



ZenQuest Martial Arts Center

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

NEWSLETTER January 2019



Resolutions

Happy New Year! A new year brings ideas of resolutions and fresh starts for most of us. We set goals, we commit to dieting, we hit the gym, and we cut bad things out of our lives. Our lives will be forever better starting on January 1st.

Too often, these can all be too short lived. By the time March rolls around, self improvement strategies just become sad jokes. This can result in things being worse than they were before the new year. The things that were supposed to improve are the same or worse, AND we have the guilt and anxiety of failure. With seasonal depression hanging over us during the winter months, the last thing we need is the negativity of resolutions gone bad.

Realizing this pattern can go a long way towards avoiding all of this and staying committed to our resolutions. One tip for increasing the chances of success is to make your goals realistic and achievable. Setting the bar at a place that we can get to or exceed without too much trouble is much more likely to result in actual improvement in ourselves. Plus, having the satisfaction and confidence of succeeding will increase our overall happiness.

Consistency is key in making any self improvement steps work. Rather than commit to a 'crash' diet, or completely giving up chocolate, exercise portion control. Make gradual adjustments to the parts of ourselves we want to change rather than making drastic changes. We need to look at these as long term revisions in our lifestyle and commit to changing our 'day to day' routines.

We also need to realize that having lapses in progress is pretty normal. Any adjustments we make probably won't be totally 'linear' and have some ups and downs. Some days we'll do better, and some days not so much. The important thing is to stay on track and shoot for slow steady progress. Rather than a 'binary' thing, we should look at our resolutions as reductions in poor habits and boosting good ones.

Another trick in this is to allow yourself a cheat-day. As long as the adjustment you're making is for something relatively harmless it's OK to give yourself a day of the week when you can compromise a little. Remember that bad habits that are unhealthy, such as smoking, vaping, alcohol, or recreational drugs should be treated with more commitment and intensity.

Of course, a new commitment to an exercise routine is one of the best



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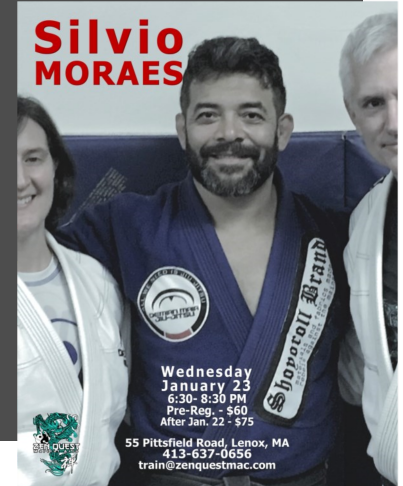
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Silvio Seminar

Silvio Moraes will be at ZenQuest on Wednesday, January 23. Professor Silvio has been studying under Demian for over 22 years and teaches regularly at the DMJJ headquarters 'Viila De Luta' in Sao Paulo.

Silvio's Jiu-jitsu knowledge and abilities are incredible and he always provides an amazing seminar. He's very effective at communicating the techniques and strategies that have enabled his instructor to become one of the greatest BJJ figures in history, and himself to work in the harsh world of Brazilian Law Enforcement. This clinic is sure to improve your own game on the mat.

Stop by the front desk to reserve your spot for this SOON, and we'll see you there.

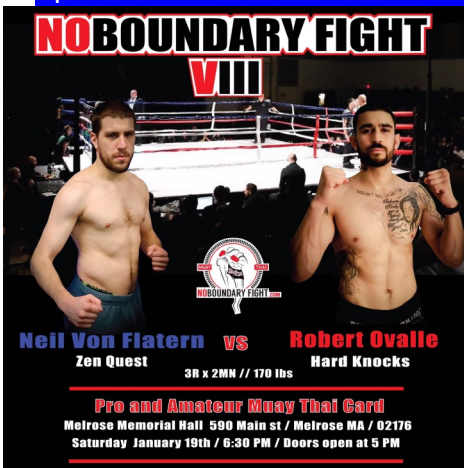


Night of Thai

Neil "Beast Mode" Von Flatern will make his Muay Thai debut at 'No Boundary Fight VIII' on Saturday, January 19. Beast will face a tough Robert Ovalle of NYC in an 170 pounds match. Robert is 5-2 in MMA and 1-1 in amateur Muay Thai. "No Boundary" is one of the biggest Muay Thai promotions in New England, and this should prove to be a wild fight on a card full of action at the Melrose Memorial Hall in Melrose, MA.

Matt "Machine" Bienia came up short on his Lightweight Amateur Title defense at Reality Fighting 102 Saturday, January 5, 2019. His opponent, Eddie George, is a dynamic striker with a wrestling background on a two fight win streak going into this bout. At the start of the match, the two began measuring their distance on the 'outside.' Things heated up quickly and the two exchanged blows in the center of the cage. Matt drove Eddie to the fence, but Eddie quickly reversed position and escaped back out to the center. Matt pressed forward and the two engaged again, with Matt executing a 'Thai Plum' where he placed his hands on the back of George's head to break his posture in order to strike or execute a take-down. Eddie kept his posture and landed a couple of close range punches, stunning Matt with a big left on the side of the head. Matt fell back and appeared to be able to continue, but the referee stopped the bout. Matt immediately stood up and protested, along with the majority of the Mohegan Sun Arena crowd, but the match was over. It's difficult to say whether it would have changed the outcome, but the stoppage was viewed as premature for fighters at the top of the amateur MMA food chain.

Matt is scheduled to defend his 'Cage Titans' lightweight belt on Saturday, January 26. This was scheduled to be against submission specialist Dion Rubio of Rhode Island, but he is now out with an injury. The promoter is currently looking for another opponent for another match for this at the Plymouth Memorial Hall in Plymouth, MA. Please contact us for more information and tickets for any of these events.



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:**

Ashley Heck, Finn Horner, Deven Boyce, Thomas Hedges, Patrick Briant, Rebecca Barrett, Chloe Barrett, Jacob Barrett, Cayden Bona, and Evan Consolati

ADULTS:

Leon Mongue, Todd Dort, Jon Oleson, and Ericka Oleson, Patrick Bryant

WELCOME BACK:

Alyssa Forzano, Gabriel Lima

IMPORTANT DATES***January/February***

Sat, Jan 19 - Neil Von Flatern Muay Thai Bout
Melrose Memorial Hall

Wed, Jan 23, 6:30-8:30 - Silvio Moraes Seminar

Sat, Jan 26 - Matt Biena Title Defense Caged Titans
Plymouth Memorial Hall

Sat, Feb 2, Demian Maia UFC Bout

HAPPY BIRTHDAY!

Joshua Sondrini 1/2

Russell Moody 1/6

Tristan Scully 1/7

Hana Askren 1/9

Samuel Hautzig 1/13

Collin Layden 1/21

Sanjara Bansal 1/21

Elias Stack 1/24

Isabella Pereira 1/25

Colin Smith 1/26

Vincenzo (Enzo) Dort 1/27

Pearl Bowman 1/30

Sawyer Cornwell-L'Hote 1/31

RECENT PROMOTIONS**TIGERS:**

9kyu - Henry Rohrwasser

8kyu - Johnny Dragonetti

COBRAS:

8kyu - Lulu Bowman, Pearl Bowman

7kyu - Kyren Hanson

UECHI:

8kyu - Chris Himes

7kyu - Katya Bowen

PYTHONS:

2 stripe white - Tyler Woodbury

3 stripe white - Jared Bruns

Grey/white - Elias Stack

1 stripe grey/white - Levi Giumarra

2 stripe grey/white - Collin Layden,

Colton Jennings, Luna Wilhelm

3 stripe grey/white - Sadie Giumarra

Grey - Zach Kmetz

1 stripe grey - Sawyer Cornwell-L'Hote

3 stripe grey - Ayden Jezak

JIU-JITSU:

1 stripe white - Scott King, Hana Askren

2 stripe white - Jesse Blumenthal, Jason Dragonetti

Blue - Tilo Jackson

3 stripe blue - Mike Jezak, Chris Kupernik

MUAY THAI:

White - Scott King

1 stripe white - Marissa Maher, Steve Tremble

2 stripe white - Dede Bradley

3 stripe white - Tilo Jackson, Carlo Petrucci

4 stripe white - Amy LeFebvre

Blue - Jen Sommerville

4 stripe blue - Chris Bradley

Purple - Chris Kupernik

1 stripe brown - Neil Von Flatern

Terminology

Thank You (phonetically)

Japanese: Arigato Gozaimasta

Brazilian: Obrigado (male), Obrigada (female)

Thai: Kuwp Oon (male), Kaa (female)

AC Clinics

December saw our latest round of Advanced Concepts clinics for Karate, Muay Thai and Jiu-jitsu. These are held every three to four months at ZenQuest to provide more advanced students with techniques and strategies of each respective art. It also provides opportunities to address issues that advanced students and assistant instructors face.

On Saturday, December 8th students ranked Brown Belt and above attended AC Uechi. After discussing teaching and training issues the group worked on 'Hojo Undo' exercises and advanced Kata or forms. Next, the group learned some new self-defense drills developed by Master Shinmatsu Okuhama that focus on severe responses to common attacks. The clinic ended with some discussion about Team ZenQuest's recent Okinawa trip and adjustments to training.

On Saturday, December 15th students ranked Blue Prajiet (arm band) and above attended AC Muay Thai. After some discussion on teaching and advanced training the group focused on freestyle pad-work. This is where one partner or instructor wears 'Thai Pads' and a body shield to enable the other partner to throw strikes in a manner that is very close to sparring or fighting. The group started out with drills that isolated kicking, then added punches, then elbows and knees, working up to combining all strikes together. At the conclusion of the workshop promotions were awarded to three students. Chris Bradley earned 4-stripe Blue Prajiet, Chris Kupernik earned Purple Prajiet, and Neil Von Flatern earned 1-stripe Brown Prajiet.

On Saturday, December 22nd students ranked Blue Belt and above attended AC Jiu-jitsu. This time the group was given strategies using the 'Z-Guard' or 'Knee Shield'. This is trapping an opponent between your knees on your side from bottom position. Techniques included ways to improve position, sweep and submissions using Z-Guard. At the conclusion of the workshop promotions were awarded to three students. Congratulations to Tilo "Tilosh" Jackson for earning his Blue Belt, and to Chis "Koop" Kupernik and Mike "Panda" Jezak for earning their 3-Stripe Blue Belt!

Thanks to everyone who showed up for Advanced Concepts so close to the holidays and congratulations to everyone who earned promotions. The next round of Advanced Concepts clinics will be sometime in the spring.

(Continued from page 1) **Resolutions**

things you can do for your fitness, health and well being. Mindful exercise not only makes us more fit and helps regulate body weight, it helps us feel good about ourselves. It changes our brain chemistry to actually be happier and improves our ability to think clearly. Lastly, regular exercise helps us sleep better allowing us to be more rested during our awake times, and our bodies to repair and minimize injuries and illnesses.

An out of the box approach to New Year resolutions is to simply make a commitment to yourself to live more healthy. In addition to specific goals for resolutions, or just as an alternative, we should commit to living healthy each day and improving our lives. Maximize the good stuff and minimize the bad. We should do our best to make good choices from day to day. Take the initiative and make good stuff happen. Do kind things for your friends and family. Do your best to be happier and help the people around us to do the same. Be the hero of your own story. Optimize 2019, and the rest of your life!

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I've been a **bad** worker in the past. I know the feeling of **failure**, the feeling of **shame**. A weak, **lazy** person. I didn't respect myself.

I say: **Be the hero in your own movie**. Pretend that your life was a movie and it started now, what would the hero do? What would the person that you **respect** do? What would the person that you **admire**, and inspires you do?

Do that.

- Joe Rogan

