



# ZenQuest Martial Arts Center

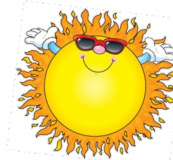
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An Okinawa Karatedo Association, Demian Mata Jiu-jitsu Network and Siyodtong Boston Affiliate

# NEWSLETTER

## June 2022



## The Unicorn

(From July 2015)

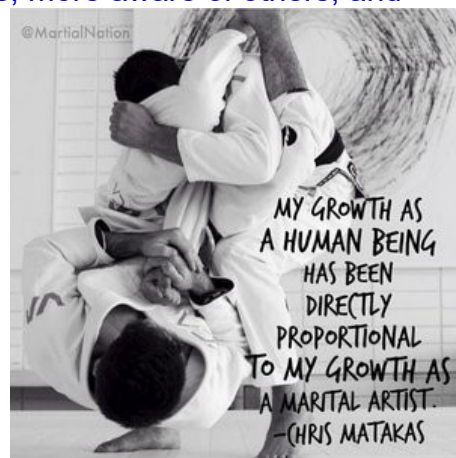
As many as 7 million people practice martial arts in the U.S. This includes anything from passive and peaceful arts like Tai Chi, to extreme combat arts like MMA. People practice these arts for different reasons...improved fitness, stress reduction, flexibility, self-defense, self-discipline, and competition to name a few. These are all great things to take from the martial arts, but for those who can manage a longer stay in the "arts", there are benefits that go much deeper and are more rewarding.

So, what is this sorcery...the secret sauce...the magical unicorn? We can use different words for it but, maybe a good one is clarity. Other words like Zen, nirvana, or enlightenment tend to make many people squirm. Most Americans look at these as some flaky mysticism, or proverbial snake oil. A good portion of martial artist in the west don't get it and, in many cases, they don't want to get it. They can invest a good portion of their lives to training in the martial arts and completely miss this critical aspect of development.

Over time, dedicated training should help us develop the ability to minimize distractions, noise, confusion, and drama in our lives. We can become more aware of our surroundings, more aware of ourselves, more aware of others, and of the world as a whole. The longer we train the more aware we become. Eventually, we can more clearly see important things about ourselves, and what is truly important in our lives, in our community, and in the world.

Martial arts training can also be empowering. Learning strategies that neutralize aggression can make students feel more secure about themselves. Often people refer to this as building "confidence" but, this can easily be confused with, or even cultivated as a type of arrogance. This should be avoided at all costs!

Slipping into a contrived confidence will not only make us an annoying character that few people will want to be around, but will also sabotage any progress or real understanding of the deeper levels of art we're practicing. REAL confidence is the ability to stay relaxed and focused in all situations. It is believing in yourself, but staying humble. We want to be genuinely comfortable with being grounded and based in truth. This mentality will help us keep a pragmatic understanding



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## Demian Training

Jiu-jitsu legend Demian Maia will be conducting several days of instructor training at ZenQuest this summer. This will be a continuation of annual trainings for his affiliate American schools after over two years of pause due to COVID. The event schedule has not been finalized yet, but will likely take place in early August 2022.

This training will consist of three to four days of intensive training during the week for instructors followed by a seminar open to all on Saturday. Details will be made available as soon as plans are firmed up. Stay tuned for more details on this amazing training!

Demian recently won a 'Superfight' grappling match over black belt competitor Alex 'Cowboy' Oliveira in BJJ Stars 8 via triangle choke. The 5-time world Jiu-jitsu champion and winner of the prestigious ADCC is now scheduled for another Superfight with MMA and Jiu-jitsu veteran Ben Henderson at Polaris 20. The match will take place on Saturday, June 25th in the UK and should prove to be a very technical battle.



## Seminar Postponed

Our next Muay Thai seminar with Kru Mark DellaGrotte has been postponed until sometime in early September. The clinic was scheduled for June 25th, but one of ZenQuest's long time students and assistant instructors, Chris Kupernik, is getting married on that day. We will announce the new date as soon as we have it. Congratulations to Chris and Laurie!

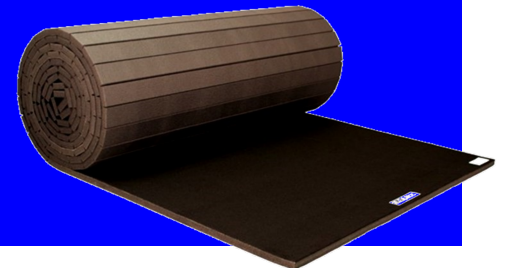
## Expansion Update

For years, ZenQuest has had two training rooms for classes, plus a fitness room with some basic equipment in it like treadmills, an exercise bike, a squat rack and bench, and a variety of other training gear. When the pandemic hit, most of the bigger equipment items were removed from this room to allow for one way traffic through the building and the addition of several more punching bags (used primarily for Muay Thai training.)

Now that the pandemic is winding down this space is going to be repurposed for expanding the back training room. This is partly because the fitness room has been notoriously under-utilized during the time it was available to students. It is also becoming necessary due to the fact that some of the classes at ZenQuest are often filled and need more space. Expanding training room 2 will allow us to accommodate growing classes at the school going forward.

The plan is to remove the wall separating the back training room and the fitness room to create one large space. 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 children's classes can be held there.

Plans are being finalized so that the proper permits are acquired. Once they are in place the expansion work will begin. The goal is to do this in a way that does not disrupt the class schedule at all. Based on the expected delivery of the mats the project will likely be completed in August of this year.



**IMPORTANT DATES**

Saturday, July 2nd &amp; Monday, July 4th.

**NO CLASSES**

Professor Demian Maia in August

Kru Mark Dellegrotte in September

**NEW STUDENTS!****Welcome:** John O'Brien, Ozryell Scipio, Aiden Drury**Welcome Back:** Robert Haywood**HAPPY BIRTHDAY!**

Tiffany Brower 6/1

Matt Hill 6/3

Oliver Holt 6/4

Michael Wynn 6/6

Tim Helmer 6/7

Alexa Pfeiffer 6/8

Hayden Coe 6/9

Addie Chambers 6/9

Andrea Moreau 6/10

Brian Henault 6/10

Harrison Martin 6/10

Dessa Boinay 6/11

Troy Laureyns 6/12

Samuel Kelmelis 6/15

Micah Mortali 6/16

Derek Boomsma 6/17

Luke Olsen 6/17

Rebecca Ralston 6/18

Charlie Guyer 6/18

Cael Swan 6/23

Katya Bowen 6/24

Andrey Norin 6/24

Sean Callahan 6/25

Jake Hall 6/24

Theodore Didio 6/27

Christopher Smith 6/28

Ben Chagnon 6/30

**RECENT PROMOTIONS****TIGERS:**8kyu - Emma Bordonaro, Elijah Schrag,  
Noah Schrag9kyu - Cael Swan, TJ Steben, Everett  
Gallagher, Colby Cadorette**DRAGONS:**6kyu - Zooley Bayles  
8kyu - Stryder Mortali**COBRAS:****UECHI:**1Dan - H. Alsdorf  
8kyu - Jordan Cornellier**PYTHONS:**

1 stripe white - Antonio Carlino

**JIU-JITSU:**3 stripe white - Ricky Jennings  
2 stripe white - Craig Jones, Andy McMahon,  
Jake Doyle  
1 stripe white - Nick Gray**Terminology****Humility**

Japanese: Kenkyo

Brazilian: Humildade

Thai: Kwam Anom Tom Boan

**“Best Martial Arts Academy”  
ZenQuest Martial Arts****Berkshire Eagle's  
Readers Choice Awards  
FIVE YEARS  
RUNNING!**

(Continued from page 1) **The Unicorn**

of how our art functions in reality.

We should also learn to “live in the moment.” This principle trains us to focus on what’s happening now, and not be distracted by what has happened or might happen. Letting go of the past is important, because we can’t change the past. We can only learn from it. Worrying about the future will rob us of a happy present and, ironically, distract us from planning our actual future effectively! Focusing on our present allows us to perform better and experience more fully whatever we do...whether its our work, sports, recreation or just relaxing.

With better awareness, genuine confidence, and the ability to focus on the present its much easier to have a more positive outlook on life. We learn to minimize negativity, and focus on the positive aspects of our lives. We are free to think more clearly and make sound decisions. We can intelligently build and tailor our lives in a way that makes us and the people around us happy. We can learn to be truly relaxed and enjoy ourselves more.

Often times, students will gain clarity about what they really want out of life, and make some major changes. They may go back to college, they change jobs, they move to a different area, they start a family, etc. Sometimes they actually stop training as a result of these changes, without realizing that the “arts” helped them arrive at the new understanding of themselves. This is still a good thing and, when this happens, instructors and friends can still feel good that the student is happier and improving their life.

Essentially, the martial arts unicorn is about living a long, productive and happy life. Its being a leader in the community for being helpful and kinder to others. Its being less angry, frustrated, hostile and confrontational. Its about being comfortable socially and not afraid of other people or groups. It’s stability during the inevitable peaks and valleys on the roller-coaster of life. It’s being able to adapt to changes moment to moment, day to day, and year to year. Its inner peace and harmonizing with our world.

We will all experience good and bad times and, eventually, our lives will end. Being able to enjoy or at least endure these things well will improve the quality of our lives, as well as that of those around us.

## Kyokai Website

The Okinawa Karatedo Association or *Kyokai* is in the process of building a new website. The project had been delayed for months due to the pandemic and the resulting financial effects on the organization. Now, with the help of contributions from affiliated dojos the site is finally underway and should be up and running within a few weeks.

The new site will be a great source of information and resources for students of Uechi-Ryu Karate around the world. It will include lists of affiliated dojos in different parts of the world, and news and updates from Okinawa. Black belt promotions around the world will also be posted on the site.

In the fall of 2021 affiliate dojos in the US and Europe contributed resources to help jumpstart the project. Senseis Mark and Connie were instrumental in organizing fundraising and volunteer work for the site. Several dojos were excited to see the project advance and donated generously.

Huge thanks to everyone who helped to make the new site a reality. Special thanks to Antonis Tzounis of Greece for his work in constructing the site.

