



ZenQuest Martial Arts Center

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

NEWSLETTER November 2019

Learning Success

Proper training in the martial arts can help people learn the traits and skills that will make them successful in their lives. Regular practice with mindfulness, focus, calmness and perseverance over time leads to amazing life-skills and healthy habits that affect many aspects of our lives. Experts have uncovered the traits that lead people to success, and they can ALL be gained in the dojo or martial arts gym.

Recent studies have been done by psychologists and psychiatrists to find out which character traits are shared by successful people. They found that, aside from natural potential like intelligence and talent, three personality traits were key. These are:

Conscientiousness – Conscientious people are careful about the things they do. They are organized, plan ahead, arrive on time, have a thoughtful and careful approach to things, stick to their schedule, set goals and do everything possible to achieve them.

Grit – People with ‘grit’ are willing to work hard and “grind” through challenges. They rise to the level that life throws at them and are driven to succeed despite hardship. Gritty people get the job done.

Courageous Control – Also known as ‘Fearless Dominance’, people with courageous control can stay calm under pressure and get the job done. They are not intimidated by situations or people and navigate through difficult challenges. With structure and a sense of honor, these people tend to be very successful and great leaders.

These traits are all woven into the classes at ZenQuest. In fact, THAT is what ‘ZenQuest’ is all about! We might use slightly different words and even hide some of these principles for kids, but they are there:

Mindfulness – This is just another way of saying conscientiousness. We talk about mindfulness and mindful movement a lot in our classes. Essentially, once you step on the mats everything you do should be done with focus, purpose and care. This leads to focus, purpose and care in our daily lives over time.

Perseverance – In training we often refer to ‘grit’ as perseverance. This is an essential part of any martial art worth it’s salt. In order to be successful in Karate, Muay Thai, Jiu-jitsu or MMA, hard work and dedication is required. Some martial arts schools promote students on a schedule regardless of their progress and growth, but rank or status should be earned and not



(Continued on page 4)

<i>In this Issue</i>	<i>Page</i>
LEARNING SUCCESS	1&4
MORE GEAR SOON, TUITION ADJUSTMENTS, BRAGGING RIGHTS	2
PROMOTIONS, DATES TO NOTE, NEW STUDENTS, BIRTHDAYS, TERMINOLOGY	3
TEAM SPONSORSHIPS 4.0, SMOKE FREE	4

More Gear Soon

Our super popular ZenQuest sweatshirts will be available again soon! These are black with the school name on the front, and our three core martial arts noted on the back. They will be available in children's and adult's sizes up to XXL at a cost of \$45 each. T-shirts with the same design will also be available in the next order for \$28 each.

New custom Karate Gis will also soon be available. 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 8 to 10 weeks at a cost \$70 each.

We also have custom ZenQuest 'Board Shorts' and training shirts or rashguards available at \$45 each.

Please let us know if you'd like to pre-order any of the items coming. Special thanks to everyone who has pre-ordered for being patient.



Tuition Adjustments

To keep pace with ever increasing expenses, the tuition at ZenQuest is being adjusted slightly. The basic adult tuition will increase by \$10 per month, with typical discounts for three, six or twelve month enrollments and Easy Pay. The basic children's tuitions and basic adult family rate will increase by \$5 per month. Children's family rates will remain unchanged.

These tuition rates have started on November 1st, 2019. This is a good time to consider enrolling in our Easy Pay payment plan. Doing so will provide a discount on tuition AND lock your tuition rates so that they cannot go up for as long as you remain enrolled.

To enroll in Easy Pay or for any questions related to tuition please contact us or stop at the front desk. Thanks.

Bragging Rights

On Saturday, October 26 Demian Maia earned bragging rights by defeating Ben Askren. The bout was Demian's 26th time in the octagon and the main event of the UFC's Fight Night in Singapore. Maia's game plan and execution was nothing short of brilliant, solidifying his place in grappling and MMA history.

Demian spent the majority of the first two rounds using striking to keep Askren at a distance. Although known for world class Jiu-jitsu, Demian had the edge striking and landed several strong punches in that mode. This forced Ben to resort to trying to take Demian down, which Maia more successfully sabotaged early on. About half way through the third round Askren took Demian down, and the BJJ master went to work. After blocking Ben from achieving a dominant position, Maia put Ben on his back and started working towards the mount. As Demian slowly gained position Ben 'bellied out' and turned his back to Maia. Demian eventually sunk the rear choke in and Ben began to tap right as he passed out.

Demian's strategy of keeping the fight standing and frustrating Ben with strikes was a great way to deplete Askren's gas tank as the bout progressed. Forcing Askren to struggle for the takedown also took their toll on the wrestler so that, when the inevitable grappling match on the ground came, Maia was not only more skilled, but was also fresher.

This was Demian's 27th win in MMA and 11th submission finish in the UFC. With that, Maia surpasses Royce Gracie in total submissions, moving him into second place behind Charles Oliveira at 13. Congratulations to professor Demian on an incredible win!



IMPORTANT DATES



Saturday, November 23: Tap Cancer Out JJ Event
 Wed/Thurs/Fri/, Nov. 27, 28, 29: NO CLASSES
 Sunday, December 8: Kyu Test
 Monday, December 16: Special Uechi Class with Sensei George Chaplin @ 7:30 PM
 Tue/Wed/Thur/, Dec. 24, 25, 26: NO CLASSES
 Tue/Wed/, Dec. 31, Jan 1: NO CLASSES
 Saturday, January 4: Possible Silvio Seminar *

WELCOME NEW STUDENTS!

YOUTH: Anthony Ozuni

ADULTS: Chuck Lambert

WELCOME BACK: Skylar Rodick,
 Joshua Burgos & Joshua Koch

HAPPY BIRTHDAY!

Genevieve Buker 11/1
 Pilot Wright 11/1
 Marissa Maher 11/5
 Todd Dort 11/6
 Carlee Herlihy 11/7
 Joseph Willson 11/8
 Celina Bragdon 11/8
 Arianna Noyes 11/9
 Silas Heck 11/11
 Ozzy Macioge 11/15
 Jon Oleson 11/16
 Herbert Gregg 11/20
 Ryk Byers 11/24
 Norrin Darby 11/26
 Ericka Oleson 11/26
 Steve Tremble 11/28
 Collin Wellman 11/28
 Leila Sevilla O'Brien 11/28

RECENT PROMOTIONS

CRANES:

TIGERS:

9kyu - Mercedes Howell, Harper DeVries,
 Evan Basnet, Lilly Hassmer, Laila Sevilla-O'Brien
 7kyu - Colton Smith, Cayden Bona
 6kyu - Jordyn Simmons
 5kyu - Christopher Smith

DRAGONS:

COBRAS:

UECHI:

8kyu - Amanda Saunders
 3dan - Andrea Moreau

PYTHONS:

1 stripe white - Josh Sondrini, Lizzy Sondrini, Enzo Dort, Nico Dort
 3 stripe white - Ashley Heck

JIU-JITSU:

1 stripe white - Ricky Jennings, Mike DeSanty
 2 stripe white - Scott King, Ericka Oleson

MUAY THAI:

White - Carlos Alberti, Amanda Saunders
 2 stripe white - Jamie Brown, Glenn Giumarra
 3 stripe white - Kyle Pezzano
 1 stripe blue (corrected) - Amy LeFebvre
 2 stripe blue - Tilo Jackson
 1 stripe purple - Chris Bradley

Terminology

“Concentration”

Japanese: Shuchu

Brazilian: Concentração

Thai: Samati

“Best Martial Arts Academy”

ZenQuest Martial Arts

*Berkshire Eagle’s
 Readers Choice Awards
 2017, 2018 & 2019*



Team Sponsorships 4.0

Round 4! ZenQuest is offering another round of sponsorships for it's fight team! Sponsoring the team is a great way to support the fighters, coaches and gym...AND a way to get your own name out there, too. Fight-team sponsorship funds are used to cover expenses including training, travel, meals, licensing fees and equipment. With several new fighters preparing to make debuts soon, these sponsorships are super important.

In addition to the pride and satisfaction associated with helping Team ZenQuest in pursuing it's goals, sponsors are recognized in several ways. First, sponsors are displayed in ZenQuest's monthly newsletter, on our social media platforms, and on the front page of the ZenQuest website. Next, sponsor names or logos are included on all "fight banners", which are proudly displayed at each event that the fight team participates in, and at other special events. Sponsors also appear on "Walkout" style T-shirts worn by the fighters, coaches, and supporters at competitive events, and for interviews and other appearances.

There are several different levels of sponsorships available. They range from those appropriate for individuals, to something more for businesses or groups. Higher levels offer more opportunities for advertising and exposure for businesses.

This is your chance to support the premier MMA fight team of the Berkshires! To arrange for a team sponsorship contact coach Connie or Mark in person or call 413-637-0656. Sponsorships of similar levels are placed based on a first come first served basis.



(Continued from page 1) **Learning Success**

given. In Okinawan, grit is called 'gambarimas.' There is a saying there that highlights their approach to challenges in life "fall down seven times, stand up eight times."

Calm Focus – Most martial arts incorporate practicing to be calm and focused in training or courageous control. In Thai Kickboxing they call this 'sabai.' In Okinawan Karate they call it 'fudoshin', and in Brazilian Jiu-jitsu it's called 'tranquillo.' In each art the idea is the same, to be very calm and methodical under pressure. Although this can be challenging at times, it allows a person to perform well regardless of what difficulties are put in front of them.

Cultivating traits like mindfulness, perseverance, and calm focus are essential for being successful in the martial arts and in LIFE! This applies to people of any age, but is especially important for children. Establishing these qualities early can improve the quality of life, for the rest of their lives. Through dedication and regular training in the Dojo these important life-skills can be learned and reinforced.

Smoke Free

We do our best to provide a clean, positive, healthy and safe training environment for everyone. We also encourage everyone to lead a healthy and productive life to the best of their ability. With that, we discourage smoking and do not allow smoking in or around the facilities. This includes vaping, e-cigarettes or any other type of smoking. Students who do choose to smoke should not do so immediately before training, as this may interfere with their immersion and introduce unneeded risks for them and others. Students should also be considerate and take steps to insure that they, their uniforms, and their training gear do not smell of any kind of smoke. We appreciate your cooperation and understanding on this issue.

