



ZenQuest Martial Arts Center

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An Okinawa Karatedo Association, Demian Maia Jiu-jitsu Network and Sityodtong Boston Affiliate

NEWSLETTER October 2022



Fall In

The end of the summer season means falling temperatures, shorter days, back-to-school, and a return to our more 'indoor lifestyles.' Although we can still enjoy outdoor activities like apple-picking and leaf-peeping, it is also a great time to renew our commitment to martial arts training. With so many new and returning students it's also a good time to review some policies and guidelines for success at ZenQuest. So, let's take a look at that now.

Attendance - One of the most crucial factors in making progress in the martial arts is setting a schedule of classes for yourself, and then sticking to it. When we set a schedule and make training a routine we will learn, develop, and advance. The martial arts can help us develop discipline and self-control, but we need to have enough discipline to make regular attendance a habit first. Sometimes it can be challenging to make a regular schedule for training due to work, family, school or other activities. If progressing in your chosen art(s) is important to you, though, you'll find a way to make it work.

Arrival and preparedness - In addition to consistent attendance students should also make a habit of arriving on time for their classes. Ideally, this means arriving 10 to 15 minutes before each class. This will provide enough time to get settled, change clothes if needed, and start to get ready for the class. Arriving late for class once is a while is understandable, but a consistent pattern of this is disruptive and detrimental for the offending student in different ways. Parents must stay mindful of the importance of not arriving for classes too late OR too early. Students should also remember to bring all of the gear needed for their classes including proper clothing, sparring gear, and a water bottle.

Rules and etiquette - In each of the martial arts at ZenQuest there are established rules for training. These include common sense ideas for safety and courtesy in the 'dojo'. Each martial art involves practicing self-defense strategies that can be risky if not learned and used properly. So, in each training room there is a set of rules that help to foster a safe, respectful and enjoyable place to learn. The instructors help students to learn these rules, but students must also be sure to learn and follow them.

Promotions - Each of the primary arts at ZenQuest have ranking systems. Uechi-Ryu Karate has a belt system for children and adults, Sityodtong Thai Kickboxing has a armband or 'prajiet' system, and Demian Maia Jiu-jitsu has a belt ranking systems for adults and children. There are well established guidelines and requirements for advancement in each of these systems. These include knowledge of techniques and strategies, personal and martial arts development, and minimum attendance requirements for each level. Of those the

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Construction Zone

Permitting is in place and work has finally begun on the expansion of our back training room. The existing space between the training rooms, designated as a fitness room prior to the pandemic, will now become part of the room primarily used for Jiu-jitsu and Thai Kickboxing classes. The change is driven by the growing need for additional training space and the fact that the fitness room was historically under utilized.

At the time of this newsletter the walls separating the two spaces are being removed. Once they are gone the existing entryway to 'Training Room #2' will be closed off, and the entry into the old fitness room will become the new entry for the expanded training room. The work should be completed by the end of October with minimal disruption to the classes in that room.

For everyone's safety the old fitness room space will not be accessible to students and parents during the construction phase of the expansion project. Additionally, once the project is completed that space will be part of our training room #2, so only students participating in classes there should enter into that space. However, we will soon add a closed circuit camera system with two cameras in each training room so that classes can be viewed in our reception area.

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.

We are also focusing on some upgrades on 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!



Schedule Adjustments

Please note that we've made some adjustments to our class schedule. These include the following:

- ◆ Adult classes will be one hour in duration. This includes all Adult Karate, Muay Thai and Jiu-jitsu classes. Monday evening Strength & Conditioning will remain at a 45 minute duration.
- ◆ The time between classes will generally be reduced to 15 minutes. This is due to further reduction in sanitizing the rooms between classes.
- ◆ A 'Tigers' children's Karate class has been added on Mondays at 4:15 PM. This is to accommodate the current demand for that group.
- ◆ A 'LEJJ' or Law Enforcement Jiu-jitsu class has been added on Fridays at 9:15 AM. This is to accommodate the expansion of that program and offer another alternative for those students.

Our children's classes will remain at a 45 minute duration. This is based on the proven success of this class length and consideration of relative attention spans of children in the modern era.

Some of the adjustments made are a return to 'pre-pandemic' practices at ZenQuest. With COVID metrics trending down, and minor strains dominating new cases, we are comfortable with relaxing some restrictions put in place during the height of the pandemic.

These adjustments went into effect following the Labor Day holiday on Tuesday, September 6th. The updated class schedule is available on our website and at the front desk. For any questions or changes in students' classes, please contact us.

**Training Room 1
CLASS SCHEDULE
Forquest Martial Arts Center**

| Day | Time | Class | Instructor |
|------|-------------|-------------------------------|------------|
| MON | 5:30-6:30 | Adult Karate | John |
| MON | 6:30-7:30 | Adult Muay Thai | John |
| MON | 7:30-8:30 | Adult Jiu-jitsu | John |
| MON | 8:30-9:30 | Adult Strength & Conditioning | John |
| MON | 4:15-5:15 | Tigers Karate | John |
| TUE | 5:30-6:30 | Adult Karate | John |
| TUE | 6:30-7:30 | Adult Muay Thai | John |
| TUE | 7:30-8:30 | Adult Jiu-jitsu | John |
| TUE | 8:30-9:30 | Adult Strength & Conditioning | John |
| WED | 5:30-6:30 | Adult Karate | John |
| WED | 6:30-7:30 | Adult Muay Thai | John |
| WED | 7:30-8:30 | Adult Jiu-jitsu | John |
| WED | 8:30-9:30 | Adult Strength & Conditioning | John |
| THUR | 5:30-6:30 | Adult Karate | John |
| THUR | 6:30-7:30 | Adult Muay Thai | John |
| THUR | 7:30-8:30 | Adult Jiu-jitsu | John |
| THUR | 8:30-9:30 | Adult Strength & Conditioning | John |
| FRI | 9:15-10:15 | LEJJ | John |
| FRI | 5:30-6:30 | Adult Karate | John |
| FRI | 6:30-7:30 | Adult Muay Thai | John |
| FRI | 7:30-8:30 | Adult Jiu-jitsu | John |
| FRI | 8:30-9:30 | Adult Strength & Conditioning | John |
| SAT | 8:00-9:00 | Adult Karate | John |
| SAT | 9:00-10:00 | Adult Muay Thai | John |
| SAT | 10:00-11:00 | Adult Jiu-jitsu | John |
| SUN | 8:00-9:00 | Adult Karate | John |
| SUN | 9:00-10:00 | Adult Muay Thai | John |
| SUN | 10:00-11:00 | Adult Jiu-jitsu | John |

IMPORTANT DATES

Monday, 10/10 Indigenous Peoples' Day
(formally Columbus Day) - NO CLASSES

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

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

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

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

HAPPY BIRTHDAY!

Darren Bradley 10/1
Brandt Mears 10/1
Stephen Dalton 10/2
Michael Cleary 10/3
Kaydance Thornton 10/4
Lincoln Daley 10/5
Levi Giumarra 10/6
Penny Spangler 10/6
Thomas Aube 10/7
Adam Weinberg 10/11
Kathryn Sondrini 10/12
Tilo Jackson 10/14
Jacob Doyle 10/14
Orion Davidoff 10/15
Kyle Dube 10/15
Dan Dufur 10/15
Michael Kahn 10/17
Dulcinea Squailia 10/17
Parker Lamont 10/17
Mariana Broderick 10/18
Liam Lyon 10/20
Connor Burt 10/23
Landon Chuck 10/23
Cheryl Callahan 10/24
Douglas Melo 10/25
Christopher Santos 10/28
Robert Aubin 10/29
Nicholas Sondrini 10/29
Theo Poulson 10/29
James Mercier 10/30

NEW STUDENTS!

Welcome: Joseph Penna, Zachary Greene, Shara Moyher, Elijah Esko, Alexander Esko, Caleb Tullock, Juliano Roldao, Kevin Fadding, Hunter Hamilton, Andre Verdi, Arthur Coleman, Romeo Stern, Smith O'Donnell, Grey O'Donnell, Willow Vitolo, Oak Manley, Abby Havill, Caleb Kollmer, Henry Costigan, Chad Rheume, Doug Melo & Thayna Dias

Welcome Back: Liam Carty & Andre Gusmao

RECENT PROMOTIONS**TIGERS:**

8kyu - Miles Stanton, Everett Gallagher
9kyu - Clayton Correia

DRAGONS:

5kyu - Zoey Bayles
7kyu - Henry Svirida, Phoebe Porter, Lilly Bingham
8kyu - Hayden Haecker
9kyu - Montanna Inesta

COBRAS:

6kyu - Connie Gordon

PYTHONS:

1 stripe grey/black - Zach Kmetz
2 stripe grey/white - Weston Aube
1 stripe grey/white - Gus Perez, Landon Chuck
Gray/white - Connie Gordon
1 stripe white - Isaac Cornellier, Montana Inesta

JIU-JITSU:

3 stripe Purple - Neil Von Flatern
4 stripe white - Ricky Jennings
3 stripe white - Jeff Slater, David Carusotto, Nick Sondrini

Terminology**Thank you**

Japanese: Arigato Gozaimashita

Brazilian: Obrigado

Thai: Kub Hune

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

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



Escapes Restructured

Karate is a traditional 'striking' martial art where the basic idea is to stay on your feet and use footwork, blocking, and striking for self-defense. Part of being able to make that work is also having the ability to escape common holds. So, in each of our Uechi-Ryu Karate based programs we include strategies to counter common self-defense situations.

In recent times we have included escape techniques in our 'Kyu' or pre-black belt rank tests. Each rank level would have two strategies that the student would learn and demonstrate during each of their rank tests. The intent was to have a systematic way to insure that students received this important part of their training. However, this proved to be a bit awkward in formal testing and resulted in extending the time required for these events.

Going forward we have restructured the way that these strategies are taught at ZenQuest. Now, each student will be given a list of self-defense situations complete with a brief description of the counter strategy. We will cover these strategies more frequently in classes to insure each student learns them well. This will be a more thorough way to cover these strategies and save time in formal rank testing.

Copies are now being distributed to students and are available upon request. For more information feel free to speak to or contact us.

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minimum time or number of classes required is the LEAST important. Progressing in rank is something that students should stay excited about and regular attendance is crucial for that, they should mostly focus on their development in their art and as a person.

COVID and Illness - Students experiencing cold or flu-like symptoms, or suspect that they've been exposed to an illness should refrain from attending classes until they know that they will not expose others. Similarly, students with a serious injury that prevents them from participating in classes should give themselves some time to heal. Students and parents should notify us when this happens so that we can place their membership on hold until they are well and can train again.

Holidays and Weather - We do close for some holidays at ZenQuest. This is based largely on the expected student attendance and the needs of our instructors. We typically announce holiday closures well ahead of time in our newsletter, on our website, and on the bulletin board in our reception room. Periodically, in times of severe weather (mostly during the winter months) travel conditions can become hazardous and classes may be cancelled. The decision to cancel in these cases is based on a combination of the conditions prior to opening for classes and weather forecasts. Notices of weather closures are sent out via email and placed on the school's answering machine.

Membership - Students who choose to enroll incrementally (i.e. monthly, quarterly, etc.) need to stay mindful about their tuition payments. These should be made on or before the student's tuition due dates. Students should not attend classes when a payment is late. Reminders are typically noted on the sign-in sheets at the front desk, and if someone is there they may gently remind students. This can all be minimized by enrolling via our EasyPay subscription option, or doing longer incremental enrollments. Please note that memberships cannot generally be extended due to missed classes.

So, make the most of this fall season AND take your martial arts training to the next level at ZenQuest!

