



ZenQuest Martial Arts Center

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

NEWSLETTER November 2022

Six-peat

We're excited to announce that ZenQuest has been awarded "Best Martial Arts Academy" in the Berkshires for the sixth year in a row! The distinction is given by the 'People's Choice Awards' conducted by the area's largest print and online news agency, the Berkshire Eagle. Once again, we had nothing to do with promoting this and were notified of the award after the voting had closed and the results were tallied. We believe that this is the result of years of doing our best to provide the best facility, instruction, and training environment possible.

Our facility is very functional and 'user friendly' for students, families, and visitors. It is designed to optimize the experience for everyone who goes there. We are actually in the process of making improvements to the site inside and out and are excited about the future.

We take great pride in providing world-class instruction in all of the programs at ZenQuest. With three internationally recognized parent organizations, our teaching standards and methods are guaranteed to be high quality and authentic. Also, with a combined experience of over 70 years between Senseis Connie and Mark, we're happy to guide others in their martial arts journey.

The training environment we've created may be our biggest accomplishment and reason why our students and families support us as they do. ZenQuest is a place of mutual support and respect where anyone who is sincere about learning can thrive. Instructors and students know that welcoming new people is crucial in maintaining a friendly environment for all.

One more element worth a mention is the fact that we do set high standards and students advance in their chosen arts based on their efforts, progress in their art, and personal development. The ranks earned at ZenQuest are recognized around the world. This may seem like a matter of course, but too often in the martial arts world students are herded through a process of memorization and false confidence.

We would like to thank our staff, students, and families for helping to make ZenQuest the amazing place that it is! We would not receive the recognition that we have over the last six years without them. We will continue to do everything we can to make it all even better! Thanks again Team ZenQuest!!!



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Construction Zone

Work is well underway on some important improvements at ZenQuest! Over recent weeks we've made progress on no less than three different projects. Here are some updates on how these are all going.

First, it's become really obvious that we're reconfiguring the space for our back training room. Basically, the space that was our fitness room prior to the pandemic is now being added to the room primarily used for Jiu-jitsu and Thai Kickboxing classes. This will result in about a 43% increase in the size of that training room. This is being driven by the growing need for additional training space, and the fact that the fitness room has been under utilized over the last 12 years.

As part of this project the entry into the room has been changed, an additional ceiling fan has been installed, and about three new rows of mats will be added. With the elimination of the fitness room it will no longer be possible to watch classes from there. However, a closed circuit camera system will be installed soon so that classes can be viewed from our reception area. This work is expected to be completed in November with minimal disruption to classes.

We also recently began replacing our 'old school' florescent lights with new LED fixtures. The new fixtures will provide the same amount of light but use as much as 70% less electricity when compared to the 40+ year old fixtures. In addition, the new fixtures do not require bulbs or 'ballasts' like the old ones, which needed replacement periodically. With over 70 fixtures throughout the building we were in a constant battle to keep up on replacing these parts.

The plan is to replace the old lights in stages, concentrating on one room at a time. This approach will lessen the burden of the costs of the new lights, and provide an opportunity to recycle parts for the old lights remaining. We expect that it will take about one year to complete this project.

Improvements are also being made to the outside of the building including repairs to the siding, windows, and doors. So, join us as we watch the best martial arts school in the Berkshires get even better!



Advanced Training

The next round of our 'Advanced Concepts' clinics have now been scheduled. These are slated as follows:

Jiu-jitsu - Saturday, December 3 (Blue Belt and up)

Muay Thai - Saturday, December 10 (4-Stripe White Prajiet and up)

Uechi-Ryu - Saturday, December 17 (Brown Belt and up)

These all have a start time of 1:15 PM, and should run for about 90 minutes each. Please note that these take the place of our usual competition trainings on those days. Eligible students are strongly encouraged to attend.

WEATHER CLOSURES

Occasionally, the weather will become intense enough during the winter months to present a serious travel risk for our students and instructors. This can result from a single, severe weather event happening at the time of classes; or from an accumulation of events leading up to the time of classes. Other indicators can be other major organizational closings and local travel advisories. If it appears that travel will be too risky during class times, the school will close for that time. Students can verify these closures by checking the school's website or Facebook page, checking their e-mail, and by checking for a message on the ZenQuest phone at 413-637-0656.



IMPORTANT DATES



Sunday, 11/6 Dan Test, 1:30 pm

Thursday, 11/10 - NO AM CLASS

Friday, 11/11 Veteran's Day - NO CLASSES

Sunday, 11/13 Kyu Test. 1:30 pm

Sat/Sun, 11/19 7 20 - Tap Cancer Out

Wednesday/Thursday/Friday, 11/23, 24, 25
Thanksgiving - NO CLASSES

HAPPY BIRTHDAY!

Audrey Chagnon 11/1

William Ezell 11/2

Stryder Mortali 11/4

Marissa Maher 11/5

Todd Dort 11/6

Arianna Noyes 11/9

Andrew McMahon 11/10

Marcus Drake 11/10

Abby Havill 11/11

Leland Hawkins 11/12

River DiVecchio 11/13

Matteo Ferioli 11/14

Jonah Frank 11/15

Grey O'Donnell 11/15

Herbert Gregg 11/20

Layla Wixsom 11/20

Robert Horne 11/21

Anthony Gallo 11/21

Ryan Hasset 11/23

Evan Collins 11/25

Norrin Darby 11/26

Cal McHugh 11/27

Nicholas Bellora 11/29

NEW STUDENTS!

Welcome: Joey Maschino, Jack Miskinis, Ryan Miskinis, John Walak, Mati Zoffoli, Jason LeFebvre, Matthew Seward, Hayden Joyce, Donovan Schultz, Oliver Brooks, Brian Rice, Robert Inesta, Andrew Arce, Tyler Harrington, Max Cusack

Welcome Back: Herb Gregg

RECENT PROMOTIONS

TIGERS:

6kyu - Parker Lamont, Leo Cardillo
7kyu - Easton Tatro, Westley Dido, Theo Didio, Ellie Hogencamp
9kyu - James Polk, Arin Williams, Ari Williams

DRAGONS:

7kyu - Jennie Hogencamp, Lana Darby
8kyu - Aiden Drury

UECHI:

9kyu - Kevin Fadding

PYTHONS:

Grey/white - Troy Middleton
2 stripe/white - Mercedes Howell
1 stripe white - Simon St. John, Riley Sabato, River DiVecchio

JIU-JITSU:

2 stripe white - Elias Casey

MUAY THAI:

White - Zachary Lecuyer

Terminology

Footwork

Japanese: Futtowaku

Brazilian: Trabalho de pés

Thai: Fut weirk

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



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

