



ZenQuest Martial Arts Center

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

NEWSLETTER August 2021

Masking Again

On August 9th based on a significant uptick in the COVID metrics the CDC designated Berkshire county as 'high risk' for COVID19 transmission. The Center for Disease Control, the nation's leading authority on infectious diseases, also recommends that people in high risk areas wear masks indoors in public areas to reduce the risk of transmission of the new 'Delta Variant' of the disease. Based on this we will, once again and unfortunately, require all students to wear face coverings indoors at ZenQuest (effective August 10th.)

All Students should also sanitize frequently and be mindful of 'respectful distancing'. This means keeping some space between themselves and other students and refraining from any unnecessary touching. We are not returning to 'social distancing' areas at this time, but instead adopting a 'pod training' strategy. So, all students will be limited in their partner work to a maximum of two partners (including for drills and sparring.)

This is all very frustrating for everyone. After months of slow and steady progress going backwards with the disease and the safety measures to counter it can conjure up anxiety, despair and anger. However, the best thing to do is to try to stay relaxed and focused, and keep moving forward. One way to battle the frustration is to make sure that we are all doing EVERYTHING possible to get control of the virus so that we can all return to normal ASAP.

Students and parents with remaining concerns about this situation may choose to exercise additional precautions like opting out of partner drills or other parts of classes that they are uncomfortable with for now. Students not comfortable with face coverings or any other aspect of the current situation may also choose to pause their membership until things return back to normal again. Of course, any student experiencing 'flu like' symptoms (or any other illness) should not attend classes until the issue has passed.

We will continue to monitor the situation and make adjustments as needed. We are hopeful that things improve again soon and no additional safety measures are needed.

As always, please let us know if you have any questions or concerns going forward. Thanks for your continued cooperation and support.



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Gearing Up

For sparring in our striking programs students are required to wear a minimal amount of protective gear. This includes our children's and adult's Karate and Muay Thai classes, and our adult's team sparring. The required gear varies slightly based on the specific program. Here are the requirements for each program:

- **Children's Karate** - A full set of sparring gear for any of our children's Karate classes includes gloves, boots, headgear, mouthpiece and cup. Purchased as a set the cost is \$116 plus tax. Students can wear additional protection for sparring such as shin or chest guards if they want.
- **Adult's Karate** - Adults are only required to wear gloves, foot protection, mouthpiece and cup for sparring. The price varies for this depending on exactly what they get, but a set of standard gear costs about \$83 plus tax. Students can wear additional protection for sparring such as headgear and shin guards if they prefer.
- **Muay Thai** - For Muay Thai sparring students are required to wear gloves, shin guards, mouthpiece and cup. A set of these will cost about \$68. Muay Thai students also need to wear gloves and shin guards for day to day classes.
- **MMA** - Since our MMA sparring training sessions consist of a mix of different martial arts happening in that session the gear required can vary. Generally, if the focus is actual MMA, students wear smaller fingerless MMA style gloves, shin guards, cup and mouthpiece. When the focus is on 'stand-up' sparring students default to that required for Muay Thai sparring. In grappling mode 'no-gi' clothing is worn along with MMA style gloves, cup and mouthpiece.

At present we are returning to focusing on sparring or *Kumite* the third full week of every month in our Karate classes. In Muay Thai we are returning to sparring or 'technical sparring' more often at the end of classes. Team sparring will also be held on a weekly basis.

Students who may not already have the required gear for their classes need to make sure that they have a properly fitting set of the required gear. Remember that we provide big discounts on all gear purchased at ZenQuest. Plus, we are more than happy to steer you toward the right equipment and insuring the proper fit.

Please let us know if you have any questions going forward. Once again thanks for your continued support!



Custom Uniforms

The new ZenQuest's Karate Gis are here! These are a brand NEW custom uniform made from a high quality material with patches for both ZenQuest and our parent organization, the Okinawa Karatedo Association. The response on these has been super positive and many are already gone. An image of the new Gi is shown right. These are available in a variety of sizes and priced at \$70 each.

We also recently stocked up on our custom Jiu-jitsu Gis, too. These are the high quality blue "Team ZenQuest" uniforms with a variety of patches on them. They are extremely popular and tend to be sold out quickly. They're available in a variety of sizes at \$140 each.

Other custom gear like ZenQuest t-shirts, sweatshirts, training shirts, shorts and even beanie caps are available, too. 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.



IMPORTANT DATES

Tuesday, 8/31: No 10:30 am Uechi Class
 Thursday, 9/2: No 12:00 noon Uechi Class
 Saturday, 9/4 & Monday, 9/6:
NO CLASSES - Labor Day Holiday

NEW STUDENTS!**Welcome:**

Hailey Leonard, Andrey Norin, Jordan Rahds, Tim Noble, Mason Carmel, Zoey Aubin, Nathan McCarthy, Easton & Leah Face, Zandy Ariss

HAPPY BIRTHDAY!

David Morawski 8/6
 Aiden Moraes 8/6
 Neil Von Flatern 8/7
 Alexander Bock 8/8
 Tom Jacoby 8/11
 Ed Rich 8/11
 Michael Reis 8/12
 Robert May 8/13
 Phoebe Porter 8/15
 Tyler Woodbury 8/16
 Matthew Flynn 8/18
 Finley Borrett 8/21
 Derek Roberts 8/22
 Felicity Ryan 8/22
 Ryan Johansen 8/23
 Syllas Ketcham 8/23
 Glenn Giumarra 8/24
 Miriam Gluck 8/24
 Ava Murray 8/25
 Amber Niveló-Huerta 8/25
 Mercedes Howell 8/28
 Elizabeth Weinberg 8/30
 Nathan McCathy 8/31

RECENT PROMOTIONS**TIGERS:**

8kyu - Parker Lamont, Marek Mackey, Jasper Stanton, Dessa Boinay, Chloe Chuck

DRAGONS:

8kyu - Zooey Bayles

COBRAS:

8kyu - Amber Niveló, Jasmine Boinay

UECHI:

7kyu - Audrey Chagnon
 9kyu - Ruby Littman

PYTHONS:**JIU-JITSU:**

4 stripe blue - Glenn Giumarra
 2 stripe white - Ricky Jennings
 1 stripe white - Brendan Sullivan, Julie Murphy, Derek Roberts, Rob Aubin

MUAY THAI:

Blue - Zev Jarrett

Terminology**Honor**

Japanese: Meiyo
 Brazilian: Honra
 Thai: Hey Keiyet

**“Best Martial Arts Academy”
 ZenQuest Martial Arts**

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

