



ZenQuest Martial Arts Center

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

NEWSLETTER April 2019

Open House II

ZenQuest will be holding its second annual Open House on Saturday, April 27th. The event will kick off at 9:00 AM and feature tours, free trial classes, children's games, giveaways, superhero cosplay, and even a magician on hand to amaze the kids. Visitors will also have opportunities to speak with the "Team ZenQuest" fight team and even watch them in some exhibition matches. You can also pick up some goodies at a "Bake Sale" via the folks from the Bill Wright Scholarship Fund, and talk to them about possible tuition assistance.

Last year's self-defense clinics were also a big success. So, once again, we are offering two FREE self-defense clinics open to the public. First, a children's clinic will be provided from 2:00 to 3:00 PM. This will include some discussion about avoiding and de-escalating confrontations and bullying. Then we will cover some practical self-defense and escape strategies.

Right after the Children's Clinic will be an Adult's Self-defense workshop from 3:00 to 4:30 PM. This will also include some discussion on situational awareness and avoidance strategies. Then the group will learn defense and escapes for common attacks. As with the Children's Clinic, the best techniques from a variety of martial arts will be provided in a safe and effective environment.

So, join us for a fun day at ZenQuest! For more information or to register for the FREE clinics, please call 413-637-0656 or email us at train@zenquestmac.com. See you there.



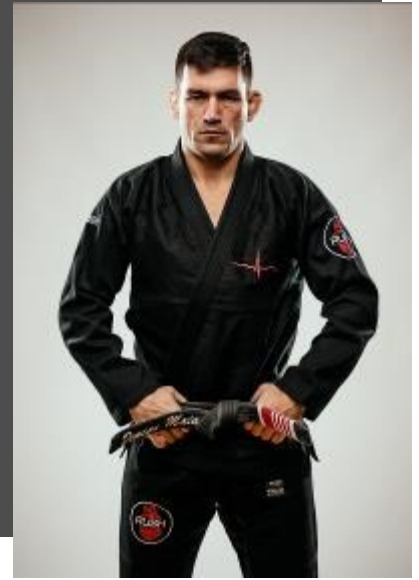
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Demian Seminar

Join us for a Jiu-jitsu seminar with the one-and-only Demian Maia. Demian has amassed an incredible body of work on the mat and in the MMA cage. During his run in Jiu-jitsu competition, he was a 5-time World Champion, and winner of what many consider to be the most difficult challenge in grappling, the ADCC. He's also one of the most successful Jiu-jitsu fighters in the history of Mixed Martial Arts. In his competitive journey, Maia has also pioneered Jiu-jitsu strategies that not only work against the best fighters in the world, but are also extremely effective on the mat and on the street.

This three-hour seminar will cover both Gi and No-Gi material, so participants should bring gear accordingly. This open clinic will be on Saturday, April 20th at ZenQuest. The preregistration cost is \$110 until Thursday, April 18, after which the cost will be \$125. Local students may register at the front desk ASAP. Out-of-towners can register online or by phone @ 413-637-0656. Please message us for any additional information, or to reserve your spot and arrange for phone payment.



AC Clinics

ZenQuest has scheduled its next round of Advanced Concepts clinics for Jiu-jitsu, Karate and Muay Thai. These are a great opportunity for intermediate and advanced students to practice more advanced techniques and strategies in their chosen art. The next round of clinics will happen as follows:

- Sityodtong Muay Thai - Saturday, May 11 (Blue Parjiet and above)
- Uechi-Ryu Karate - Saturday, May 18 (Nikyu and above)
- Demian Maia Jiu-jitsu - Saturday, May 25 (Blue Belt and above)

This training is essential to important insight and progress for these students. So, those who qualify are strongly encouraged to attend. For more information, please see Senseis Connie or Mark. See you there!

Team Swag

New ZenQuest swag is on its way! Some brand new sweatshirts will be available in April. These are black with the school name on the front, and our three primary martial arts noted on the back. These will be available in children's and adult's sizes (up to XXXL) and will cost \$45 each. A limited supply will be available in the first order, so pre-ordering will guarantee you the sizes you need. T-shirts with the same design will also be available once the warmer weather kicks in.

An order of ZenQuest patches and BJJ Gis recently arrived and are now available to you. The patches can be added to Karate or Jiu-jitsu Gis, or any other gear for that matter. The custom BJJ Gis are high quality uniforms with seven patches on them. These cost \$140 and are available in many sizes.

Lastly, we are expecting to have more custom ZenQuest Karate Gis and training shorts available in June. These will be slightly better quality than before based on adjustments to previous versions.

So, gear up with some new swag today!



WELCOME NEW STUDENTS!

YOUTH: Efrain Cruz III, David Romano, Susanna Zaniboni and Bella Howe

ADULTS: Alex Partida, Meria Goulert and Allen Ryan, Anthony Flint

WELCOME BACK: Jamie Brown and Hamilton Pereira

RECENT PROMOTIONS

CRANES:

Gold Star - Maya Giglai, CJ Hoss

TIGERS:

9kyu - Liah Winston, Finn Horner
 8kyu - Will Junod, Celina Bragdon
 7kyu - Kabir Patel, Lali Hernandez
 4kyu - Lucy Gregg

DRAGONS:

3kyu - Arianna Noyes, Jackson Almeida, Norrin Darby

COBRAS:

7kyu - Lulu Bowman, Pearl Bowman
 4kyu - Gabrielle Mott
 3kyu - Aiden Hyatt
 2kyu - Isabella Pereira

UECHI:

6kyu - Katya Bowen, Chris Himes
 3kyu - Ryan Timm
 2kyu - Atticus Clark

PYTHONS:

1 stripe white - Ashley Heck, Kendall Heck
 2 stripe white - Emily Leonard-Miller
 3 stripe white - Sebastian Manrique
 Grey/white - Jared Bruns
 1 stripe grey/white - Levi Giumarra, Eli Stack
 3 stripe grey/white - Aiden Hyatt, Collin Layden, Luna Wilhelm, Colton Jennings
 1 stripe grey - Zach Kmetz

JIU-JITSU:

1 stripe white - Jon Oleson, Todd Dort

MUAY THAI:

Purple - Shaun Sottile

IMPORTANT DATES

April/May



Saturday, April 20 - Demian Maia Seminar

Sunday, April 21 - NO CLASSES

Saturday, April 27, 9a-5p - OPEN HOUSE

Saturday, May 4 - NAGA RI

Sunday, May 5, 1:30 pm - DAN Test

Saturday, May 11, 1:00 pm - AC Muay Thai

Saturday, May 18, 1:00 pm - AC Uechi

Saturday, May 25, 1:00 pm - AC Jiu-jitsu

Sunday/Monday May 26 & 27 - NO CLASSES

(Sunday Jiu-jitsu Ends for the Summer)

HAPPY BIRTHDAY!

- Paul Brown 4/1
- Hannah Alsdorf 4/2
- Krish Jindia 4/2
- Aiden Hyatt 4/6
- Devyn Fillio 4/6
- Allen Ryan 4/7
- Liah Winston 4/12
- Cornelius (CJ) Hoss 4/12
- Zev Jarrett 4/17
- Grayson Heck 4/17
- Beth Yanuskiewicz 4/9
- Cailen Cooper-Fateyev 4/14
- Rose Gregg 4/14
- Brennon Stockton 4/16
- Natalie Neubert 4/19
- Cameron Loehr 4/20
- Luna Wilhelm 4/20
- Hamilton Pereira 4/25

Terminology

"Thank You"

Japanese: Arigato Gozai Mashita

Brazilian: Obrigado (m) & Obrigada (f)

Thai: Khup Khun (m) (pronounced Cup-oom)
 Khup Khun Ka (f)

"Best Martial Arts Academy"

ZenQuest Martial Arts

Berkshire Eagle's

Readers Choice Awards

2017 & 2018



Not To Be Broken

We place a high value and priority on providing an environment that is positive, constructive and enjoyable for all students. A huge part of that is having guidelines and behavior guidelines or 'Etiquette' for students to follow. These rules address topics like keeping the training area clean, personal hygiene, taking care of training equipment, safety and minimizing risks, courtesy and respect, and maximizing learning.

In each training room there is a list of rules called the 'Dojo Etiquette.' These are common to many of the most successful martial arts gyms in the world and, in many cases, are simply common sense. Instructors periodically review the Dojo Etiquette, but each student should familiarize themselves with these rules and be mindful of them when training.

Some students may think that they can be selective about which rules apply to them. They may think that they are exempt from certain rules for some reason. Other students might have the attitude that 'rules are meant to be broken.' This thinking will only lead to problems and will result in delays in rank promotions. Individuals who repeatedly demonstrate a lack of ability to follow universally accepted rules of training will ultimately be asked to leave. At ZenQuest we realize that certain individuals are just not capable of contributing to an environment that is positive, constructive and enjoyable for everyone, and we will do whatever is necessary to preserve such an environment for the students who do get it.

So, students should be sure to make themselves familiar with our Dojo Etiquette and do your best to follow it. In the end, as long as students use common sense and are mindful of how the things they do affect others, they should have no problem contributing to an amazing training environment.

ZenQuest Martial Arts
Training Etiquette

- 1) Maintain good hygiene for class (shower, brush teeth, use deodorant, etc.)
- 2) Keep fingernails and toenails trimmed, and hair so as not to interfere with training.
- 3) All jewelry, piercings, necklaces and watches should be removed for class.
- 4) Wear a clean uniform/ "no-gi" gear with acceptable patches (no bare chests or overly revealing clothing.)
- 5) The belt represents your progress, keep it on and tied correctly.
- 6) Ask permission from the instructor to join the class if arriving late.
- 7) Bow to the center of the mat when you enter or exit.
- 8) Keep a respectful posture and be courteous toward everyone in class.
- 9) No shoes, dirty equipment, or food are allowed on the mat.
- 10) Only water is allowed for drink on the mat (clean any spills up immediately.)
- 11) Phones calls and texting are discouraged in class (professionals on-call an exception.)
- 12) Absolutely no foul language in or around the school.
- 13) Stay focused during instruction and refrain from horsingplay, talking, or interrupting.
- 14) Refer to instructors by their appropriate title (Coach, Sensei, Professor, Kru, etc.)
- 15) Show respect to partners before and after training together.
- 16) Talking should be kept to a minimum and should relate to the class subject.
- 17) Raise your hand to ask a question and keep questions related to the class subject.
- 18) Follow instructions carefully and practice techniques as demonstrated by the instructor.
- 19) Never be too aggressive while drilling or sparring. Relax and learn!
- 20) Never challenge an instructor or a higher ranking student. Let them ask you to spar.
- 21) Self-control and good sportsmanship are necessary...we're all on the same team!
- 22) Ask permission from the instructor if you need to leave the mat, or leave class early.
- 23) Classes end with a show of mutual respect with students lined up in ascending order.

Guidelines for Grappling Drills and Rolling

- No attacks of any kind to the groin
- No fingers in the eyes, mouth, or ears
- No striking, biting, scratching, or hair pulling
- No small joint manipulations (fingers & toes)
- No pinching or twisting the trachea or face
- No neck cranks or spine locks
- No slamming, uncontrolled throws, or dropping body weight on partner
- No knee Bars (allowed for Purple belt and higher)
- No calf or arm crushes (allowed for Purple belt and higher)
- No heel hooks or twisting foot locks (allowed for Purple belt and higher)
- Don't "grin" your partner or be too eager to tap them out.

Competitors may spar under different conditions according to their chosen events.

Guidelines for Striking Drills and Sparring

- No biting, scratching, or hair pulling
- No fingers in the mouth, eyes or ears
- No attacks of any kind to the groin
- No strikes to the knees, elbows, neck or back.
- No slamming, uncontrolled throws or dropping body weight on partner
- For novice students contact should be up to 20% to the body with no head contact.
- For intermediate students contact should be up to 40% to the body and 8% to the head.
- For advanced students contact should be up to 60% to the body and 20% to the head.
- For head contact, partners should strike the area of the headgear.

Competitors may spar under different conditions according to their chosen events.

The knowledge and skills learned here are to be used in training, competition, and as a last resort in self-defense. Inappropriate behavior such as street fights or bullying will not be tolerated and may result in the suspension or termination of the student's privileges.

Timeliness A Must

Recently, we've seen a dramatic increase in the number of students showing up for their classes late. In some cases, kids arrive for their class as much as 15 or 20 minutes after the scheduled start time. This is not only distracting for the other students and instructors, but also makes it difficult for the tardy student to enjoy their class and learn.

Tardiness can affect several aspects of the student's participation. First, the instructor will usually explain what the plan is for that day's class to the students. Kids who miss this may struggle with understanding the theme or message of the class. Next, most classes begin with exercises designed to warm-up, and stretch and strengthen their bodies. Warm-ups also help to minimize injuries, and helps build focus and immersion for more complicated skill-building drills and activities. Arriving late can also make a child feel alienated from the rest of the group, distracting them from learning and enjoying the class. All of this can be exacerbated when the child has learning challenges or behavior issues.

Being excessively early, especially for the youngest students, can also be problematic. Too much time spent waiting for class to start can create the inability to become engaged properly when class begins, or cause 'burn out' before the class is over. So strike a balance: make sure your child is ready to go and stay engaged for their entire class. This makes their experience a much happier and successful one!

So, if you're a parent or caretaker responsible for bringing kids to classes, please arrive about 5 to 10 minutes before their class begins. This allows them time to remove their shoes, stow their gear, and mentally prepare for class. If the student needs to change into their uniform, they should be given another 5 minutes to get ready. Arriving at the right time will ultimately allow them to maximize their participation and progress in their martial arts journey. Please remember to keep track of tuition due dates and be prompt with this aspect of the student's participation, too.

