockers are available for rent on a more permanent basis. Students will have access to their belongings but should not leave class to do so unless directed.

- **Sanitizing & Schedule** We will continue to clean the mats between classes, so the class schedule will remain the same at this time. Students are also encouraged to sanitize hands and feet before classes.

- **Class Attendance** Fully enrolled students are eligible to attend unlimited classes once again but are encouraged to stick to a schedule if possible. Younger students enrolled with 'Partial Participation' are limited to one class per week of course.

- **Class Formats** There will no longer be social distancing spaces designated in the respective classroom areas and class formats will return to pre-pandemic formats. Students are expected to still be respectful of each other's space and follow all class etiquette protocols.

We will also be making announcements in class to reinforce the noted adjustments, effective Tuesday, June 1st. Please let us know if you have any questions or concerns going forward. Once again we are truly grateful for the students and families who've supported us through the quarantines and pandemic months!



## Tuition Reminders

Part of returning to our pre-pandemic routines includes being mindful about student memberships and tuition due dates. 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. Also, please remember that missed classes must be made-up during a student's enrollment period and cannot be used to delay their tuition due dates.

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.

