



ZenQuest Martial Arts Center

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

NEWSLETTER May 2022



Are We There Yet?

After over two years the pandemic seems to finally be winding down. The predominant strain affecting us at this point seems to be the 'Omicron' variant. This is a less virulent version of the coronavirus which results in flu like symptoms and rarely becomes as serious as the original COVID19.

Despite all of this, it still makes sense to exercise intelligent precautions in the gym/dojo. Its no secret that ZenQuest cancelled classes for the last week of April. We did this in order to prevent a major spreading event at the gym. Several students had reported testing positive for COVID then some instructors actually did, too. We took steps to minimize the impact of this and keep everyone as safe as possible. From what we can tell this actually worked well as we had few reports of additional cases after the closure.

Going forward we are asking students to be cautious and refrain from attending classes if they have flu-like symptoms, or believe they have been exposed to someone who has COVID. If a student or instructor does test positive they should also refrain from attending classes for the recommended 7 day minimum, or until they test negative. Also, upon returning to training, said individuals should plan on masking for an additional 5 days while in the dojo.

We will continue to do frequent sanitizing of surfaces, and requiring students to sanitize well before each class. Face coverings are also encouraged for students who have elevated risk factors or with family members at risk.

Any missed classes can be made up at the student's convenience. If needed students may make up classes by cross-training in another martial arts. For students who are unable to do so, please contact us



(Continued on page 2)

<i>In this Issue</i>	<i>Page</i>
ARE WE THERE YET?	1 & 2
DEMIAN TRAINING, EXPANSION PLANS	2
PROMOTIONS, DATES TO NOTE, NEW STUDENTS, BIRTHDAYS, TERMINOLOGY	3
TUITION NOTES, KYOKAI WEBSITE	4

Demian Training

Jiu-jitsu legend Demian Maia is planning on 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 late July or early August.

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.

Demian recently won a 'super fight' grappling match over black belt competitor Alex 'Cowboy' Oliveira in BJJ Stars 8. At 44 years old the veteran competitor made it all look easy in his return to sport Jiu-jitsu after an impressive run of 15 years in Mixed Martial Arts. Demian essentially dominated positioning and submitted Cowboy via triangle choke at about half way through the 10 minute time limit.

Stay tuned for more details on this amazing training!



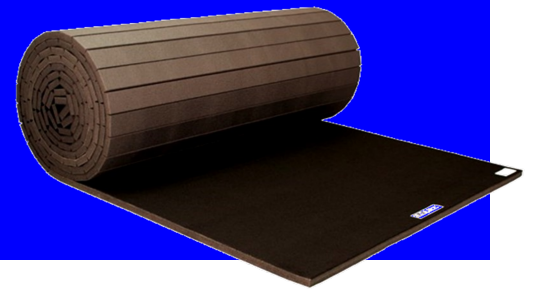
Expansion Plans

The original plan for ZenQuest when it opened in the Lenox Commons Plaza back in 2010 included two training rooms for classes, plus a fitness room. For years, the fitness room had basic equipment in it like treadmills, an exercise bike, a squat rack and bench, and a variety of other fitness and 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 more punching bags (used primarily for individual Muay Thai training.)

Now that the pandemic is winding down this space is going to be repurposed to expand 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 with students. Expanding training room 2 will allow us to accommodate the larger classes at the school better 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.

Once plans are finalized and the proper permits are in place the expansion project 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 July of this year.



(Continued from page 1) Are We There Yet?

and we will be happy to make an adjustment to your membership accordingly. We sincerely apologize for the inconvenience and appreciate your understanding in this situation.

IMPORTANT DATES



Sunday, May 15: Dan Test
 Saturday, 5/28 & Monday, 5/30:
NO CLASSES - Happy Memorial Day!

HAPPY BIRTHDAY!

- Pritha Aggarwal 5/1
- Ira Lagerbom 5/2
- Gordan Lagerbom 5/2
- Nicolas LaPointe 5/3
- Oliver Cum 5/6
- Craig Jones 5/7
- Marek Mackey 5/7
- Margaret Cortes 5/9
- John Logsdon 5/10
- Hannah Robinson-Habig 5/10
- Kathy Petrucci 5/11
- Sawyer Morse 5/13
- Ruby Littman 5/14
- Jack Cantin 5/14
- Jennifer Rennie 5/15
- Tim Noble 5/15
- Jenny Schwartz 5/16
- Kim Bertelli-Hunt 5/19
- Mathieu Moreau 5/19
- Denise Devereaux 5/20
- Charles Lambert 5/22
- Myles Hamann 5/23
- Hayden Haecker 5/23
- Weston Aube 5/23
- Jedd Hall 5/25
- Amanda Saunders 5/25
- Quinn Morse 5/26
- Abigail Senner 5/28
- Connie Gordon 5/29
- Samantha Moser 5/29
- Citlali Hernandez 5/29
- Gustavo Perez 5/31

NEW STUDENTS!

Welcome: FJ Rabiaj, Jack Huck, Hayden Haecker, Enjelah Haecker, Aidan Pravia, Adam Tomlinson

Welcome Back: Cody Henderson, Jordan Cornellier, Marissa Maher, Chris Siemonidis, Michael Cahalan, Kaiden Hurley, Jason Dragonetti, Brendan Sullivan

RECENT PROMOTIONS

TIGERS:

- 7kyu - Parker Lamont, Jasper Stanton, Leo Cardillo
- 8kyu - Jennie Hogancamp, Phoebe Porter, Wesley Didio, Theo Didio, Ellie Hogancamp
- 9kyu - Miles Stanton, Karl Beauchaine

DRAGONS:

- 6kyu - Gus Perez, Layla Wixsom
- 9kyu - Leafy Murphy, Ira Laegerbom, Gordon Laegerbom, Avalise Brown, Max Polastri

COBRAS:

- 2kyu - Levi Giumarra
- 5kyu - Hayden Coe, Quincy Rocca

UECHI:

- 5kyu - Michael Siktberg, Audrey Chagnon
- 8kyu - Will Ezell
- 9kyu - Nick Bellora

PYTHONS:

- White/grey - Landon Chuck
- 3 stripe white - Connie Gordon

JIU-JITSU:

- 3 stripe white - Scott King

Terminology

Consistency

Japanese: Ikkan-Sei

Brazilian: Consistência

Thai: Kwam Samonsamur

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



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



Tuition Notes

ZenQuest is known as the best martial arts school in it's area...the beautiful Berkshires. However, it is also a family run business that has survived many challenges, including two years of the COVID19 pandemic. With all of the crazy trials and adjustments we've gone through during that time, it seems that we need to remind some students of our membership and tuition policies, and offer some additional options.

Although we provide a contemporary autopay or subscription option for membership, the bulk of our students choose to enroll via an 'old school' incremental system. This is where students choose increments of time for enrollment between one and twelve months, and make payments accordingly. This provides lots of flexibility for students, but is also the most 'high maintenance' choice. Students who chose incremental enrollments are responsible to keep track of their tuition dues dates and make payments accordingly. We also do our best to provide helpful reminders on the attendance sheets at the front desk.

The vast majority of students who chose to enroll incrementally do a great job of tracking their memberships and making payments on time. However, there are students who do seem to have trouble with this. So, going forward we will be making the following adjustments:

- > Whenever possible someone will be at the front desk to sign students in and remind them when their tuition is coming due. If this is not possible, the sign in sheets will be on the desk for students to sign themselves in. In the latter case, please watch for tuition reminders (usually in the form of a highlighted due date.)
- > Students who have let their tuition lapse will be required to bring their membership current before attending classes. This can create some awkward situations, especially for younger students. So, please try to avoid this and stay current with your memberships.
- > Tuition payments made more than five days late will be charged a \$10 late fee.

This is based on policies that have always been in place at ZenQuest, and is included on the back side of each student's enrollment form. We simply cannot afford to be lax about them going forward.

As always, we encourage students to consider our 'Easy Pay' autopayment option. Aside from the convenience and tuition discount that Easy Pay provides, it also 'locks' the student's tuition rate. This means that their tuition cannot increase as long as they remain in it. Its also perfect for students who want to commit to a longer term study of the martial arts.

To take advantage of enrolling this way all that is needed is to fill out an Easy Pay form and submit it at the ZenQuest front desk. Tell us which credit card account you would like to use for this and we take care of the rest. A double payment is made on the 'front end' of this enrollment and that extra month can be used on the 'back end.'

Please contact us if you have any questions on this or would like to go ahead with ZenQuest's Easy Pay plan.

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.

