



ZenQuest Martial Arts Center

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

NEWSLETTER February 2023



What to Wear

Training in the martial arts typically requires a variety of training gear. This can include certain clothes, patches, belts, safety equipment, etc. In this article we will review the clothing and patches required for each martial art offered at ZenQuest.

Uechi-Ryu Karate Uniforms - All of our Karate classes, including children's and adults', require the same traditional uniform. The white "Gi" is standard in the Okinawa Karate Association, which ZenQuest is a part of. These uniforms help keep students and the training environment clean and sanitary. When fitted properly these uniforms allow the wearer to move freely in training, while providing feedback to the student on their movements.

Appropriate clothing such as undershorts and a t-shirt or athletic shirt should be worn under the Gi. Sweatpants or shirts should be avoided as they are likely to make the student overheated once they start exercising. Students should not wear anything under the uniform that 'hangs out' of the sleeves or pants.

Students who continue past any trial enrollment are required to 'patch' their uniform (if they haven't already done so.) This means adding approved patches to their Gi. Shown to the right is an image of our custom Karate Gi, which includes two 'ZenQuest' patches and two representing the 'Okinawa Karate Association.' For basic uniforms only the two jacket patches are required.

Patches, prints, or embroideries for other teams are not allowed.

Demian Maia Jiu-jitsu uniforms - All of our "Gi" Jiu-jitsu classes require a traditional uniform suited for grappling. They should be made to withstand the gripping and pulling of throws, positioning, and submissions. These should also allow for free movement, and not be too tight or loose. The sleeves and pants should be within two-fingers above the wrist or ankle. There are more color choices allowed for these Gis but colors other than white, blue, black or green must be approved by the head instructors.

Longer term Jiu-jitsu students must also patch up their uniforms. This includes at least one ZenQuest and DMJJ patch on both the jacket and pants (shown below.) BJJ uniforms can include other patches subject to instructor approval. Same as above, patches, prints, or embroideries for other teams are not allowed.

"No-Gi" Jiu-jitsu, Muay Thai, and MMA Garb - For classes not requiring a Gi students should wear athletic shorts and shirt. Students should avoid clothing that is overly loose, tight, or "revealing." Like uniforms, "No-Gi" gear should include logos and patches appropriate for the school and not patches, prints, or embroideries for other teams.



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The Secret Sauce

What is the secret to success in the martial arts? Every martial artist wants to know this. Well, here it is: Making a routine of regular attendance in your classes. No joke, that's it. With consistent weekly practice you will learn and progress in your chosen art(s). This can be challenging with changing shifts or schedules but, with some determination, regular attendance can be achieved even with this. Small breaks for vacations, illness, injuries, etc. do happen, but returning to regular training once a break is over is essential.

Also, it is crucial that students arrive 5 to 10 minutes before each class. Arriving right at the start time of the class usually results in the student entering after the class has begun. Being late causes the student to miss important information about the class, and often struggle to get focused on the class afterwards. It may also cause them to miss part or all of the warm-ups, resulting in little or no preparation for the more intense exercises and greater risk of injury. Late arrivals tend to disrupt the class, too, which is inconsiderate of classmates and instructors.

On the flip side of this, unless specifically instructed, students should not arrive too early either, especially younger students. There is preparation to be done to get the space ready for classes, and arriving too early can cause disruption. Also, often, if younger students have to "wait too long" they lose focus during their actual class time. Doors typically open 10-15 minutes prior to the first class starting time and students shouldn't expect to enter the dojo prior to this.



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.



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Belts and Armbands - The belt or armband (in Muay Thai) has special significance in the martial arts and should be treated with care and respect. Students should always wear their belt or armband in classes. There is a standard way for students to tie their belt at ZenQuest. This is a traditional method that has only three steps. Aside from learning at the dojo, a video is available on the ZenQuest YouTube channel to help with learning that. There is actually a preferred method that is slightly different for advanced students known as the 'upside-down' knot. In any case, the belt should be tied in a way where it is not dragged on the floor in the process. This is all consistent with the way that belts are tied in our parent organizations. Students just learning to tie the belt should do as many steps as they can before asking an instructor for help.

Although rank levels should not be the focus of the student's journey, the rank system does have purpose in the gym/dojo and students should respect that, too. Junior students or '*Kohai*' should respect more senior students or '*Sempai*' because senior students and instructors probably know much more about the art they are ranked in. It is generally not appropriate for newer students to question, argue with, or be rude to more experienced practitioners. It is also considered bad form to question the head instructors about rank for yourself or another student, OR lead a student to believe that they aren't being promoted fast enough. There are several considerations that go into rank promotions, and students need to trust the judgment of the head instructors.

All uniforms, athletic wear, and gear must be kept clean and neat in participation for classes! The only exception to this is the belt or armband. These should not be washed unless absolutely necessary. This is partly due to the fact that belts and armbands frequently have stripes on them. If a belt does need washing due to some unavoidable disaster, the student should ask the head instructors to replace any stripes lost in the process.



IMPORTANT DATES



We will be open on Monday,
February 20th!

NEW STUDENTS!

Welcome: Ed Pezze, Devin McLaughlin, Lincoln Brown, Betsy Russo, Caleb Cimini, Ryan Williams, James Ladd, Rebecca Wolfe, Liev Musayev, Park "Ben" Doing, Isabella Yeaman, Ryan Williams, Oscar Southard, Nelson Charter, Carmelo Coco, Bowen Foster, Silas Cunningham, Gage Williams

Welcome Back:
Warren Harrison and Noah Faravaag

HAPPY BIRTHDAY!

- Jasper Stanton 2/2
- Musa Thompson 2/4
- Zoey Bayles 2/4
- Sadie Giumarra 2/5
- Rebecca Wolfe 2/8
- Sheila Nickerson 2/9
- Simon St. John 2/9
- Logan Pemble 2/13
- Jennifer Sommerville 2/14
- Ricky Jennings 2/15
- Stephen Connolly 2/16
- Joseph Pellegrino 2/16
- Thomas Bowler 2/22
- Zachary Kmetz 2/22
- Chris Bradley 2/24
- Fatjon Rabiaj 2/25
- Jack Miskinis 2/26
- Michael Rynn 2/27
- Lizzy Sondrini 2/28

RECENT PROMOTIONS

TIGERS:

- 8kyu - Tony Sabato, Cael Swan
- 9kyu - Jonathan Curinga, Oliver Brooks

DRAGONS:

- 7kyu - Johnson Green
- 8kyu - Jonah Frank, Max Polastris
- 9kyu - Grey O'Donnell, Smith O'Donnell, Theo Poulson

UECHI:

PYTHONS:

JIU-JITSU:

- 1 stripe blue - Chalice Mitchell
- 4 stripe white - Jake Doyle, Craig Jones,

Terminology

Black Belt

- Japanese: Kuro-Obi
- Brazilian: Faixa Preta
- Thai: Sidam Prajiet

**"Best Martial Arts Academy"
ZenQuest Martial Arts**



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

