



# 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 March 2021



## Encouraging Signs

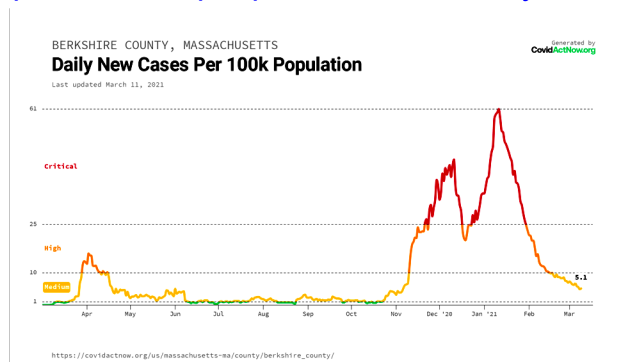
With the COVID19 vaccines well underway all of the metrics including cases and hospitalizations are declining sharply across the US. Massachusetts is doing very well and Berkshire county is especially good at this point. At the time of this newsletter the average new daily cases in the Berkshires were reported as low at 5.1 per 100,000 people. This is actually the best in the commonwealth. More importantly the situation is sharply improving in recent weeks.

On Monday, March 1 the Commonwealth increased the allowed attendance in fitness facilities to 50% of their capacity. For ZenQuest this means we can have as many as twelve students in each class. This required us to reconfigure the training rooms a bit. In the 'Black Room' where most of our Jiu-jitsu and Muay Thai classes happen, we repositioned our Wavemaster punching-bags so that we can use the spaces closest to the entry and exit doorways. In the 'Blue Room' we redrew the lines for the training spaces to accommodate two more students in each class. Based on the 50% rule, we could actually have a maximum of 14 students per class, but we feel that its important to keep students more spaced out and make sure that everyone feels safe.

On March 8 the Centers for Disease Control issued new guidelines for individuals who've been fully vaccinate against COVID19. This includes new privileges for those vaccinated which can be applied to fitness facilities. Based on this, ZenQuest will soon implement new rules for students falling into that category. Part of this will be holding open mat sessions on Saturday afternoons at 1:00 PM. This will likely take affect by May 1st, provided the metrics continue in the current direction. As a significant number of students become fully vaccinated, we will also begin to add other privileges for those individuals. In order to qualify for these opportunities students will be required to show proof of their vaccinations.

We are proud of the fact that we have been open and running classes for eight months at the time of this newsletter and not had any issues. Our strict safety policies have gone a long way towards keeping students and staff safe. Of course, none of it would've worked without everyone's cooperation...right

*(Continued on page 4)*



### *In this Issue*

	<i>Page</i>
<b>ENCOURAGING SIGNS</b>	<b>1, 4</b>
<b>MINDFULNESS AND SAFETY, TUITION REMINDERS</b>	<b>2</b>
<b>PROMOTIONS, DATES TO NOTE, NEW STUDENTS, BIRTHDAYS, TERMINOLOGY</b>	<b>3</b>
<b>TY, TY, TY; MERCH AND GEAR</b>	<b>4</b>

## 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, March 8th fitness facilities, including martial arts gyms, were allowed to increase their class sizes to 50%. At ZenQuest that means that we could increase class sizes to a maximum of twelve student 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 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. 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](mailto:train@zenquestmac.com) with any questions or adjustments. Thanks!



## Tuition Reminders

With the 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. Its 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**

ALL STARTING @ 1:15 pm:

Dan Test 5/23/21

Kyu Test 6/6/21

Advanced Concepts Uechi: 6/12/21

Advanced Concepts Muay Thai: 6/19/21

Advanced Concepts Jiu-Jitsu: 6/26/21

**WELCOME NEW STUDENTS!**

Jada Siv, Jasmine Boinay, Audrey Chagnon, August Mason, Harrison Martin, Zoey Bayles, Syllas Soules, Amber Nivel-Huerta, Annie (Hwiyeong) Engle, Myah Zabian, Chloe Chuck, Landon Chuck, Leo Cardillo, Kira Hamilton, Giovanni Jones, Avery Keiper, Holden Keiper, Borey Booker, Wesley Smeagle, Mary Berio, Nora Matthews & Brianna Buratto!

Welcome back Wyatt Smeagle!

**HAPPY BIRTHDAY!**

Ashley Heck 3/3  
 Ian Lloyd 3/3  
 Katie Soules 3/5  
 Dominic (Nico) Dort 3/9  
 Greyson Murray 3/9  
 Michael DeSanty 3/10  
 Timothy Somerville 3/11  
 Jaxson Pemble 3/11  
 Carlo Petrucci 3/12  
 Lena Mugridge Neilson 3/12  
 Samuel Maschino 3/12  
 Hunter Christman 3/12  
 Elizabeth Jaczak 3/14  
 Kyren Hanson 3/14  
 Rowan Meyson 3/14  
 Annie (Hwiyeong) Engle 3/15  
 Jackson Alberti 3/17  
 Kellie Harrington 3/19  
 Christopher Bennett 3/19  
 Noah Farevaag 3/22  
 Turner Lilley 3/24  
 Courtney Schiff-Holiday 3/26  
 Jayden Strout 3/26  
 Zoe Mertinooke 3/27  
 Noah Camacho 3/29  
 Wyatt Meyer 3/29  
 Caleb Ryan 3/31  
 Kevin Chen 3/31  
 Noah Hassmer 3/31

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

6kyu - Abbigail McLaughlin

**DRAGONS:**

8kyu - Syllas Ketcham

**COBRAS:****UECHI:**

9kyu - Michael Siktburg

**PYTHONS:****JIU-JITSU:****MUAY THAI:****Terminology****Determination**

Japanese: Kettei

Brazilian: Determinação

Thai: Kan Kanod

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



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



## 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.

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!



## Merch and Gear

Our super popular ZenQuest sweatshirts are 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 at a costs of \$45 each. T-shirts with the same design are also available for \$29 each. We also have custom ZenQuest 'Board Shorts' and training shirts or rashguards available at \$45 each, as well as custom beanie hats!

We will soon have more of our custom Jiu-jitsu Gis back in stock in a variety of sizes. We are also currently working on a new custom Karate Gi that is more similar to our Jiu-jitsu uniform. This will be made from a high quality material and include patches for both ZenQuest and our parent organization the Okinawa Karatedo Association.

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 grab one of these items. We also have gift certificates available which can be purchased directly through our website.



*(Continued from page 1) Encouraging Signs*

down to our smallest students! Not only has this all prevented spreading events at the school, but it has also avoided any problems with local authorities and consequences that could have resulted from that.

Based on the progress currently being made we are confident that we will be able to open fully and return to normal training within a matter of few months. This will likely continue to happen in stages with safety precautions lifted gradually. Eventually we will be back to a fully open facility with free movement throughout the building. We will also be back to a full spectrum of partner drills and training that so many people have missed for the last year. This will also mean a return to special events like advanced trainings, and seminars with some of the most notorious figures in the martial arts.

Now is the time to begin ramping up our training to prepare for a return to full and open mode. Along those lines we will start stepping things up in our classes so that everyone is ready when that does happen. We will also continue to follow the necessary precautions to keep everyone safe. We need to stay focused and finish strong as we get close to the finish line on this thing.