



ZenQuest Martial Arts Center

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

NEWSLETTER January 2023



Rolling Resolutions

As we roll into a new year many of us make commitments to improve certain aspects of our lives. In the martial arts we may resolve to return to training, improve our cardio or strength, learn new skills, get to a new rank level, compete, or cross train in another art. Too often though, we can fall into a pattern where these commitments to ourselves and New Year energies are gone by the time February or March comes around. So, here are some thoughts on how to make this all work better.

Within Reason The first step to making your resolutions work is picking something reasonable. Setting goals that are unrealistic are likely to fail and only result in anxiety and frustration. Make sure that you think your goals through and make choices that will work without a herculean effort. Be honest with yourself and choose wisely.

Go Long When Making new goals its important to think long term. Most short term resolutions fizzle out quickly and wind up in the trash-heap of broken promises to ourselves. Instead, we need to commit to more permanent adjustments. Huge changes made too soon can not only be extremely difficult but can also be unhealthy. Even if we get to our goal we will likely bounce right back to where we started before long. It's best to think of more permanent changes to our lifestyle to make these work.

Make a Plan Aspirations are useless without a plan to make them work. Usually that means looking at the calendar and mapping out a weekly or monthly routine for ourselves. Setting milestones and smaller goals throughout the year will help to insure forward progress.

Process Not Product Once you have an idea about what your goals are...forget them. That is to say that you should begin to focus on the process of getting to your goals instead of thinking about the end results. Staying committed to the stuff that will get you there is the key to getting there. If you ever feel like your progress is stalled, recommit to the process and make adjustments if needed.

Parents and Partners Most of the responsibility for making progress that happen for children falls on their parents. They are the ones who must provide the opportunity, means, and routine for younger students to learn the martial arts. They must also be cheerleaders and help kids process the lessons learned in the



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Stay Mindful

With the start of a new year and many relatively new students in classes, it pays to mention some important tips for success at ZenQuest. Here are some things to keep in mind.

First, 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 begins. Being late results in the student missing important information about the class, and struggling to get focused on what's happening. It may also cause them to miss part or all of the warm-ups, resulting in going into the more intense exercises cold and greater risk of injury. Late arrivals tend to disrupt the class, too, which is inconsiderate of classmates and instructors.

Next, much of the martial arts involves developing the mind-body connection. This is achieved by regularly practicing 'mindful movement.' This means training with focus and concentration. Students should avoid distractions like excessive talking, breaks, or horse-play in class. Following the class structure and rules are also a part of learning mindfulness and self-discipline. Simple etiquette like bowing or using appropriate titles for instructors is also important.

Next, we are still following a minimal amount of safety measures to keep students safe from illness. This includes sanitizing before each class, keeping equipment clean, not sharing equipment/clothing. Also very important is refraining from attending class when sick, experiencing symptoms, or having been exposed to illness. Students who seem to be sick in class may be asked to leave until they are well again.

Lastly, remember that students and parents are responsible for keeping their memberships up to date. Incremental tuition payments (i.e. monthly, quarterly, etc.) must be made on or before a student's due date. Although we do provide reminders on our attendance sheets or verbally, students must ultimately keep track. Enrolling via our EasyPay option can eliminate any inconveniences like this. Missed classes must be made up during a time when the student is actively enrolled and 'make-ups' cannot be used to extend the student's enrollment. Students cannot attend classes without an active enrollment.

Stay mindful of this and enjoy your journey!



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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dojo in a positive light. Similarly, partners should understand the value of training for their loved one, and that it will usually benefit them indirectly, too. A good support network at home is invaluable for a students to persevere and thrive in their martial arts experience.

Keep it fun Our chances of success with any resolution increase if we keep things light and fun. Stay positive about your goals and the progress you're making. Try to keep your thoughts positive at the beginning of each day and throughout. Your mindset is the key to your happiness and well-being. Don't forget to insert a cheat day into your routine, but keep that reasonable too and avoid undoing your hard earned progress with it.

So, set some goals and SMASH them...and have an amazing new year in 2023!

IMPORTANT DATES

We will be open on Monday,
January 16th!

RECENT PROMOTIONS**TIGERS:**

8kyu - Arin Williams, Ari Williams
9kyu - Maggie Williams, Celeste De St Andre,
Joel Ospina Cruz, Henry Costigan,
Hayden Joyce, Shara Moyher, Noah
Bouthilette

DRAGONS:

9kyu - James Mercier, Willow Vitolo, Lachlan
Joseph

UECHI:

4dan - Mathieu Moreau
2dan - Tyler Woodbury

PYTHONS:

Grey belt - Jordyn Simmons, Enzo Dort
3 stripe white/grey - Weston Aube
2 stripe white - Easton Tatro, Max Polastris

JIU-JITSU:

Black belt - Jedd Hall
2 stripe brown - Matt Gerlitz
Purple - Dan Dufur, Chris Kupernik
4 stripe blue - Tilo Jackson
2 stripe blue - Jenn Sommerville, Todd Dort
1 stripe blue - Chalice Mitchell
Blue belt - Borey Booker
4 stripe white - Tom Hedges
3 stripe white - Luke Pires, Nick Gray
1 stripe white - Hunter Hamilton, Matthew
Seward

MUAY THAI:

Brown - Chris Kupernik
Purple - Jenn Sommerville
2 stripe blue - Carlo Petrucci
White - Zach Lecuyer, Chalice Mitchell

NEW STUDENTS!

Welcome: Logan Polk, Milan Desai, Jackie Boehm, Marcel Toro, Riley Campbell, Keagan VanZandt, Brody Mechek, Jeffrey Hebert, Brody White, Peter Chapin, Nidhi Sonis, Siddharth Sonis, Charles Villagran, Roman Louw

Welcome Back:

Donovan Boehm, Jesse Blumenthal, Elijah Southard, Mike Reis, Marianna Broderick, Amanda Saunders

HAPPY BIRTHDAY!

Joshua Sondrini 1/2
Russell Moody 1/6
Arin Williams 1/6
Donovan Schultz 1/12
Caleb Kollmer 1/13
Matthew Seward 1/15
TJ Steben 1/17
Kevin Fadding 1/19
Montana Inesta 1/23
Theo Palmer 1/23
Enzo Dort 1/27
Everett Gallagher 1/27
Jeffrey Hebert 1/29
Dashon Taylor 1/30
Aaron Phare 1/31
Miles Stanton 1/31

Terminology**Resolutions**

Japanese: Kaizōdo
Brazilian: resoluções
Thai: Kwam Lagiyeed

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

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

