



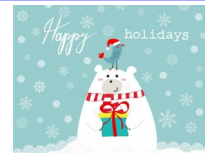
ZenQuest Martial Arts Center

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

NEWSLETTER December 2023



Make the Holidays Happy

For many of us the holiday season is here again. This time of year, or whenever your holidays happen, its important to try to actually enjoy them. It's easy to let ourselves lose sight of what this time is all about, and sabotage the whole experience for ourselves and others. Here are some tips for making the holidays happy.

Shop early - It may be funny for some to put off holiday shopping until the last minute, but this can result in a lot of stress and strain that is completely avoidable. Instead, stay ahead of the rush and aim for getting it done early. Many of us do a good portion of our shopping online now, and taking advantage of 'Black Friday' and 'Cyber Monday' sales is a great way to get a good portion of our holiday shopping done. Don't forget people and wind up in a last minute rush anyway.

Set a budget - Let's face it, the holiday season can leave us broke for the rest of the year if we're not careful. So, putting some reasonable limits on our spending is a great way to avoid stress and unhappiness during the holidays...and long after. Once we set a budget, we need to be sure to stick to it.

Set a schedule - Once we have our gifts and haven't broken the bank its time to go visiting and host others. This can also easily become a source of stress for us if we're not careful. Like money, our time is a resource that we need to manage well. Setting a realistic visiting schedule will keep your stress low and result in happier holidays. When making a plan be sure to take into consideration travel times, expenses, and the fatigue factor.

Set the example - Once visiting is underway its important to contribute to enjoyable visits by staying calm and positive, and avoid conflicts. Try to set an example by focusing on having good, quality time with your friends and family. Be the hero of the story by tolerating other people's personal culture and beliefs.

Minimize drama - We all have friends or family members that like to cause drama. When spending time with them, avoid focusing on differences and respect the right for others to have their own opinions. If that doesn't seem to work, minimize your time with them as much as possible. Sometimes this means editing people who've proven themselves



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Tapping Cancer

Several ZenQuest students competed in the 2023 'Tap Cancer Out' tournament in Danvers, Massachusetts on Sunday, November 19th. Proceeds from the popular fundraiser benefit cancer prevention and research.

Everyone fought well and several won matches in their divisions. Chalice Mitchell was the standout for the day, winning her division in the tournament. All together the team raised over \$5,300 for the event. The top fundraiser from Team ZenQuest was Jake Doyle who collected over \$1,300 for the cause.

Thanks to everyone who competed, supported, and donated in this effort. Special thanks and congratulations to Chalice Mitchell for her team leadership AND winning her division.



Tuition Adjustments

To keep pace with increasing expenses, the tuition at ZenQuest will be adjusted slightly in 2024. All basic monthly tuitions will increase by \$5 per month, with similar discounts for three, six or twelve month commitments and Easy Pay enrollments. Similar discounts for families, college students and Law Enforcement Officers will also stay in place.

These tuition rates will take effect on January 1st, 2024. Students and parents may want to consider taking advantage of the existing rates and committing to longer enrollments prior to the new rates going into effect. This is also a great time to consider enrolling in our 'Easy Pay' subscription payment plan. Doing so before January 1st will lock in your existing tuition rates, and remain unchanged for as long as you stay enrolled with it.

To enroll in Easy Pay, or for any questions related to tuition please contact us or stop at the front desk. As always thanks for your understanding and support!



Gift Ideas

Consider shopping small this holiday season and choose a gift from ZenQuest for your favorite student. We now have a brand new mesh drawstring gear bag available. These are black with the school name on the front, and mesh on the back to keep gear dry and clean. These are great for all types of training gear and uniforms for only \$28.



We also have a variety of other custom gift ideas including t-shirts, sweatshirts, training shirts, Gis, and beanie hats. Students and parents can also order a wide variety of training gear and equipment including punching bags and targets for home.

If you're not sure what to get, or something needs to be ordered a gift certificate is a great way to go. So, stop by the front desk to grab one of these stocking stuffers.

IMPORTANT DATES 

Week of 12/18-12/23 - Karate Sparring week

NO CLASSES:

Monday, 12/25 & Tuesday 12/26
 Saturday, 12/30 & Monday, 1/1/24

Here's to a most excellent 2024!!!

NEW STUDENTS!

Welcome: Drue Davis, Jose Varga, Henry Fougere, Finn Buckenroth, Noah de Andrade, Stephen Mercier

Welcome Back: Keegan VanZandt, Cam VanZandt

HAPPY BIRTHDAY!

Michael Petell 12/2
Maurice Brown 12/4
Hayden Joyce 12/5
Chris Kupernik 12/6
Gracie Dufur 12/6
James Losaw 12/7
Heather Tatro 12/7
Jesse Fillio-Shepard 12/12
Louis Allegrone 12/13
Stephen Mercier 12/14
David Carusotto 12/14
Smith O'Donnell 12/14
Westley Didio 12/15
Aksel Robbins 12/15
Paige Blake 12/18
Austin Gillespie 12/20
Tom Hedges 12/22
Aaron Kollmer 12/23
Joshua Petell 12/24
Max Cusack 12/26
Arthur Coleman 12/27
Colton Wright 12/31

RECENT PROMOTIONS

TIGERS:
 9kyu - Mason Goodrich, Landon Prior, JJ Hastings, Lincoln Ladeinde, James Horth

8kyu - Landon Shields, Miles Carvalho

7kyu - Arthur Coleman, Logan Polk

6kyu - James Polk, Caleb Tullock

DRAGONS:
 3kyu - Nico Dort

COBRAS:
 5kyu - Gustavo Perez

UECHI:
 7kyu - Mary Hannah Parkman
 4kyu - Connie Gordon
 3kyu - Zach Kmetz
 Sempai - Levi Giumarra

PYTHONS:
 1 stripe white belt - Jack Wendt, Everett Stever
 Grey/white belt - Easton Tatro


JIU-JITSU:
 1-Stripe white belt - Mike Petell
 3-stripe blue - Chalice Mitchell
 3-stripe purple - Mike Reis
 Purple - Tilo Jackson

Terminology


Good Afternoon

Japanese: Kon'nichiwa
 Brazilian: Boa tarde (tagee)
 Thai: Sawadi Pon By

“Best Martial Arts Academy”
ZenQuest Martial Arts



*Berkshire Eagle's
 Readers Choice Awards*
SEVEN years
running!



Kikai 2024

We are excited to tell you about Kikai 2024, an amazing training camp happening in July of 2024! The camp will feature six days of instruction and cultural exchange with three Okinawan Uechi-Ryu/Shohei-Ryu Masters. This will include Master Tatsuhide Miyazato (Kyoshi, 7th Dan), Master Hirokuni Yamashiro (Hanshi, 9th Dan), and Grandmaster Tsutomu Nakahodo (Hanshi, 10th Dan) of the Okinawa Karate-Do Association.

The camp will cover a variety of topics including Sanchin, Kata, Bunkai, Yakusoku Kumite, Kote-Kashi Kitae and more. Kikai 2024 will be co-hosted by two long established Dojos in Massachusetts. The first part of the camp will be held at ZenQuest Martial Arts in Lenox from Sunday, July 21 to Tuesday, July 23. After a day of rest for the Masters, the camp will continue at the Uechi Karate Dojo in North Attleboro from Thursday, July 25 to Saturday, July 27. The event will conclude with an advanced Dan Test and farewell Banquet on Sunday, July 28.

We will be sending out more information and registration materials needed to reserve your spot in this incredible opportunity (Kikai.) We will also have hardcopies of this at ZenQuest soon. Registration for the camp will enable participants to attend as much of the six days of training sessions at both locations as they like. In order to keep the event at a reasonable size, the event is being limited to dojos and members of the Okinawan Karatedo Association and early registration is encouraged.

So, look for the Kikai 2024 registration materials soon, and please contact us if you have any questions. We are looking forward to seeing you for a great camp!



WEATHER CLOSURES

Occasionally, the weather will become intense enough during the winter months to present a serious travel risk for our students and instructors. This can result from a single, severe weather event happening at the time of classes; or from an accumulation of events leading up to the time of classes. Other indicators can be other major organizational closings and local travel advisories. If it appears that travel will be too risky during class times, the school will close for that time. Students can verify these closures by checking the school's website or Facebook page, checking their e-mail, and by checking for a message on the ZenQuest phone at 413-637-0656.



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to be toxic out of your visiting schedule.

Treat yourself - Although the holidays are a time to think of others, we need to be kind and mindful of ourselves, too. Aside from little side-gifts for ourselves, we should be sure to get plenty of rest, avoid skipping meals, and make healthy food and drink choices. A little portion control and moderation goes a long way here. We should also be sure to include down-time in your schedule and keep up our exercise routines during the holidays. Simple things like having a nice hot cocoa and taking some time to read or watch a movie will also help a lot.

So, follow these tips and be smart about how you manage the holidays. Don't let things get out of control and make your holidays happy! Happy holidays to all.




Offering the BEST in:
Uechi-Ryu Karate • Brazilian Jiu-jitsu
Thai Kickboxing • Mixed Martial Arts

We'd like to thank all of our students, instructors, parent organizations, families, and supporters for helping to make ZenQuest amazing. Huge thanks for voting us **Best of The Berkshires for SEVEN years in a row!**




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