



ZenQuest Martial Arts Center

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

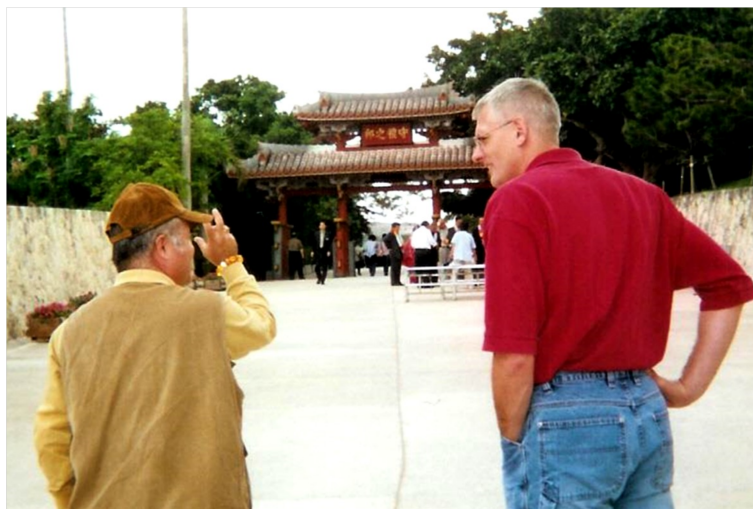
NEWSLETTER April 2023

Okinawa Bound

Sensei Mark will soon be on his way to visit the birthplace of Uechi-Ryu Karate. This will be his fifth time visiting Okinawa, with he and Sensei Connie making their first trip back in 2003. The visit will focus on training and cultural exchange and, if all goes well, a huge promotion for Sensei Flynn in the classic Okinawan art. He will be leaving on Sunday, April 2 and returning two weeks later on April 17.

Sensei Mark has consistently practiced Uechi-Ryu since May of 1982, taking time out only for injuries and illness. He has also cross trained in several different martial arts, ultimately making lifetime commitments to Brazilian Jiu-jitsu and Muay Thai Kickboxing, too. In 2012 he was promoted to 7th Dan or 7th degree black belt in Okinawa, and is now well past the minimum requirements for leveling up again.

Originally, Senseis Connie and Mark were scheduled to return to Okinawa in 2021. With the outbreak of COVID19 and all of the complications that came along with it, the trip had to wait. Up until recently travel restrictions to Japan were in place which made visiting Okinawa impossible for many months. Now that things are returning to normal it is again possible to travel to the global epicenter of Karate.



Senseis Mark and Connie are committed to providing the highest quality martial arts training instruction possible. That means learning techniques, strategies, and standards from some of the best resources in the world, and passing that on to their own students.

Sensei Connie will remain in the Berkshires this time due to the current demands at the dojo, but is planning on making the trip again soon.

Safe travels to Sensei Mark!

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Muay Thai Seminar

ZenQuest is happy to announce another amazing seminar with Kru Mark DellaGrotte of Sityodtong Muay Thai! Kru Mark will provide a two hour seminar beginning at 12:00 Noon on Saturday, April 29th.

Kru Mark is widely known as one of the top Muay Thai masters in the world. His knowledge of this amazing martial art is only surpassed by his ability to communicate and help others improve their game. This is open to all levels of experience and our newest students are encouraged to attend.

For several years now Kru has worked directly for the Ultimate Fighting Championships. His job there is to provide technical support to the commentators about the techniques and strategies taking place in real time as the bouts play out. Essentially, whenever you watch an event located in north America, you are hearing some of his input from the announcers. Between his schedule with the UFC, running his gym, and providing seminars like this one, these opportunities have become more rare so take advantage when you can.

Pre-registration for this event is \$90, with full price of \$110 at the door. Bring your gloves and shin guards, and a water bottle and towel are also recommended. Space will be limited, so secure your spot soon!



AC News

The next round of ZenQuest's 'Advanced Concepts' clinics kicked off with Jiu-jitsu AC on Saturday, April 1. This time we dove into the 'Dark Arts' a bit covering Foot Locks and Heel Hooks. We will continue with more strategies in that area at the next AC Jiu-jitsu in July. Congratulations to the following for earning their next levels: Jeff Slater, Craig Jones, Tom Hedges, and Marcus Drake to Blue Belt; Carlo Petrucci to 1-Stripe Blue Belt; and Glen Giumarra and Russel Moody to 1-Stripe Purple Belt. Jake Doyle was not able to attend AC, but was also promoted to Blue Belt on 3/30.

Advanced Concepts clinics for **Uechi-Ryu Karate** (for Brown Belt and above) and **Sityodtong Muay Thai** (for Blue Prajiet and above) are scheduled for Saturday, May 6 and Saturday, May 20 respectively. Qualified students are strongly encouraged to attend.



On the Hair

One of the important rules of hygiene in training is that "The student's hair must be kept so as not to interfere with training." This means that students with longer hair must take steps to keep their hair out of their eyes and face, and out of the techniques and activities required in their classes. In the worst cases, longer hair will wind up in the face or eyes of their partners. This can be resolved with hair ties, pony tails, buns, braiding, or even wearing an athletic cap.

This also applies to students with beards. Long facial hair can also interfere with training in different ways. This is especially true for Jiu-jitsu practice where longer facial hair can interfere with grips, and wind up in a partner's eyes or mouth. Short beard stubble can also be problematic because it will abrade a partner's skin or eyes in the heat of sparring and rolling.

Essentially, students need to keep facial hair at a length that is considerate for their training partners. Beards in the gym should be kept to about 16 mm or #5 clipper length maximum. A student in the process of starting a beard should refrain from sparring or rolling for about a week or until the beard is at least 3 mm or #1 clipper length has been achieved.

Ultimately, the chief instructors have final say about whether a student's hair is appropriate for training. Failure to keep appropriate hygiene and be considerate of training partners in the gym can eventually lead to dismissal.



IMPORTANT DATES

Mon, 4/17 - NO CLASSES
 Sat, 4/22 - NAGA Connecticut
 Sat, 4/29, 12-2p - Muay Thai Seminar
 Sat, 5/6, 1:15p - Adv Uechi
 Sun, 5/7, 1:30p - Possible Dan Test
 Sat, 5/20, 1:15p - Adv Muay Thai
 Sat, 5/27 & Mon, 5/29 - NO CLASSES

HAPPY BIRTHDAY!

Paul Brown 4/1
 Kelsey Koldys 4/2
 James Ladd 4/4
 Devyn Fillio 4/6
 Jaclyn Boehm 4/7
 Beth Yanuskiewicz 4/9
 Borey Booker 4/9
 Logan Polk 4/9
 Chris Siemonidis 4/11
 Lachlan Joseph 4/11
 Tyler Fogg 4/12
 Elliott Dascanio 4/15
 Ellie Hogencamp 4/15
 Brennon Stockton 4/16
 Henry Svirida 4/16
 Maxwell Polastri 4/17
 Jason LeFerbvre 4/18
 Tony Kennedy 4/18
 Joseph Maschino 4/20

Terminology**Teacher**

Japanese: Sensei
 Brazilian: Professor
 Thai: Khrū

NEW STUDENTS!

Welcome: Aksel Robbins, Gracie Dufur, Issac Cunningham, Keithleen Laboy, Mason Carmel, Tyler Fogg, Seth Gabriel, Kyle Flahardy, Dex O'Grady, Reece O'Grady, Anjali Klein, Emmalyn Dufur, Dominick Quizhpi, Adrian Mejia-Quizhpi, Athena Pereira

Welcome Back:
Cristhyan Garcia, Mason Carmel

RECENT PROMOTIONS**TIGERS:**

5kyu - Parker Lamont, Leo Cardillo
 7kyu - Krish Shah, Becket Lyon
 8kyu - Paige Blake
 9kyu - Lincoln Brown, Owen Fachini,
 Keegan VanZandt, Arthur Coleman

DRAGONS:

5kyu - Layla Wixsom
 6kyu - Lana Darby, Holden Keiper, Phoebe Porter
 7kyu - Lincoln Daly
 8kyu - Lachlan Joseph, Montanna Inesta

COBRAS:

1kyu - Levi Giumarra
 2kyu - Brandt Mears
 3kyu - Devyn Fillio
 4kyu - Amber Niveló
 5kyu - Connie Gordon
 6kyu - Henry Svirida

UECHI:

3kyu - Audrey Chagnon

PYTHONS:

1 stripe grey/white - Josh Sondrini, Troy Middleton
 3 stripe white - Mercedes Howell
 2 stripe white - Riley Sabato
 1 stripe white - Carmelo Coco

JIU-JITSU:

1 stripe purple - Russell Moody, Glenn Giumarra
 1 stripe blue - Carlo Petrucci
 Blue Belt - Jacob Doyle, Marcus Drake, Tom Hedges, Craig Jones, Jeff Slater
 2 stripe white - Hunter Hamilton
 1 stripe white - Musa Thompson