



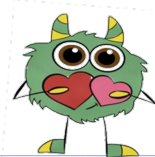
ZenQuest Martial Arts Center

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

NEWSLETTER February 2022



Fingers Crossed

With the Omicron variant of COVID19 winding down many experts are saying that we are now in the 'endemic' stage of the pandemic. We've all been here before, but we may finally soon see the end of this seemingly endless situation. If the current trend continues we would expect to lift the last remaining restrictions and safety precautions related to the pandemic.

The pandemic has been challenging for most of us and very difficult for some people. With social isolation, financial hardships, restricted activities, and elevated depression and anxiety we are all looking forward to a return to our old version of normal. Through all of this it was important to stay as positive about the situation as possible. Now, we can be cautiously optimistic that an end is in sight.

There is a lot to be excited about in a return to the old normal at ZenQuest. First, this will mean going back to optional face-coverings. Although training with these on tends to actually improve our cardio-vascular fitness, most people would rather just go back to training without them. Those who prefer to continue using these are more than welcome to of course.

Returning to normal also means resuming events like Advanced Concepts Clinics, tournaments, and seminars with some of the most notorious instructors in the martial arts world. This includes people like Demian Maia, Hirokuni Yamashiro, Mark DellaGrotte, and others. At present we have scheduled a round of Advanced Concepts, and our first seminar in over two years with Kru Mark DellaGrotte in late March (details on page 2.) Look for more of these events again soon.

Once we're fairly certain that we can go back to normal we will adjust the current class schedule back to pre-pandemic mode. This means restoring class durations for older kids and adults back to a full hour. Class durations were shortened to allow for sanitizing surfaces between classes. At some point we can reduce the amount of sanitizing needed.

Normal training will also mean a return to normal social interactions in the Dojo, too. We've had to eliminate some things that we took for granted like hand shakes, fist bumps, and 'abraços' or hugs in Jiu-jitsu. These



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AC Clinics Scheduled

Given current trends in the COVID19 situation we are scheduling a round of 'Advanced Concepts' clinics. Our AC Clinics are a way for our intermediate and advanced students to have an opportunity to focus on high level techniques, strategies, and training and teaching tips. Under normal circumstances these clinics happen every three to four months at ZenQuest, and with the pandemic finally winding down, this will continue.

The next Advanced Concepts clinics are scheduled as follows:

- Uechi-Ryu on Saturday, March 5 at 1:00 PM
- Muay Thai on Saturday, March 12 at 1:00 PM
- Jiu-jitsu on Saturday, March 19 at 1:00 PM

The Uechi-Ryu advanced training is open to students ranked *Ikkyu* or Black-Stripe and above. To attend the Muay Thai clinics students must be Blue Prajet and above. Students at Blue Belt and above are welcome to attend the Jiu-jitsu workshop.

As always we appreciate the patience of those affected by the delay in this training. See you all for some great drills again soon!



Kru Mark Seminar

ZenQuest is happy to announce the return of Kru Mark DellaGrotte of Sityodtong Muay Thai! Kru Mark will provide a two hour seminar beginning at 12:00 Noon on Saturday, March 26th. It has been well over two years since our last clinic with Kru Mark DellaGrotte and, with the COVID19 situation subsiding, we will resume these incredible training opportunities.

Kru Mark is known throughout widely as one of the top Muay Thai masters in the world. His knowledge of this amazing martial art is only surpassed by his ability to communicate and help others improve their game.

Pre-registration for this event is \$90, with full price of \$110 at the door. Bring your gloves and shin guards, and a water bottle and towel are recommended. Space will be limited, so secure your spot soon!



(Continued from page 1) **Fingers Crossed**

things may seem insignificant at first, but they go a long way towards comradery and team building among training partners. Just being able to see people's faces again will be nice, too!

There are several newer students at the gym that have never had the opportunity to train without the current safety precautions in place. Imagine what things will be like when they can experience 'normal' training. For more experienced students this will be a much welcomed change back to the training they know and love.

Of course, we must continue to follow the safety precautions in place until it is safe to lift them. We are all tired of these things, but they are the way to stay safe until the COVID situation is under control.

So, let's keep our fingers crossed and look forward to getting back to normal soon! As always, we appreciate the students and instructors who's love for the martial arts was greater than the inconveniences we're endured over the last two years. Thank you!

IMPORTANT DATES



AC Uechi-Ryu - Saturday , March 5
 AC Muay Thai - Saturday , March 12
 AC Jiu-jitsu - Saturday , March 19
 Kru Mark Seminar - Saturday , March 26

Professor Silvio Moraes to visit in the near future !!

NEW STUDENTS!

Welcome: Anthony Cummings, Pritha Argwaal, Ryley Hartt, Logan Pigott, Mark Thomas, Stephen Connolly and Everett Gallagher

Welcome Back: Alexa Pfeiffer, David Morawoski

HAPPY BIRTHDAY!

- Jasper Stanton 2/2
- Tim Mertinooke 2/3
- Zooey Bayles 2/4
- Sadie Giumarra 2/5
- Michael D'Amoto 2/6
- Daniel Coe 2/7
- Joseph Weinberg 2/10
- Hailey Leonard 2/11
- Logan Pemble 2/13
- Ricky Jennings 2/15
- Jennifer Sommerville 2/14
- Oscar Daire 2/15
- Joeseeph Pellegrino 2/16
- Eli Mertinooke 2/18
- Leo Daly 2/21
- Thomas Bowler 2/22
- Zachary Kmetz 2/22
- Jace McHugh 2/22
- Jessica Godfroy 2/24
- Chris Bradley 2/24
- Daniel Siqueira 2/24
- Ivey Helmer 2/25
- Liam deRis 2/25
- Grayson Ambriz 2/26
- Brendan Sullivan 2/28
- Lizzy Sondrini 2/28

RECENT PROMOTIONS

TIGERS:

9kyu - Elijah Shrag, Noah Shrag, William Truskowski, Hannah Robinson-Habig, Quinn McHatton, Lilly Bingham

DRAGONS:

COBRAS:

UECHI:

PYTHONS:

2 stripe white/grey - Leanne Maschino, Nico Dort, Enzo Dort, Jordyn Simmons
 1 stripe white/grey - Weston Aube
 White/grey - Gustavo Perez
 2 stripe white - Connie Gordon
 3 stripe white - Troy Middleton, Landon Chuck
 1 stripe white - Dylan Muellers

JIU-JITSU:

1 stripe white - Dave Carustto, Craig Jones, Andy McMahon, Jeff Slater, Jake Doyle, Nick Sondrini

MUAY THAI:

3 stripe white - Mike Jezak
 1 stripe white - Marcus Drake
 2 stripe purple - Tilo Jackson

Terminology

Training Partner

Japanese: Budo No Uke
 Brazilian: Parceiro de Treino
 Thai: Khu Fook

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



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

