



ZenQuest Martial Arts Center

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

NEWSLETTER July 2022



Demian Training

Demian Maia will be visiting ZenQuest in August. The UFC veteran and Jiu-jitsu legend will provide several days of instructor training for his affiliate schools in North America. This will be a continuation of annual trainings conducted before the COVID pandemic.

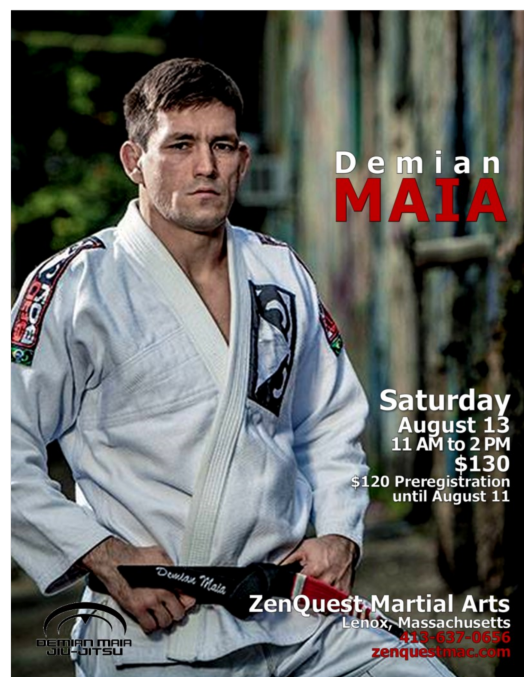
The instructor training will consist of three days of intensive training between August 11th and 14th. This is a great way to insure consistency and high quality instruction in Demian's affiliated schools. The exact schedule will be made available as soon as more detailed plans are firmed up.

In addition to the instructor training Demian will offer a three hour seminar open to all. This will be held on Saturday, August 13th with a preregistration costs of \$120.

Demian recently added another win to his illustrious career competing on the Jiu-jitsu mats. This latest victory came via a Superfight against another MMA veteran and Jiu-jitsu Black Belt, Benson Henderson, at Polaris 20. The full 20 minute time limit was used in a very strategic match. Overall Demian was more dominant in positioning and threatened submissions, earning the nod from the judges.

The original plan was to have Silvio Moraes accompany Demian on this training but, unfortunately, he is dealing with a knee injury at this time. Professor Silvio was going to provide a special clinic for law enforcement officers on this trip, but that will need to be pushed to this fall when he is healthy again.

For information or to reserve a spot at the open seminar please contact ZenQuest at 413-637-0656 or train@zenquestmac.com



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LEJJ Universe Expanding

October of 2021 saw the start of LEJJ or Law Enforcement Jiu-jitsu training at ZenQuest. The program focuses on optimizing safety in the physical interactions required of law enforcement officers. Strategies in LEJJ are primarily based on the principles and techniques of Brazilian Jiu-jitsu, but also incorporates defensive tactics from other martial arts.

The program has already proven itself to help officers perform their duties while reducing risks for them and their communities. This is based on data and feedback from the Pittsfield Police Department, where the bulk of LEJJ participants are employed. The training has also shown to improve things like officer confidence and stress levels, improving their overall health and well being. All of this leads to better overall law enforcement service. This is consistent with the trend with new programs like this around the country.

With the positive feedback and results stemming from the first LEJJ session, the Pittsfield PD is expanding their commitment for a new session beginning in August of this year. PPD will now increase their enrollment from 12 officers in the

nine month pilot program up to 18 officers for a full year. This is also partly possible due to grants provided by the liability insurance company covering the department. These are all strong indications of the importance and effectiveness of LEJJ.

With the expansion of the program, ZenQuest will soon add another LEJJ class on Friday mornings (before our regular No-Gi class.) This will help accommodate the officers' busy schedules and provide them with additional training when possible.

Thanks to all of the participating officers and supporting students for helping to make LEJJ a success. Special thanks to Chief Mike Wynn for his support in the continued development of the LEJJ program at ZenQuest.



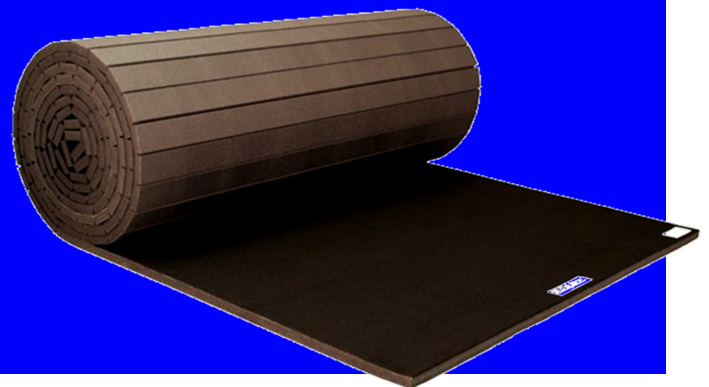
Expansion Update

Progress is being made on our expansion of training room #2. The plans for the work have been completed and we are now in the process of obtaining the permitting required for the project. As soon as that is all in place we will begin work, which should only take a few days to complete.

Essentially, the space between training rooms that was our fitness room pre-pandemic will become part of the room primarily used for Jiu-jitsu and Thai Kickboxing classes. This is because of the fact that the fitness room was historically under utilized and the growing need for additional training space.

The plan is to remove the wall separating the back training room and the fitness room space to create one large room. The existing main entry into the back room will be closed off so that the entry into the new room will be the door into the existing fitness room. Additional mats have already been ordered to match the existing black mats in the back room. The new room will include some Karate decorations so that some of the biggest Karate classes can also be held there.

The goal is to do the work in a way that does not disrupt the class schedule at all. Based on the expected delivery of the mats and the timing of the permits the project will likely be completed in August of this year.



IMPORTANT DATES



Friday, August 12: No am Jiu-jitsu Class
 Professor Demian Maia Seminar:
 August 13, 11:00a - 2:00p
 (NO regular classes after 10:00am)
 Kru Mark Dellegrotte in September

NEW STUDENTS!

Welcome: Noah Bouthuilette, Leeland Gardner, Montanna Inesta, Tony Kennedy, Devyn Petricca, Rowan Petricca, Antonio Sabato, Clayton Correia

Welcome Back: Giovanni Jones, Riley Sabato

HAPPY BIRTHDAY!

- Daivon Mantey 7/5
- Avalise Brown 7/5
- Jeffrey Slater 7/9
- Wyatt Smegal 7/9
- Kyle Wellman 7/10
- Chase Kane 7/12
- Jeff Scrimo 7/13
- Matthew Gerlitz 7/13
- Noah Bouthuilette 7/14
- Leonardo Cardillo 7/15
- Bill Kopetchny 7/19
- John O'Brien 7/29
- Michael Siktberg 7/19
- Kashish Panwala 7/19
- Chalice Mitchell 7/20
- Nicholas Gray 7/20
- Joseph 'JT' Szmanski 7/20
- Michael Cahalan 7/22
- Davy Scribner 7/24
- Troy Middleton 7/24
- Lana Darby 7/25
- Giovanni Jones 7/26
- Jack Huck 7/26
- Dennis McCarthy 7/30
- Krish Shah 7/30

RECENT PROMOTIONS

TIGERS:

- 6kyu - Ben Chagnon
- 7kyu - Dessa Boinay
- 8kyu - Easton Tatro, Lincoln Daley, Becket Lyon
- 9kyu - Dashon Taylor, Paige Blake

DRAGONS:

- 5kyu - Lali Hernandez, Ava Coe
- 9kyu - Margaret Cortez, Itzel Cortez, Hayden Haecker

UECHI:

- 8kyu - Nick Bellora

PYTHONS:

- 3 stripe grey/white - Enzo Dort, Nico Dort, Jordyn Simmons
- 1 stripe white - Sebastian Chavez-Norbury

JIU-JITSU:

- 4 stripe white - Kelsey Koldys
- 2 stripe white - Jeff Slater, David Carusotto, Ryley Hartt, Nick Sondrini
- 1 stripe white - Brian Henault

MUAY THAI:

- 4th stripe white - Kelsey Koldys, Mike Jezak
- 2nd stripe white - Marcus Drake
- White - Levi Giumarra

Terminology

Honor

- Japanese: Meiyo
- Brazilian: Honra
- Thai: He Keyit

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



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



A photograph of Demian Maia, a professional MMA fighter, wearing a white gi. The gi has several patches: a 'COP' patch on the right shoulder, a 'MAIA' patch on the left shoulder, and a large black and white patch on the chest. He is holding a black gi with 'Demian Maia' written on it. The background is a blurred outdoor setting with trees.

Demian
MAIA

Saturday

August 13

11 AM to 2 PM

\$130

**\$120 Preregistration
until August 11**

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Lenox, Massachusetts

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