



ZenQuest Martial Arts Center

55 Pittsfield Road-Building 10, Lenox, MA 01240

(413) 637-0656 * zenquestmac@sprynet.com * www.zenquestmac.com

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

NEWSLETTER

February 2019



Coachability

The martial arts have existed since mankind first became advanced enough to copy or learn from one another. Successful hunting and fighting strategies were passed from person to person, and from one generation to the next. As civilization progressed and more advanced fighting techniques and strategies were developed, teaching and training methods also became more advanced. Ancient training methods and battle strategies can be seen in records from different cultures around the world including the Egyptians, Greeks, Japanese, Romans, and Persians. In times when the most advanced weaponry were bladed tools like swords and spears, effective training became crucial to success in battle. Basically, the best trained and armed troops tended to succeed and the ability to communicate strategies became more and more important.

Over time, successful battle strategies were passed on. This included large scale strategies for the battlefield and strategies for the individual warrior. With the development of firearms and other modern weapons, battle strategies evolved with less emphasis on 'hand-to-hand' combat. In the present day, millions of people that are largely based on ancient combat strategies.

The process of teaching these strategies still happens by experienced individuals sharing their knowledge with others. In the age of technology, there are all sorts of resources available to help people learn, but there is still no substitute for a qualified instructor using proven teaching methods to educate students who genuinely want to learn.

For that to work, the teacher needs to be skilled the areas of knowledge, organization, communication and tolerance. On the other hand students need to possess a minimum level of work-ethics, patience, perseverance, and what is known as 'Coachability.' This is the ability to hear and follow the instructions that the instructor or coach provides. This sounds like something that would be easy but, too often, this basic mechanism for learning can be complicated and dysfunctional.

Some students may have real physiological issues that make it difficult to hear an instructor or process what they're saying. Disabilities like Attention Deficit Disorder, Hyperactivity, Autism, PTSD or emotional issues can make it challenging for students to hear or understand the information that is being given to them. These kind of challenges can usually be overcome using intelligent teaching strategies and the basic structure set up in the 'Dojo.' Students with more severe disabilities are often better off in a more private, one-on-one learning situation.

Aside from real disabilities, one issue that can complicate coachability is a student's fear of failure...or success. Sometimes students are so preoccupied with

(Continued on page 4)



<i>In this Issue</i>	<i>Page</i>
COACHABILITY	1 & 4
SILVIO SEMINAR, MMA, WEATHER CLOSURES	2
PROMOTIONS, DATES TO NOTE, NEW STUDENTS, BIRTHDAYS, TERMINOLOGY	3
TIMELINESS	4

Silvio Seminar

Silvio Moraes dropped in for a seminar at ZenQuest on Wednesday, January 23. Silvio has been a student of Demian Maia for over 22 years and teaches at the DMJJ headquarters 'Viila De Luta' in Sao Paulo. He is also a veteran officer with the anti-drug police force in Sao Paulo.

A healthy group of participants showed up for the clinic in spite of it landing on a weeknight. Professor (master instructor) Silvio covered some of the strategies that have propelled Demian to an incredible run on the Jiu-jitsu mat and in the octagon. He covered incredible strategies from 'Side-Control' and 'Half-Guard.' Toward the end of the seminar, the group sparred or 'rolled' in short 90 second rounds. At the conclusion of the workshop Silvio expressed how much he loves visiting ZenQuest to which, the group returned the same sentiment.

Silvio was actually in the Berkshires for several days and taught a couple of the group classes while here. His son Raphael joined him on this trip with the goal of seeing snow for the first time, which he did...along with experiencing sub-zero cold for the first time. Big thanks to Professor Silvio for an incredible seminar and visit, and thanks to everyone who participated.



MMA News

Neil "Beast Mode" Von Flatern made his Muay Thai debut at 'No Boundary Fight VIII' on Saturday, January 19 at the Melrose Memorial Hall in Melrose, MA. Neil faced a tough opponent in Robert Ovalle of NYC at 170 pounds, and Robert's previous experience made the difference in this one. Ovalle was 5-2 in MMA and 1-1 in amateur Muay Thai going into the match. The first round was close as the two strategically traded blows, with Robert beginning to take over toward the end of the round. The second round belonged to Robert as he started to find his range more and dominated the exchanges more. About half way through the third, the referee stopped the bout due to unanswered strikes, and Robert was victorious. Neil walked away in good spirits, focusing on the experience gained from the outing.

Neil is setting his sights on returning to the cage in April at the next 'Cage Titans' event. More info on that soon. Team ZenQuest is also looking forward to some new fighters making their debuts later this year including Tilo "Tilosh" Jackson, Chris "Wee Man" Bradley and Steven Tremble. These gentlemen have been working hard for some time in the team trainings, and pursuing their own goals in the cage. Stay tuned for more info soon.



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.



WELCOME NEW STUDENTS!

YOUTH: Liam Sevilla O'Brien, Turner Lilley, Kendall Heck, Liam Carty, Remi Oberwager, Amelia Hardy, Braelen Kline, Addie Chambers, Sonny Gorman

ADULTS: Joshua Levy, Joseph Pellegrino, Dawn Simmons, Michael Baldwin, DeSean Scales, Joseph Foster

WELCOME BACK: Keerah Morgan, Noah Farevaag, Devon Bigelow

IMPORTANT DATES

March/April

Saturday, March 2 - NAGA Albany

Sunday, March 31, 1:30 pm - Possible Kyu Test?

Saturday, April 6 - Caged Titans?

Sunday, April 21 - NO CLASSES



HAPPY BIRTHDAY!

Sadie Giumarra 2/5

Zaffira Bruce-Gallo 2/5

Mark Pullen 2/10

Joseph Weinberg 2/10

Scott King 2/11

Eric New 2/12

Jennifer Sommerville 2/14

Declan Simmons 2/15

Joseph Pellegrino 2/16

Matthew Driscoll 2/16

Sophie Wilhelm 2/18

Leo Daly 2/21

Leo Wilhelm 2/21

Zachary Kmetz 2/22

Ava Klapes 2/22

Jolyan Tessier 2/22

Chris Bradley 2/24

Leon Mongue 2/28

Gabriel DeLima 2/28

Lizzy Sondrini 2/28

RECENT PROMOTIONS

TIGERS:

9kyu - Colton Smith, Grayson Murray, Lucas Davis, Henry Herzberg, Hayden Coe, Cayden Bona, Owen Rathbun

8kyu - Josh Sondrini, Lizzy Sondrini, Jackson Dougherty

7kyu - Lilou Wilhelm, Isaac Cornellier

6kyu - Troy Middleton

DRAGONS:

9kyu - Ruben Fried, Jax Delaney, Ava Klapes

7kyu - Jordan Cornellier, Aymeric Loucka

6kyu - Levi Giumarra

UECHI:

9kyu - Michael Baldwin

PYTHONS:

1 stripe white - Emily Leonard-Miller

MUAY THAI:

1 stripe white - Kathy Petrucci

Terminology

“Hello” (Daytime)

Japanese: Kon Nichiwa (kon nee-chi-wa)

Brazilian: Bom Dia (bon geeya)

Thai: Sawadii Krup (sa-wa-dee cup)

“Best Martial Arts Academy”

ZenQuest Martial Arts

Berkshire Eagle's

Readers Choice Awards

2017 & 2018



Timeliness A Must

Recently, we've seen a dramatic increase in the number of children showing up for their classes late. In some cases, kids arrive for their class as much as 15 or 20 minutes after the scheduled start time. This is not only distracting for the other students and instructors, but also makes it difficult for the tardy student to enjoy their class and learn.

Tardiness can affect several aspects of the student's participation. First, the instructor will usually explain what the plan is for that day's class to the students. Kids who miss this may struggle with understanding the theme or message of the class. Next, most classes begin with exercises designed to warm-up, and stretch and strengthen their bodies. Warm-ups also help to minimize injuries, and helps build focus and immersion for more complicated skill-building drills and activities. Arriving late can also make a child feel alienated from the rest of the group, distracting them from learning and enjoying the class. All of this can be exacerbated when the child has learning challenges or behavior issues.

So, if you're a parent or caretaker responsible for bringing kids to classes, please arrive about 5 minutes before their class begins. This allows them to remove their shoes, stow their gear, and mentally prepare for class. If the student needs to change into their uniform, they should be given another 5 minutes to get ready. Arriving on time will ultimately allow them to maximize their participation and progress in their martial arts journey. Please remember to keep track of tuition due dates and be prompt with this aspect of the student's participation, too.



(Continued from page 1) **Coachability**

the possibility of failure that they cannot even begin an exercise. But students need to understand that in the martial arts we learn by doing. The basic process consists of a teacher demonstrating and explaining a move or exercise and the student doing their best to duplicate it. Failing at first is actually a natural part of the learning process. Since students generally do not know new techniques or moves they need to do their best to duplicate the movement until they have it, often not having it exactly right at first. Sometimes it takes some time to work it out. A saying in the martial arts is "You win or you learn." Some students may actually have a fear of success. They may not want the attention or responsibility of doing well. In either case consistency, encouragement and support from everyone in their inner circle is important for helping them adjust and succeed.

Another aspect that can hurt coachability is 'dysfunctional independence.' This is when a student has a fundamental lack of respect and trust for structure or authority. Although basic freedoms and independence are great, the structure and hierarchy common to martial arts gyms are in place for important reasons. These include safety, cleanliness, good interpersonal relations, and optimizing learning. Parental support is crucial in helping younger students adjust to a Dojo environment and thrive in their martial arts journey.

Sometimes students will start out following the dojo structure and etiquette, and thriving as an 'A' student in their chosen art. Over time, as they accumulate experience and status in their art, their attitude may begin to change. At some point they may start to think that their knowledge and experience is beyond that of the instructors who helped them achieve their success. They may feel that the research they do outside of the gym overshadows what actually happens on the training floor. They may begin to value the relationships with friends or other instructors that they've met through their main instructors more than their main instructors. Although it is normal for students to accumulate knowledge and gain status in their art it is important to stay humble, keep perspective on their journey, and remain supportive of the people who guided them along the way. Even students progressing to a level of notoriety or furthering their chosen art should continue to give credit and respect to the people who got them started. They should bear in mind that other students will follow their example and it is inappropriate to become 'toxic' and corrupt their instructors' training environment.

So, stay positive, listen carefully to instructors and do your best to follow directions. Following this simple formula will insure constant progress in your martial art, and eventually carry over into all other areas of your life!

