



ZenQuest Martial Arts Center

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

NEWSLETTER June 2019

Summer Schedule

Summer is an important time to be fit, and an amazing time to train at ZenQuest. With a full schedule of classes available to all ages, there's always a way to attend classes and keep a healthy routine of interesting exercise.

According to Harvard Health Publications, martial arts training burns an average of 750 calories per hour. It is very difficult to duplicate this with 'main-stream' exercise programs like running or bicycling, partly because these activities usually rely heavily on continuous self-motivation. The motivation is always in the *dojo* or martial arts gym. Between the instructors, friends, and the art itself...you will typically forget about what a chore exercising is once you step on the mats.

Another advantage to centering your exercise around a martial arts program is the social aspect. In most other activities, including running, swimming, yoga, spinning, or even main-stream gyms, the participants are isolated and do not interact with each other much. The training in Kickboxing, Jiu-jitsu, Karate or even MMA is based on interaction with others in a positive way. A *dojo* with the right rules in place and a constructive learning environment is an enjoyable place to be for all.

During the coming summer months the schedule at ZenQuest will remain the same with only two exceptions. First, the Thursday morning Uechi Karate class will be adjusted from 10:00 AM to 12:00 Noon. This is to try to provide more flexibility for student schedules. The second adjustment is that there will be no Sunday morning Jiu-jitsu for the summer season. We hope that this doesn't present too much inconvenience for students who've been attending this class.

Remember that keeping a routine of training each week will make you fitter, lower your stress, and make you feel better about yourself. It's not too late to work on that 'beach bod' that you so want! See you in training.



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Scales Promo

A new promotional video is out on our website and social media platforms. The video features a variety of ages in each of the martial arts offered at ZenQuest including Muay Thai, Karate, Jiu-jitsu and MMA. It's high-energy, dynamic, and captures the positive spirit of the gym.

The clip was created by our student DeSean Scales. DeSean, who runs 'D. Scales Photography', recently took it upon himself to produce the piece simply for the love of the school. According to DeSean "My goal was to get people as hyped about ZenQuest as I was. I wanted to motivate people to come in and check us out, and to show the different types of martial arts available to them. I also wanted to show the diversity and how it doesn't matter who you are, we're a place that doesn't judge and we welcome all with open arms." He added "I was one of those people who thought that martial arts gyms were full of competitive people who are just always serious. I thought that going in and not knowing anything, people would laugh or mock me because I was the new guy. But, from day one here, everyone made me feel welcome...like I've been here for years and that's a main reason why I decided to make a promo. I just wanted to show others like me that it's not what you might think, and to help them get rid of any doubts or fears they might have. ZenQuest has changed my life in many ways and I'm grateful to have met all the amazing people who go here."

Big thanks to Mr. Scales for making this video and for his commitment to ZenQuest!



The First Courtesy

At ZenQuest, we try to provide as much flexibility and choices possible for enrollment. We do this to accommodate busy schedules and different financial situations among our students and families. Many students and parents choose our 'Interval' enrollments, opting to commit to as little as one month of commitment at a time.

Although Interval enrollments are a perfectly acceptable option, it is very important that the student or parents keep track of their tuition due dates. Ultimately, it is their responsibility to monitor when tuition payments are due and submit payments on or before their due dates. In traditional martial arts culture it is actually considered impolite to create a situation where the instructors have to ask for any payments. Also, imagine what it would be like if the instructors had to ask each student for payment on a regular basis.

At some point, we will update our tuition system and have electronic reminders and billing. But for now, we just have reminders on the attendance sheets at the front desk. Please remember to sign yourself or your child in for each class attended and take note whenever a reminder appears for tuition or any fees associated with belt promotions. Also, enrolling for longer periods or with our 'Easy Pay' option can minimize confusion and take advantage of discounts, too!



WELCOME NEW STUDENTS!

YOUTH: Brendon Bernier
 ADULTS: Scott Adams, Richard Ciotola,
 Tom Laier
 WELCOME BACK: Thomas Scapin

RECENT PROMOTIONS

CRANES:
 Gold Star - Liam O'Brien
 Red Star - Leo Wilhelm, Zachary Winston

TIGERS:
 9kyu - Ava Coe, Carlee Herlihy, Ian
 Wilkins, Luka Riedinger
 8kyu - Hayden C

COBRAS:
 9kyu - Alex Partida
 8kyu - Zach Kmetz

PYTHONS:
 1 stripe white - Aymeric Loucka, Braelin Kline
 2 stripe white - Leanne Maschino
 Grey/white - Sebastian Manrique
 3 stripe grey/white - Levi Giumarra

JIU-JITSU:
 1 stripe white - Shawn Maschino (April),
 Bella Bruns
 Blue - Jennifer Sommerville
 1 stripe blue - Russell Moody, Glenn Giumarra
 4 stripe blue - Frank Scago
 2 stripe purple - Matt Gerlitz
 Brown - Tim Somerville
 4 stripe brown - Jedd Hall

MUAY THAI:
 White - Jamie Brown
 1 stripe white - Mike Jezak, Glenn Giumarra
 Blue - Tilo Jackson, Amy LeFebvre
 1 stripe blue - Jen Sommerville
 Purple - Chris Bradley
 1 stripe purple - Chris Kupernik

IMPORTANT DATES



Thursday, July 4: NO CLASSES
 HAPPY INDEPENDENCE DAY!
 Saturday, July 13: NAGA Connecticut
 Monday, July 15: NO CLASSES
 Saturday, July 20: AMMO Fights @ the Big E
 Neil Von Flatern challenges for the 170# Title

HAPPY BIRTHDAY!

Matt Hill 6/3
 Kabir Patel 6/4
 Michael Wynn 6/6
 Amara Robertson 6/6
 Emma Baczek 6/6
 Tim Helmer 6/7
 Sebastian Manrique 6/7
 Susanna Zaniboni 6/7
 Hayden Coe 6/9
 Addie Chambers 6/9
 Andrea Moreau 6/10
 Charlie Guyer 6/10
 Jackson Dougherty 6/15
 Tom Laier 6/20
 Jamie Brown 6/20
 Will Junod 6/21
 Davron Yuldeshev 6/23
 Katya Bowen 6/24
 Henry Herzberg 6/24
 Scott Adams 6/25
 Lulu Bowman 6/29
 Christopher Smith 6/28
 Terry Loehr 6/30

“Best Martial Arts Academy”

ZenQuest Martial Arts
Berkshire Eagle's
Readers Choice Awards
 2017 & 2018



Terminology

“Practice/Training”

Japanese: Renshu

Brazilian: Treinamento

Thai: Kan Ubrom

Advanced Concepts

ZenQuest recently completed it's latest round of 'Advanced Concepts' clinics for Jiu-jitsu, Karate and Muay Thai. These are a great way to provide advanced techniques, strategies and insight to intermediate and advanced students in their chosen arts. As usual, this round was a blast.

This time around we started with AC Muay Thai on Saturday, May 11. This was for students with Blue 'Prajet' Arm Band above. After some discussion about issues related to advanced training and instruction we got right into technique and strategy. For this workshop, we focused on ways to catch kicks and follow-ups. This included some striking counters and takedowns. At the conclusion of the clinic some students received rank promotions including: Tilo Jackson to Blue Prajet, Jennifer Sommerville to 1-Stripe Blue Prajet, Chris Bradley to Purple Prajet.

On Saturday, May 18 advanced Uechi-Ryu Karate students ranked Nikyu (Brown Belt) and above attended their AC seminar. After some discussion this group spent time working on advanced Kata or forms, and a series of drills known as 'Yakusoko Kumite Daini.' These drills feature relatively harsh responses for real world self-defense situations. Advanced promotions in this art are scheduled formally rather than performed in the AC clinics.

Advanced Jiu-jitsu students met on Saturday, May 25 for their Advanced Concepts seminar. Students ranked Blue Belt and above also began by covering



some advanced and instructional issues. They then were taken through strategies for applying and countering submissions known as 'Neck Cranks'. These are relatively dangerous holds that involve applying pressure to the neck and spine. At the end of the clinic several promotions were given, including: Jennifer Sommerville to Blue Belt, Russell Moody & Glenn Giumarra to 1-stripe Blue Belt, Frank Scago to 4-stripe Blue Belt, Matt Gerlitz to 2-stripe Purple Belt, Tim Somerville to Brown Belt, and Jedd Hall to 4-stripe Brown Belt!

Thanks to everyone who attended these AC Clinics and congratulations to everyone who earned promotions. See you all at the next round of Advanced Concepts!



New Karate Gis and More!

New custom Karate Gis will soon be available at ZenQuest. These will be high quality uniforms similar to those we've done in the past, but will now feature three patches rather than printed designs. We expect these to be available within the next 6 to 8 weeks at a cost \$70 each.

Our custom ZenQuest training shorts will also be available again soon! These are black 'Board Shorts' with the gym logo on one side and 'Team ZenQuest' on the other. They're made with a comfortable athletic material that are perfect for training. We will also have a limited amount of the 'compression', more snug fitting version available. These shorts are \$45 each.

We also plan on restocking more of our new sweatshirts soon. These are black with the school name on the front, and our three core martial arts noted on the back. These will be available in children's and adult's sizes (up to XXXL) and costs \$45 each. T-shirts with the same design will also be available in the next order for \$28 each.

A limited supply of each of these will be available again soon, so pre-ordering will guarantee you the sizes you need. Please let us know if you'd like to pre-order any of the items coming. We're shooting for June/July on the next shipment.