



ZenQuest Martial Arts Center

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An Okinawa Karatedo Association, Demian Maia Jiu-jitsu Network and Siyodontong Boston Affiliate

NEWSLETTER August 2019

Vem Tranquilo: Come Easy

Every year Demian Maia provides training for his affiliate instructors in the United States. Demian Maia is universally known as one of the greatest Jiu-jitsu figures in history, and has pioneered many new strategies in the art. This is a great way to make sure that the level of instruction at the affiliate schools is very high, and consistent with Demian's style.

This year the training was hosted by Daniel Perez in Miami, Florida. Professor Daniel was Demian's first American Black Belt and long-time student. As usual, the training was both incredible and intense. We trained for four days for as much as five hours. Demian focused on technical strategies, but also talked extensively about the principles behind them. There was also rolling or sparring every day, which was just as important and a huge opportunity to learn.

Very often attending this type of training can provide a 'hidden' message. This time the message seemed to be 'Vem Tranquilo.' *Vem Tranquilo* is a Brazilian phrase that means 'come easy' or 'stay calm.' This is actually a running joke in Brazil at the moment, centered around a viral video of a street altercation there. In the video one of the participants says *Vem Tranquilo* to his aggressor, while successfully defending himself and staying calm himself.

Vem Tranquilo can also apply to the Brazilian attitude in general. The Brazilians tend to be pretty laid back, especially the ones who train in Jiu-jitsu. The same can be said for Okinawan and Thai martial artists. In past newsletters we've talked about the principle of 'Fudoshin' which is very similar to *Vem Tranquilo* for Japanese and Okinawan martial artists. In Thai Kickboxing 'Saba' is the practice of being very calm and focused in training, competition or self-defense.

A new Demian Maia affiliated academy recently opened in Naples, Florida. We instantly became friends with Alexander (Ale) and Fabio at the Miami training, and visited their location toward the end of the trip. The facility and the instructors are top notch, and we would highly recommend anyone in the area attend there.

After a tour of the facility we talked with Fabio for a bit as Ale ran one of their classes. Before long the conversation turned to the importance of being calm and happy in life, and how the martial arts can help you achieve it. We talked about how easy it is to get caught up in the stresses of everyday life and be overcome with frustration, anxiety, anger and depression. With a routine of proper training we can purge our anxieties and stress and be more *tranquilo* and calm.

In order for this to work, training needs to be done PROPERLY. There needs to be an emphasis on safety, mutual respect, and helping each other improve. Martial arts

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BTS Goes E

With the Back-to-School season around the corner, it's time to start planning activities for the kids. The fall and winter seasons have historically been the busiest time for children's classes at ZenQuest. During this time we do our best to organize our kids' classes to ensure a healthy and positive environment for everyone and ask parents to help.

This year we'll be doing our children's 'Fall Registration' a little differently. For many years we have sent a packet to families via 'snail-mail' and, in more recent times by email, too. Now, for the first time, we will be eliminating the snail-mail and going electronic! This should be more efficient for everyone and reduce paperwork in the process.

We will continue to send an email to all families with students aged 14 and under. The email will include a link to our website where parents can indicate class choices for their kids during the busy season. Forms will also be included in the email for those who prefer to simply complete hard copies or return them via email. A limited number of forms will also be available at the ZenQuest front desk.

Parents can visit the website or submit forms at any time once the link is up, but early registration is encouraged due to the anticipated volume of students this year. Classes will be filled on a 'first come, first served' basis, and indicating which classes are preferred in a timely manner is the best way to reserve classes for kids. For new or returning students, registration must be validated with tuition payment.

A current class schedule will be included in the information provided, but we don't expect any changes to the schedule of children's classes at this time. Remember that 'Partial Participation' discounts are reserved for students age eight years old and younger. Kids age thirteen or older are eligible to attend unlimited Adult classes including Karate, Jiu-jitsu, Thai Kickboxing, and Strength & Conditioning.

Please let us know if you have any questions about any of this, and look for your Fall Enrollment email soon. We will look forward to another great season of fun and learning at the oldest and best martial arts school in the Berkshires!!



Voted Best Again

For the third year in a row, ZenQuest has been voted "Best Martial Arts Academy" in the Berkshires! The honor came by way of the area's biggest news publication, the 'Berkshire Eagle.' The Eagle boasts a total audience of over 200,000 between their print and online presence. Every year they ask their readership to vote on local businesses to determine which are best in the area. We were surprised to receive the award in 2017, partly because we weren't fully aware that 'Best Martial Arts Academy' was a category.

This is an amazing honor when one considers that there are about twenty martial arts schools and clubs in Berkshire County. When asked about why he thinks ZenQuest is considered best, co-owner and chief instructor Mark Flynn said "We just do all we can to provide the best facility, environment and instruction possible for our students. We especially pride ourselves on having a friendly and positive environment for everyone. It probably doesn't hurt to have affiliations with some of the best organizations in the world for each of the martial arts we provide, too!"

Huge thanks to our students, instructors, and supporters for helping to make ZenQuest the amazing place that it is. Thanks, too, to everyone who voted for us again!



WELCOME NEW STUDENTS!

YOUTH: Cooper Kennedy, Colton Kennedy, Noah Camacho, Caleb Ryan, Colby Rivest, Reagen Rivest, Grayson Ambriz, Riley Sabato

ADULTS: Andre Gusmao, Marie Herbert

WELCOME BACK: Matt Driscoll

IMPORTANT DATES



Sat., 8/31; Mon., 9/2: NO CLASSES

Saturday, 9/7, 1-2:30 pm: Advanced Uechi

Saturday, 9/14: NAGA Albany

Saturday, 9/21, 1-2:30 pm: Advanced Jiu-Jitsu

Saturday, 9/28, Noon-2:00 pm: Muay Thai Seminar w/ Kru Mark Dellagrotte (NO regular MT class)

Sunday, 10/6, 1:30 pm: Kyu Test

Saturday, 10/12: Self-defense Seminars

HAPPY BIRTHDAY!

- Nicole Hall 8/3
- Ruben Fried 8/3
- Sophia Seme 8/4
- Rex St. Peter 8/4
- Mikyla Wilkins 8/5
- Neil Von Flatern 8/7
- Jonathan Dragonetti 8/9
- Michael Reis 8/12
- Tyler Woodbury 8/16
- Isabella Howe 8/16
- Matthew Flynn 8/18
- Nicolette Buono 8/19
- Brayden Gerlitz 8/22
- Ryan Johansen 8/23
- Glenn Giumarra 8/24
- Rebecca Barrett 8/24
- Elizabeth Weinberg 8/30
- Brendon Bernier 8/30
- Christopher Himes 8/31

RECENT PROMOTIONS

CRANES:

TIGERS:

- 9kyu - Zachary Winston
- 7kyu - Josh Sondrini, Lizzy Sondrini

DRAGONS:

- 5kyu - Levi Giumarra

UECHI:

- 9kyu - Amanda Saunders

PYTHONS:

- 2 stripe white - Kendall Heck
- Grey - Colton Jennings, Aiden Hyatt

JIU-JITSU:

- 2 stripe white - Shawn Maschino, Gary Freifeld
- 3 stripe white - Paul Timler

MUAY THAI:

“Best Martial Arts Academy”

ZenQuest Martial Arts
 Berkshire Eagle’s
 Readers Choice Awards
 2017, 2018 & 2019



Terminology

“Humility”

Japanese: Kenkyo

Brazilian: Humildade

Thai: Kwam Nabnam

August Fun for Kids

This August we'll feature especially fun themes for our kids classes at ZenQuest. These will be as follows:

- ◆ **Shorts & T-Shirts** - Aug. 5-10: Kids can wear more casual clothes and train in 'No-Gi' mode.
- ◆ **Games, Games, Games** - Aug. 12-17: Classes will consist of all games and activities.
- ◆ **Wacky Sparring** - Aug. 19-24: Students will engage in fun variations of sparring like Sumo, Noodle Sparring, and Giant Boxing Gloves.
- ◆ **Movie & Game Characters** - Aug. 26-31: Attire like T-shirts, pants, or entire costumes for these characters can be worn for classes.

What a fun way to close out the summer kids classes. Please join us!



Miami Training

Each year, Demian Maia holds instructor training for his affiliated academies in the U.S. This year the training was held in Miami, Florida, hosted by long time student Daniel Perez. The training went from July 9 to 13, focusing on many strategies and principles of positioning in Jiu-jitsu. Sessions went as much as four hours with sparring or 'rolling' included in each day. On Saturday the 13th, Demian gave a three hour seminar which over forty students attended.

In addition to the training, Demian and his manager had some news for the affiliate schools. First, they are developing an 'affiliate rank system' for all schools in the organization. There will be four levels based on different factors, such as time in the organization, instructor ranks, and participation in affiliation training. ZenQuest has been placed at 'Gold' level, which is one step away from the top tier of Platinum. Demian also stated that he is winding down his MMA career soon and has begun to focus more on his affiliations, traveling for seminars, and producing instructional books and videos.

Thanks to Professor Daniel Perez for hosting this year's training; and Professor Demian for another incredible experience on the mat!



(Continued from page 1) *Vem Tranquilo*

gyms that fall down on any of these areas will be a source of stress and fail to help students develop physically or mentally. Practicing calmness must be made an important part of training. By training in a healthy, supportive environment and regularly practicing to be calm under pressure, we can actually learn to apply calmness to all other aspects of our lives. Of all of the benefits to be taken from the martial arts, improving calm and focus can improve the quality of our lives the most. After all, quality of life and happiness is what it's all about. So, *vem tranquilo, fudoshin and sabai* in training...and wherever you go!

Senseis Connie and Mark