



# ZenQuest Martial Arts Center

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

# NEWSLETTER May 2021

## Annnd We're Back

Its no secret that the entire world has been affected by the COVID19 pandemic for over a year now. For ZenQuest this initially meant shutting down for almost four months, with no 'in-person' classes allowed during that time. In July of 2020 we reopened with extensive safety measures, limited capacities, and modified class formats. Over time, the class limits and safety measures have relaxed somewhat as the COVID situation slowly improves.

Now, with vaccinations well underway and a significant portion of the population in Massachusetts immunized, the Commonwealth is now making major changes to its restrictions for contact sports and activities. Based on recent updates issued, ZenQuest will adjust its COVID safety measures as follows:

- Students will now be allowed to make physical contact in training. This includes a return to two-person drills, partner target work, escape techniques, and technical sparring (for Karate and Muay Thai.)
- Sparring and rolling will be allowed again on a limited basis. This will start with team sparring sessions held on Saturdays from 1:00 to 1:45 PM for students who are fully vaccinated against COVID19. Proof of full vaccination (including a two-week period following a final injection) must be provided to qualify for this. This is for ZQ students ONLY.

Training in respective classes for a **minimum** of three weeks prior to entering team sparring is also required. Participation in team sparring will start with 'technical sparring' or 'flow rolling' and gradually build up to a normal level of intensity. These steps are to allow for proper conditioning and safety, and minimize risks for everyone.

Students who are not yet comfortable with the partner training described above may continue with using the appropriate equipment or 'ghost mode' in their training for the time being. Students who are not yet vaccinated can participate in team sparring as soon as they are fully vaccinated. Those who prefer not to be vaccinated can take advantage of additional changes to safety measures as they happen.

All other safety precautions are remaining in place for the time being including masks, one-way traffic, sanitizing and limiting class sizes. Equipment usage will still be kept to a minimum, but temperature checks are now optional. For a full listing of our current safety precautions please visit the ZenQuest website at [www.zenquestmac.com](http://www.zenquestmac.com).

Massachusetts' Governor Baker is predicting that we will be back to 100% normal by August of this year! As we inch closer to that goal we will continue to



*(Continued on page 2)*

<i>In this Issue</i>	<i>Page</i>
<b>ANNND WE'RE BACK</b>	<b>1</b>
<b>BLACK MAT UPGRADES, CUSTOM UNIFORMS</b>	<b>2</b>
<b>PROMOTIONS, DATES TO NOTE, NEW STUDENTS, BIRTHDAYS, TERMINOLOGY</b>	<b>3</b>
<b>OUT AND ABOUT, TUITION REMINDERS</b>	<b>4</b>

## 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.

Currently this work is scheduled for Memorial Day weekend so that training will not be interrupted at all. See you soon on the new mats!



## 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.

We are also finalizing a new custom Karate Gi! This will be upgraded from the original version and made more similar to our custom Jiu-jitsu uniform. 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 below.

Our popular ZenQuest sweatshirts are also available again, too. 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 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.



(Continued from page 1) **Annnd We're Back**

relax our COVID safety precautions and gradually get to a place where this is all behind us.

Special thanks go out to all of the students who've continued to train OR started training in the modified classes during the COVID situation. We appreciate your support more than you can know and will not forget your dedication and willingness to adapt.

## IMPORTANT DATES



### BOTH STARTING @ 1:30 pm:

Dan Test 5/23/21

Kyu Test 6/6/21

### 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

## WELCOME NEW STUDENTS!

Welcome Nikko Zelinsky, Stryder Mortali, Jillian Foster, Kaden Gallagher, Colin Carabetta, and Robert Aubin.

## HAPPY BIRTHDAY!

Samuel St. Peter 5/5

Marek Mackey 5/7

Kathy Petrucci 5/11

Aidan Klapes 5/12

Jack Cantin 5/14

Jennifer Rennie 5/15

Mathieu Moreau 5/19

Jasmine Boinay 5/22

Myles Hamann 5/23

Weston Aube 5/23

Colton Smith 5/23

Jedd Hall 5/25

Amanda Saunders 5/25

Felicity Murray 5/27

Callen Parker 5/27

Abigail Senner 5/28

Citlali Hernandez 5/29

Mary Berrio 5/31

Wyatt Hayden 5/31

Gustavo Perez 5/31

## RECENT PROMOTIONS

### TIGERS:

8kyu - Ben Chagnon

9kyu - Giovanni Jones, Krish Shah,  
Dessa Boinay, Chloe Chuck

### DRAGONS:

5kyu- Enzo Dort, Nico Dort, Jordyn Simmons

9kyu - Zooe Bayles

### COBRAS:

7kyu - Ava Murray, Felicity Murray

9kyu- Amber Niveló

### UECHI:

8kyu - Michael Cahalan, Michael Siktberg,  
Audrey Chagnon, Claire O'Callahan,  
Grace O'Callahan

### PYTHONS:

### JIU-JITSU:

### MUAY THAI:

## Terminology

### Support

Japanese: Sapōto

Brazilian: Ajuda

Thai: Senobsenun

## “Best Martial Arts Academy” ZenQuest Martial Arts



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



## Out and About

ZenQuest recently visited St. Mary's school in Lee, Massachusetts. Senseis Connie and Mark introduced the students there to some fun and age-appropriate martial arts drills. Students from grades K through 8 were taken through simple striking and blocking fundamentals and then practiced applying those moves on pool-noodles and paddle-targets. The older kids were also shown a few escape strategies where Sensei Connie would counter a hold that Sensei Mark surprised her with. The kids seemed to really enjoy the presentations and several staff and parents provided very positive feedback. Huge thanks to the St. Mary's PTO for a generous donation of \$150 in appreciation for the visit. The funds will be used for repairs to ZenQuest's playground area.

The dojo is also continuing its classes at Miss Hall's school this spring. Students there meet twice each week to learn material from Okinawan Karate, Brazilian Jiu-jitsu and Thai Boxing. The material there is presented in a fitness and self-defense mode. The girls there are very focused and soak the techniques and strategies up like sponges. The students and staff at Miss Hall's have given positive feedback and ZenQuest will be happy to return in the fall to provide more classes there.



## 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. 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.

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.

