



ZenQuest Martial Arts Center

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

NEWSLETTER December 2019

Healthy & Happy Holidays

The holiday season should be a highlight of each year with happy times spent with friends and family. Unfortunately, it can also be a time of stress and anxiety for many people. With shorter days, bad weather, the hustle-and-bustle of shopping, and pressure to meet goals and expectations, it can be a challenge to stay positive and enjoy ourselves. Here are some ideas for keeping the holidays healthy and happy.

Treat yourself Although the holidays are a time to think of others, we need to be kind and be mindful of ourselves, too. More important to a little side-gift for ourselves, we should also be sure to get plenty of rest, avoid skipping meals and make healthy food choices. We also need to be careful about exposure to the cold, becoming too run down, and even things like walking on snow and ice! Be sure to include down-time in your schedule. Simple things like having a nice hot cocoa and taking some time to read will also help a lot.

Happy Environment One way to reduce stress and anxiety for ourselves is to create a pleasant environment for ourselves. This may seem impossible at first, but there are some simple things that we probably do have control over. For example, choosing music that is positive and uplifting will have a very different impact on us than music that brings us down. The same can be said for any other media like movies, books, games, etc. Keeping your living space clean, well lit, warm and smelling nice can also help.

Stay Positive Keeping a positive and optimistic outlook on things is a great way to insure a happy and healthy holiday season. Try to see the good in any situation and avoid 'crashing' emotionally about things that probably aren't super important. Avoid feeling like the victim or that the world is against you. Let stuff go. Tolerate people and situations. Be happy. Count your blessings. Just being able to celebrate another holiday season is a gift.

Surround yourself with friends The holidays are a great time to be with family and friends. But, we should remember the purpose of this is to relax and enjoy ourselves while doing that. It is important to maximize time with the people who make you happy and are willing to at least tolerate your own views and choices. Conversely, time with individuals who tend to create stress and anxiety in our lives should be minimized. Sometimes we may need to edit our 'friends list' for the sake of our quality of life.

Limit portions The holidays are an amazing time for good food and drink, but limiting our intake can go a long way towards avoiding problems with overindulgence. These can include anything from upset stomach, to excessive weight gain, to added stress on our bodies. Rather than have a mindset of 'pigging out' now and starting a diet in the new year it



(Continued on page 4)

<i>In this Issue</i>	<i>Page</i>
HAPPY & HEALTHY HOLIDAYS	1&4
GIFT IDEAS, SILVIO SEMINAR, TUITION ADJUSTMENTS	2
PROMOTIONS, DATES TO NOTE, NEW STUDENTS, BIRTHDAYS	3
TEAM SPONSORSHIPS 4.0	4

Gift Ideas

Our super popular ZenQuest sweatshirts are available again! These are black with the school name on the front, and our three core martial arts noted on the back. They are available in children's and adult's sizes up to XXL at a cost of \$45 each. T-shirts with the same design are also available for \$28 each. We also have custom ZenQuest 'Board Shorts' and training shirts or rashguards available at \$45 each, and we will soon have custom beanie hats just in time for the holidays! Students and parents can also order a wide variety of gear and equipment including punching bags and targets for home.

New custom Karate Gis will also be available soon. These will be high quality uniforms similar to those we've done in the past, but will now feature three patches rather than printed designs. We expect these to be available within the next 8 to 10 weeks at a cost \$70 each.

Stop by the front desk to grab one of these stocking stuffers. Special thanks to everyone who has pre-ordered for being patient.



Silvio Seminar

Silvio Moraes will be at ZenQuest for a seminar on Saturday, January 18. Silvio has trained with Demian Maia for over 23 years and is one of the top instructors at the DMJJ headquarters 'Viila De Luta' in Sao Paulo, Brazil. He is also a veteran officer with the anti-drug task force in Sao Paulo.

Silvio will cover important techniques and strategies of Demian Maia Jiu-jitsu that is guaranteed to improve your skill set. On previous visits to ZenQuest Silvio has rocked the house and we're sure that this time will be no different.

The three hour seminar will be from 10 AM to 1 PM. Pre-registration will be \$90 until Thursday, January 16. After that, the costs will be \$110. To register stop at the front desk. For out of towners, online preregistration and registration will be available with a one time \$5 surcharge applied.



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.



IMPORTANT DATES



Monday, December 16: Special Uechi Class with Sensei George Chaplin @ 7:20 PM
 Tue/Wed/Thur/, Dec. 24, 25, 26: NO CLASSES
 Tue/Wed/, Dec. 31, Jan 1: NO CLASSES
 Saturday, January 4: Advanced Uechi
 Saturday, January 11: Advanced Muay Thai
 Saturday, January 18: Advanced Jiu-jitsu

WELCOME NEW STUDENTS!

YOUTH: Ivey Helmer, Krish Shah, Chase Kane, Aidan Klapes, Noah Laundry

ADULTS: Dinesh Kandasamy, Andrew Goodfellow

WELCOME BACK: Matteo Ferioli, Dan Coe

HAPPY BIRTHDAY!

Paul Timler 12/1
 Skylar Rodick 12/1
 Christopher Kupernik 12/6
 Riley Sabato 12/6
 Trace Kimple 12/8
 Frank Scago 12/12
 Liam O'Brien Sevilla 12/12
 Remi Oberwager 12/13
 Hugh Peterson 12/14
 Tony Zaniboni 12/15
 Rachel Malley 12/16
 Kyle Pezzano 12/17
 Grigori Fateyev 12/19
 Chloe Borrett 12/19
 Jeremy Shaw 12/20
 Sharon Gitzus 12/23
 Anthony Rennie 12/24
 Michael McLaughlin 12/27
 Henry Rohrwasser 12/28
 Richard (Finn) Horner 12/28

RECENT PROMOTIONS

CRANES:

2 Gold - Liam O'Brien Sevilla

TIGERS:

9kyu - Riley Sabato, Eva Sinopoli, CJ Hoss, Sonny Gor,man
 8kyu - Finn Horner, Zach Winston, Carilee Herilhy, Greyson Murray, Gus Perez, Luka Riedinger

DRAGONS:

9kyu - Anthony Rennie
 8kyu - Brett Codwise
 7kyu - Ava Klapes
 4kyu - Elias Stack, Brandt Mears, Colton Jennings, Levi Giumarra
 2kyu - Norrin Darby, Rose Gregg, Lena Mugridge Neilson, Arianna Noyes,

COBRAS:

2kyu - Ayden Jezak

UECHI:

5kyu - Katya Bowen, Matt Flynn, Jason Dragonetti
 3kyu - Josh Burgos
 2kyu - Ryan Timm
 1kyu - Kyle Wellman

PYTHONS:

1 stripe white - Hayden Coe, Noah Hassmer, Jordyn Simmons, Mason Lucy
 Grey/white - Leanne Maschino
 3 stripe grey/white - Elias Stack
 1 stripe grey - Colton Jennings, Levi Giumarra
 1 stripe grey/black - Ayden Jezak

JIU-JITSU:

MUAY THAI:

White - Greg Boudreau
 2 stripe white - Ericka Oleson
 3 stripe white - Darren Bradley

“Best Martial Arts Academy”

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



Team Sponsorships 4.0

Round 4! ZenQuest is offering another round of sponsorships for it's fight team! Sponsoring the team is a great way to support the fighters, coaches and gym...AND a way to get your own name out there, too. Fight-team sponsorship funds are used to cover expenses including training, travel, meals, licensing fees and equipment. With several new fighters preparing to make debuts soon, these sponsorships are super important.

In addition to the pride and satisfaction associated with helping Team ZenQuest in pursuing it's goals, sponsors are recognized in several ways. First, sponsors are displayed in ZenQuest's monthly newsletter, on our social media platforms, and on the front page of the ZenQuest website. Next, sponsor names or logos are included on all "fight banners", which are proudly displayed at each event that the fight team participates in, and at other special events. Sponsors also appear on "Walkout" style T-shirts worn by the fighters, coaches, and supporters at competitive events, and for interviews and other appearances.

There are several different levels of sponsorships available. They range from those appropriate for individuals, to something more for businesses or groups. Higher levels offer more opportunities for advertising and exposure for businesses.

This is your chance to support the premier MMA fight team of the Berkshires! To arrange for a team sponsorship, contact coach Connie or Mark in person or call 413-637-0656. Sponsorships of similar levels are placed based on a first come first served basis.



(Continued from page 1) **Healthy & Happy Holidays**

is much smarter to simply limit the amount of each thing we eat or drink. Remember to strike a balance between enjoying these things and overdoing it.

Limit Spending Some of the stress from the holiday season can come from spending beyond our means. Set a reasonable budget for holiday spending and stick to it. Being smart about spending for the holidays will not only reduce stress during the season, but also make the start of a new year happier once the bills come.

Exercise The holiday season can be a challenging time to maintain or start a fitness program, but having a routine of exercise is one of the best ways to reduce stress and stay energized. Studies show that regular exercise provides body and brain chemistry that reduces stress and actually boost our energy level. It also improves 'cognitive function' or helps us think more clearly. Exercise makes us more fit, helps us be sleep better, and makes it easier to regulate our food intake. Of course, martial arts training is an amazing way to exercise the mind, body and spirit and we would recommend to continue or start training at ZenQuest.

Meditate Many people scoff at the idea of meditation, but this doesn't have to mean some weird and mystical activity. In many cases the 'M' word simply means taking some time to practice being relaxed and focused. There are many different methods of meditation and each person can usually find one that helps them. Just a few minutes a couple of times each week can go a long way to staying calm and thinking more clearly during stressful times. Just giving ourselves time in our schedule to relax for a bit can be a great form of meditation. One healthy trick is to think of every challenging situation as 'zen' training or an opportunity to practice staying calm. Every class at ZenQuest includes a form of mental exercise or meditation that can help.

Play with your Pets Many of us have pets at home that love to play and get attention from their owners. Studies show that taking time to hang out and play with them is great for both them and us. We can easily fall into a pattern of neglecting our pets when we're busy, but engaging with them actually elevates our mood and reduces stress. Improving the quality of their life will also improve yours.

Cut back on technology Today's world has us spending a huge portion of our time on our gadgets, computers and TVs. Too much time spent on technology can also be a source of stress for us and we need to be smart about using our 'smart phones' and the like. Set intelligent limits for using technology and give yourself frequent breaks. Avoid neglecting meals, sleep and personal care. Try to match your technology usage with an equal time doing other activities. Do some activities with the kids to break up their tech time, too.

Following these tips and staying mindful about our mental and physical condition during the holidays should help us stay happy and healthy during this wonderful time of year. Set the example for others and remember to reach out to those who may have a more difficult time. If we all have the attitude of spreading joy to others and taking a leadership role during the holidays...and all year round, the world will be a better place.

Happy holidays!