



ZenQuest Martial Arts Center

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

NEWSLETTER September 2019

Back-to-School Registration

The Back-to-School season is here and so is the time to start planning for activities for the kids. The fall and winter seasons have historically been the busiest time for children's classes at ZenQuest. During this time we do our best to organize those classes to ensure a healthy and positive environment for everyone and ask parents to do their part by designating which classes their kids will be attending.

This year we'll be doing our children's 'Fall Registration' a little differently. For many years we have sent a packet to families via 'snail-mail' and, in more recent times by email, too. Now, for the first time, we're eliminating the snail-mail and going electronic! This should be more efficient for everyone and reduce paperwork in the process.

We recently sent an email to all families with students aged 14 and under. The email included a link to our website where parents can indicate class choices for their kids during the busy season. Forms were also included for those who prefer to simply complete hard copies or return them via email. These forms are also available at the ZenQuest front desk for your convenience.

Parents can visit the website or submit forms at any time now that the link is up, but early registration is encouraged due to the anticipated volume of students this year. Classes are being filled on a 'first come, first served' basis, and indicating which classes are preferred in a timely manner is the best way to reserve classes for kids. **This applies to new or returning students, AND those already attending classes.** For new or returning students, registration must be validated with tuition payment.

A current class schedule will be included in the information provided, but we don't expect any changes to the schedule of children's classes at this time.



Remember that 'Partial Participation' discounts are reserved for students age eight years old and younger. Kids age thirteen or older are eligible to attend unlimited Adult classes including Karate, Jiu-jitsu, Thai Kickboxing, and Strength & Conditioning.

Please let us know if you have any questions about any of this, and look for your Fall Enrollment email soon. We will look forward to another great season of fun and learning at the oldest and best martial arts school in the Berkshires!!

In this Issue

| | <i>Page</i> |
|--|-------------|
| BACK-TO-SCHOOL REGISTRATION | 1 |
| BEST AGAIN, ADVANCED CONCEPTS SLATED, DELLAGROTTE SEMINAR | 2 |
| PROMOTIONS, DATES TO NOTE, NEW STUDENTS, BIRTHDAYS, TERMINOLOGY | 3 |
| DELLAGROTTE SEMINAR FLYER | 4 |

Best Again

For the third year in a row, ZenQuest has been voted "Best Martial Arts Academy" in the Berkshires! The honor came by way of the area's biggest news publication, the 'Berkshire Eagle.' The Eagle boasts a total audience of over 200,000 between their print and online presence. Every year they ask their readership to vote on local businesses to determine which are best in the area. We were surprised to receive the award in 2019, partly because we weren't fully aware that 'Best Martial Arts Academy' was a category.

This is an amazing honor when one considers that there are about twenty martial arts schools and clubs in Berkshire County. When asked about why he thinks ZenQuest is considered best, co-owner and chief instructor Mark Flynn said "We just do all we can to provide the best facility, environment and instruction possible for our students. We especially pride ourselves on having a friendly and positive environment for everyone. It probably doesn't hurt to have affiliations with some of the best organizations in the world for each of the martial arts we provide, too!"



Advanced Concepts Slated

Mark your calendars for the next round of Advanced Concepts clinics at ZenQuest. These are a great way for our more experienced students to work on advanced techniques and strategies, and talk about optimizing their training and teaching. These are scheduled as follows:

- ◆ **Uechi-Ryu Karate** - Saturday, September 7, 1:00 PM to 2:30 PM (Nikyu and above)
- ◆ **Demian Maia Jiu-jitsu** - Saturday, September 21, 1:00 PM to 2:30 PM (Blue belt and above)
- ◆ **Sityodtong Muay Thai** (Kru Mark Seminar) - Saturday, September 28, 12:00 PM to 2:00 PM

These are normally provided to at no additional costs and students eligible to attend are encouraged to do so. The seminar with Kru Mark DellaGrotte does have an additional cost, but is open to all students.

DellaGrotte Seminar

We'll be hosting another seminar with Kru Mark DellaGrotte on Saturday, September 28. He's considered one of the best Thai Kickboxing coaches in the world, with direct lineage under the legendary Grandmaster Senan Yodtong. Kru Mark never fails to provide an incredible learning experience that is guaranteed to improve your striking skill set.

The two-hour clinic will begin at 12:00 PM, consisting primarily of two-person drills. Participants should bring a pair of boxing/ Thai style gloves, shin-guards and some water to stay hydrated. Preregistration costs is \$75 until Thursday, September 26, after which registration is \$90. To reserve your spot, stop at the front desk or call 413-637-0656.



WELCOME NEW STUDENTS!

YOUTH: Mason Lucy, Indigo Tortolani, Hendrix Tortolani, Oscar Daire, Zoe Mertinooke, Carter Shufelt, Riley Sabato, Nooh Hassmer, Eva Sinopoli, Mercedes Howell

ADULTS: Marie Herbert, Andre Gusmao, Matthew O'Sullivan, Eli Mertinooke

WELCOME BACK: Jonathan Ogle, Dulci Squailia

IMPORTANT DATES

Saturday, September 7: AC Uechi-Ryu, 1:00 PM

Saturday, September 14: NAGA Albany

Saturday, September 21: AC Jiu-jitsu, 1:00 PM

Saturday, September 28: DellaGrotte Seminar

Sunday, October 6: Kyu Test

Saturday, October 12: NAGA RI

Thursday, October 31st: NO PM CLASSES

HAPPY BIRTHDAY!

Shaun Supranowicz 9/5

Colton Jennings 9/5

Michael Jezak 9/6

Jonathan Ogle 9/9

Joseph Foster 9/10

Isaac Cornellier 9/10

Colby Rivest 9/10

Victor MacDowell 9/15

Abigail McLaughlin 9/15

Michael McHugh 9/16

Atticus Clark 9/17

Jordyn Simmons 9/18

Michelle Moreau 9/19

Ian Bridgman 9/20

Ryan Timm 9/20

Maya Giglia 9/21

Efrain Cruz III 9/23

Cooper Kennedy 9/25

Leanne Maschino 9/28

Robert Haywood 9/29

Sean Adamson, Jr. 9/29

Ayden Jezak 9/30

RECENT PROMOTIONS**TIGERS:**

9kyu - Gustavo Perez, Rea Rivest

PYTHONS:

1 stripe white - Weston Aube, Gustavo Perez,
Ryan Johannsen

3 stripe white - Leanne Maschino

Grey - Levi Giumarra

2 stripe grey - Zach Kmetz

JIU-JITSU:

2 stripe white - Shawn Maschino, Todd Dort

MUAY THAI:

White - Trace Kimple, Ericka Oleson,
Shawn Maschino

1 stripe white - Jamie Brown

2 stripe white - Kyle Pezzanno

4 stripe white - Carlo Petrucci

1 stripe blue - Tilo Jackson

2 stripe blue - Jen Somerville

“Best Martial Arts Academy”

ZenQuest Martial Arts

Berkshire Eagle's

Readers Choice Awards

2017, 2018 & 2019

**Terminology**

“Punch”

Japanese: Tsuki (skee)

Brazilian: Soco (so-ko)

Thai: Toy

Kru Mark DellaGrotte

Sityodtong Muay Thai



Saturday, September 28, 12PM to 2PM
Pre-Registration - \$75, Registration after 9/26 - \$90
55 Pittsfield Road, Lenox, MA 413-637-0656

