



# ZenQuest Martial Arts Center

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

## NEWSLETTER December 2021



### Staying UP!

This article originally appeared in the ZenQuest newsletter of September 2020. At that time it seemed crazy that the coronavirus pandemic had lasted for eight months. Now, after over twenty months, we felt it would be good to cover this again with some minor updates:

The coronavirus situation has been difficult for us all in different ways. For those who become infected, the consequences can range from asymptomatic and unaffected to very ill. Those of us who are not infected by the virus are faced with a variety of problems and inconveniences. Things like quarantines, face coverings, restricted travel, or not being able to enjoy certain activities and events.

Aside from the somewhat obvious, there can be some more hidden effects for many of us as the situation drags on. Not the least of these are the way that the pandemic effects us mentally and emotionally. Many people are now having to deal with the consequences of a long period of reduced activities and socialization, boredom, and fear. All of this can leave us struggling with increased levels of stress, anxiety, depression and even PTSD or Post Traumatic Stress Disorder. We are also prone to something called COVID or ZOOM fatigue. This is the 'burnout' we can experience from some of the long term consequences of the pandemic.



Now, more than ever, is a good time to commit to martial arts training. Practicing martial arts has all of the benefits of other fitness activities but tends to reduce our stress, anxiety, and depression more. There are several reasons for this that are accepted as common knowledge at this point.

First, intense physical exercise stimulates body chemistry to make us healthier and happier. Punching, kicking, and throwing things also tends to purge stress by venting our frustrations and addressing our 'fight-or-flight' instincts triggered under stress. But just as importantly, martial arts training typically includes a regular practice of focus, calmness and stability. Regular training in this mindful physical activity is designed to help us extend these crucial traits into every aspect of our lives.

*(Continued on page 2)*

#### *In this Issue*

	<i>Page</i>
STAYING UP!	1, 2
HOLIDAY GIFT IDEAS, TUITION ADJUSTMENTS	2
PROMOTIONS, DATES TO NOTE, NEW STUDENTS, BIRTHDAYS, TERMINOLOGY	3



## Holiday Gift Ideas



Here are some great gift ideas for the holidays! We have a variety of custom merchandise available including our super popular ZenQuest sweatshirts and T-shirts. These are black with the school name on the front, and our three core martial arts noted on the back. These are available in children's and adult's sizes at a costs of \$45 for sweatshirts and \$29 for T-shirts.

Don't forget about our custom ZenQuest uniforms for Karate and Jiu-jitsu. We also have custom training shorts' and shirts or rashguards available, as well as beanie hats and soon...baseball caps!

Students and parents can also order a wide variety of gear and equipment including punching bags and targets for home at 20% off retail prices. We also have gift certificates available which can be purchased in person or through our website.

Stop by the front desk, call or message us to grab one of these great stocking stuffers. Happy holidays!



## Tuition Adjustments

To keep pace with increasing expenses, the tuition at ZenQuest will be adjusted slightly in 2022. All basic monthly tuitions will increase by \$10 per month, with typical discounts for three, six or twelve month commitments and Easy Pay enrollments. Similar discounts for families, college students and Law Enforcement Officers will also stay in place.

These tuition rates will take affect on January 1st, 2022. Students and parents may want to consider taking advantage of the existing rates and committing to longer enrollments prior to the new rates going into effect. This is also a great time to consider enrolling in our Easy Pay payment plan. Doing so before January 1st will lock in your existing tuition rates, and remain unchanged for as long as you stay enrolled with it.

With the noted tuition adjustments we will also eliminate any fees for rank promotions in the future. This includes existing fees Karate 'Kyu' promotions and children's Jiu-jitsu advancements. The only exceptions to this will be black belt certifications from the Okinawa Karate Association.

To enroll in Easy Pay, or for any questions related to tuition please contact us or stop at the front desk. As always thanks for your understanding and support!



(Continued from page 1) **Staying UP!**

Combining these aspects of martial arts practice can have a synergistic effect and make a huge difference in how we process the world and react to the things that happen from day to day. Even as the 'rollercoaster' of the pandemic plays out, we can stay calmer, more focused and happy. We can also avoid emotional crashes and the feeling of helplessness or hopelessness.

All of the classes at ZenQuest utilize mindful training that will reduce stress and help us 'stay up' in our mental and emotional space. Even with some remaining safety precautions now, this essential training is available and more important than ever. In fact, some aspects of the current class modifications require a heightened sense of mindfulness and provide new perspective on a student's practice.

So, as Sensei Toshio Higa used to say, "please continue" your training through this challenging time. If you've thought about training in the past but haven't actually started, do yourself a favor and consider doing so now. Learn to 'stay up' and optimize the quality of your life!

**IMPORTANT DATES**



Friday, 12/10 - NO Noontime Muay Thai Class  
 Thursday, 12/23, thru Saturday, 12/25:  
 NO CLASSES  
 Friday, 12/31, thru Saturday 1/1/22:  
 NO CLASSES  
 Mid-January - Professor Silvio Moraes to visit!

**NEW STUDENTS!**

**Welcome:** Theo Palmer, Bowie Kozlowski & Liam Lyon

**Welcome Back:** Neil Von Flatern, Alyssa Forzano, Charlie Guyer & Ian Bridges

**HAPPY BIRTHDAY!**

- Paul Timler 12/1
- Chloe Chuck 12/4
- Christopher Kupernik 12/6
- Courtney Kegresse 12/6
- Elaine Cook 12/10
- Frank Scago 12/12
- Jesse Fillio-Sheperd 12/12
- Liam O'Brien Sevilla 12/12
- Hugh Peterson 12/14
- Ryan McCusker 12/15
- Westley Didio 12/15
- Kyle Pezzano 12/17
- Grigori Fateyev 12/19
- Chloe Borrett 12/19
- Dan Letourneau 12/20
- Emmett Boyd 12/20
- Bowie Kozlowski 12/21
- Julie Murphy 12/22
- Sharon Gitzus 12/23
- Alyssa Reed 12/23
- Joshua Petell 12/24
- Anthony Rennie 12/24
- Joseph Saviano IV 12/25
- Michael McLaughlin 12/27
- Henry Rohrwasser 12/28
- Richard (Finn) Horner 12/28
- Marie Herbert 12/31

**RECENT PROMOTIONS**

**TIGERS:**

**DRAGONS:**

**COBRAS:**

- 1kyu - Norrin Darby
- 3kyu - Brandt Mears
- 5kyu - Devyn Fillio
- 8kyu - Connie Gordon

**UECHI:**

- 5kyu - Susan Doerr
- 7kyu - Ruby Littman
- 9kyu - William Ezell

**PYTHONS:**

- 3 stripe grey/black - Ayden Jezak
- 2 stripe white - Landon Chuck

**JIU-JITSU:**

- 2 stripe white - Jackson Reis
- 1 stripe white- Elias Casey

**MUAY THAI:**

- 4 stripe purple - Chris Kupernik

**Terminology**

**Kindness**

- Japanese: Shinsetsu
- Brazilian: Gentileza
- Thai: Kwam Metta

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



*Berkshire Eagle's  
 Readers Choice Awards  
 FIVE YEARS  
 RUNNING!*

