



ZenQuest Martial Arts Center

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

NEWSLETTER

January 2020

2020 Vision

Let's face it, New Years resolutions have become cliché and an endless source of jokes. The 'New Year, New You' mantra has left many people discouraged about any attempt at resolutions. Most of the time the people who do try to make a fresh start with promises to themselves end up watching them fade away a few weeks into the new year. However, with a little tweak in mindset, we can be more successful with improvements in our lives.

The first step in making lasting 'quality-of-life' improvements is to look at what we can improve in our lives. We need to pick things that we have control over and are realistic to make work. Thinking long term is the key. We should think about slow steady improvements, and avoid quick-fixes that will likely result in rebounding back to what we had before...or worse. Choosing unrealistic goals that are just too difficult to get to will likely wind up in the trash-heap of our personal failures. The Japanese have a saying of 'Kaizen' or 'gradual improvement.' This is the concept of making gradual improvements every day. This is how we should approach any resolutions we have for ourselves.

Once we have some realistic goals in mind the next step is to put them into practice. If it is a fitness goal, we need to look at the calendar and choose the times in the week that we will do our workouts. This can be especially challenging with heavy or varying schedules, but it is important and it can be done. If it's a goal related to eating or weight loss, we need to think about making smart food choices, limiting our portions, and eliminating opportunities to cheat. If it's quitting bad habits, we need to put a plan in place and set a date where that is finished. Whatever the goal is, we need to make it happen because it won't happen on it's own.



Endless delay will kill any goal, so we need to start our plan NOW. Don't say to yourself things like "I'll start that on Monday" or some other time in the future. To be successful, we need to implement our plan right now. Delaying our plan for some point in the future is probably the most common way to sabotage any

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Old-Schooler Visits

ZenQuest recently had a visit from George Chaplin of Pennsylvania. Sensei George was recently promoted to 8th Dan in Uechi-Ryu Karate after training for over 40 years. Originally from London, England, he lived in Okinawa for 18 months in his younger days. While there he trained with many of the greats including Master Kanei Uechi, and Sensei Connie's and Mark's teachers Shigeru Takamiyagi and Toshio Higa.

In addition to his experience in Karate, Sensei George has also practiced Soto Zen for over 40 years. Soto Zen utilizes 'single minded' meditation for the purpose of leading a calmer and more mindful life.

Sensei Chaplin spoke about the mental aspects of training in Uechi-Ryu and provided some tips on technique, too. He also shared some stories of his travels for the group.

Thanks to Sensei George for dropping in and thanks to everyone who adjusted their schedules to attend!



Silvio Seminar

Silvio Moraes will be at ZenQuest for a seminar on Saturday, **January 25**. Silvio has trained with Demian Maia for over 23 years and is one of the top instructors at the DMJJ headquarters 'Viila De Luta' in Sao Paulo, Brazil. He is also a veteran officer with the anti-drug task force in Sao Paulo.

Silvio will cover important techniques and strategies of Demian Maia Jiu-jitsu that is guaranteed to improve your skill set. On previous visits to ZenQuest Silvio has rocked the house and we're sure that this time will be no different.

The three hour seminar will be from 10:30 AM to 1:30 PM. Pre-registration will be \$90 until Thursday, January 23. After that, the costs will be \$110. To register stop at the front desk. For out of towners, online preregistration and registration will be available with a one time \$5 surcharge applied.

The date for this was originally scheduled for January 18, but is being adjusted based on Professor Silvio's schedule. Anyone who has already paid for the seminar that cannot make the new date work will be refunded in full.



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.



IMPORTANT DATES

Saturday, January 4: Advanced Uechi
 Saturday, January 11: Advanced Muay Thai
 Saturday, January 18: Advanced Jiu-jitsu
 Saturday, January 25: Professor Silvio Seminar
 Sunday, February 16: Possible Kyu Test
 Saturday, March 14: Possible AMMO Fights
 Professor Demian Maia headlines UFC Brasil!

WELCOME NEW STUDENTS!

YOUTH: Jayden Strout, Kashish Panwala,
Kaiden Hurley

ADULTS: Brian Cobb, Sean Callahan,
Jenny Schwartz, Evan Collins

WELCOME BACK: Jordan Cornellier

HAPPY BIRTHDAY!

Reid Macioge 1/1
 Joshua Sondrini 1/2
 Russell Moody 1/6
 Andrew Goodfellow 1/7
 Tristan Scully 1/7
 Greg Boudreau 1/10
 Joshua Burgos 1/10
 Eva Sinopoli 1/10
 Luka Riedinger 1/15
 Noah Laundry 1/17
 Sonny Gorman 1/20
 Collin Layden 1/21
 Elias Stack 1/24
 Isabella Pereira 1/25
 Mason Lucy 1/26
 Ava Coe 1/26
 Vincenzo (Enzo) Dort 1/27
 Alan Will 1/29

RECENT PROMOTIONS**CRANES:****TIGERS:**

9kyu - Grayson Ambriz, Chloe Borrett,
Avery Hopkins

DRAGONS:**COBRAS:****UECHI:**

4kyu - Dan Coe

PYTHONS:

2 stripe white - Ryan Johansen
 1 stripe grey - Sadie Giumarra

JIU-JITSU:**MUAY THAI:**

4 stripe white - Darren Bradley (corrected),
Kyle Pezzano

Terminology**Counting to Ten**

Japanese: Ich, ni, san, chi, go, rok,
sitch, hatch, kyu, jyu

Brazilian: Um, dois, três, quatro,
cinco, seis, sete, oito, nove, dez

Thai: Nueng, song, sam, si, ha, hok,
chet, paet, kao, sip

“Best Martial Arts Academy”

ZenQuest Martial Arts

Berkshire Eagle’s

Readers Choice Awards
2017, 2018 & 2019



Team Sponsorships 4.0

Round 4! ZenQuest is offering another round of sponsorships for it's fight team! Sponsoring the team is a great way to support the fighters, coaches and gym...AND a way to get your own name out there, too. Fight-team sponsorship funds are used to cover expenses including training, travel, meals, licensing fees and equipment. With several new fighters preparing to make debuts soon, these sponsorships are super important.

In addition to the pride and satisfaction associated with helping Team ZenQuest in pursuing it's goals, sponsors are recognized in several ways. First, sponsors are displayed in ZenQuest's monthly newsletter, on our social media platforms, and on the front page of the ZenQuest website. Next, sponsor names or logos are included on all "fight banners", which are proudly displayed at each event that the fight team participates in, and at other special events. Sponsors also appear on "Walkout" style T-shirts worn by the fighters, coaches, and supporters at competitive events, and for interviews and other appearances.

There are several different levels of sponsorships available. They range from those appropriate for individuals, to something more for businesses or groups. Higher levels offer more opportunities for advertising and exposure for businesses.

This is your chance to support the premier MMA fight team of the Berkshires! To arrange for a team sponsorship, contact coach Connie or Mark in person or call 413-637-0656. Sponsorships of similar levels are placed based on a first come first served basis.



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progress before we ever get started. Often times, that future point never comes and we just continue with a pattern of delay and procrastination.

Getting support from friends and family in making your goals work is SUPER important. The people close to us should realize that having a healthier, more fit, happier you will also benefit them and everyone else around you. Things like coordinating schedules, setting aside resources, and emotional encouragement are huge in making things happen. Unfortunately, creating a culture of

healthy support around yourself sometimes means minimizing time with unsupportive people, and even cutting toxic people out of your life.

What could be more important to improving the quality of our lives? In addition to any fitness or health goals we may have, we should also make a commitment to being calmer, more focused, and happier in our lives. Some simple adjustments that can help a lot are things like getting more sleep, eating healthy, and being more optimistic. It pays to appreciate all of the good things in our lives while improving the things that could be better. Regular meditation and mindful exercise can help tremendously in

thinking more positively and adopting a more optimistic point-of-view. Another tip is to view EVERYTHING in your life as an opportunity to practice staying calm and focused under pressure.

So, make a plan and STICK TO IT. Live in the moment and don't procrastinate or delay actions that will improve the quality of your life and the lives around you. Seek support from family and friends...and don't forget to support them in return.

Have a healthy and happy New Year!

KAIZEN

The Practice of Continuous Improvement.

改 善
Kai (change) **Zen** (good)