



ZenQuest Martial Arts Center

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

NEWSLETTER September 2022

BTS '22

The 'back-to-school' season is upon us again and at ZenQuest that means organizing our children's classes for the fall. We do this in order to keep reasonable limits on these classes and insure a positive experience for each student. After an unusually busy summer it is more important than ever for parents and older students to help us with this at this time.

Parents of younger students (and older students) should notify us at their earliest convenience if they will be continuing with classes in the fall season. Essentially, we need to know which classes students would like to reserve during this time in order to get you onto the appropriate class lists. Students aged thirteen years or older are eligible to transition to Adult classes (including Karate, Jiu-jitsu, Thai Kickboxing, and Strength & Conditioning.) These classes do not need to be reserved.

With the pandemic metrics and restrictions way down, we are returning to our pre-pandemic approach to class limits on classes this season. These vary slightly from class to class based on the age-ranges and number of instructors available for each class. Ultimately, these limits are optimized based on many years of experience on the matter.

Students and parents can reserve their classes by any of the following ways:

- ◆ By speaking to someone directly at the front desk
- ◆ By sending an email to train@zenquestmac.com
- ◆ By calling us at 413-637-0656

Please remember that class reservations and lists are made on a 'first come first served' basis. Waiting lists will be generated for classes that exceed their set limit. Students who are not able to attend their first choice for classes right away are encouraged to choose alternative classes until space opens up in their preferred classes.

Also, remember that class reservations will only be effective with an active student enrollment. **Reservations for students not currently enrolled must be accompanied with tuition payment to restart the student's membership.** Remember, too, that 'Partial Participation' discounts are reserved for students age seven years old and younger.

Although the pandemic seems to be winding down, we are continuing to exercise some caution in the gym. This includes sanitizing, extra cleaning, intelligent personal care, and students refraining from attending when sick. Face coverings will remain optional and students who are more comfortable wearing them are encouraged to do so. With these precautions students CAN reap the



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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 will be 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 will be 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 are in 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.

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:00 AM								
9:00 AM								
10:00 AM								
11:00 AM								
12:00 PM								
1:00 PM								
2:00 PM								
3:00 PM								
4:00 PM								
4:15 PM								
5:00 PM								
6:00 PM								
7:00 PM								
8:00 PM								

Let There Be LED Lights

We recently began replacing our 'old school' florescent lights with 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 new LED lights will be much more efficient and low maintenance going forward. The plan is to replace the old lights in stages. Essentially, we will be doing it 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 from the old lights in maintaining those remaining. We expect that it will take about one year to complete this project.

We are focusing on some other upgrades for the future, too. We recently installed a new air conditioning system on the east side of the building. After delays due to supply chain and labor force issues we are happy to report that a new system was installed on August 6th. This will greatly improve the cooling in the reception area and men's locker room, and relieve the stress on the system on the other side of the building.

We are also still preparing for an expansion of the back training room. The existing space between the training rooms, designated as a fitness room prior to the pandemic, will 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.

The plans for the work have already been completed and we will begin work as soon as the permits are secured. Once that is in place the actual work should only take days to complete. The work will be done in a way that should not disrupt the class schedule at all.



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benefits of the learning, physical activity, and socialization at ZenQuest.

New class schedules are now available via our website and at our front desk. Please see page 2 for a summary of the schedule adjustments. The new schedule takes affect on Tuesday, September 6th. As always, please let us know if you have any questions or concerns going forward. We will look forward to another great season of fun and learning at the oldest and best martial arts school in the Berkshires!!

IMPORTANT DATES

Tuesday, Sept. 13- No AM Class

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

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

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

Kru Mark Seminar TBD

HAPPY BIRTHDAY!

Ryley Hartt 9/1
Dylan Muellers 9/1
Brianna Buratto 9/3
Shaun Supranowicz 9/5
John Mazzeo 9/6
Michael Jezak 9/6
Isaac Cornellier 9/10
Kinslee Broderick 9/10
Lucas Kunde 9/11
Aiden Drury 9/12
Tristan Jumeau 9/12
Jennie Hogencamp 9/12
Jonathan Curinga 9/14
Abbigail McLaughlin 9/15
Michael McHugh 9/16
Jordyn Simmons 9/18
Michelle Moreau 9/19
Luke Pires 9/19
Ian Bridgman 9/20
Epi Arias 9/22
Isaiah Dixon 9/23
Emma Bordonaro 9/25
Kaiden Hurley 9/26
Holden Keiper 9/27
Enjelah Haecker 9/28
Leanne Maschino 9/28
Jacob Barbour 9/29
Robert Haywood 9/29
Easton Tatro 9/29
Ayden Jezak 9/30

NEW STUDENTS!

Welcome: James Mercier, Kathryn Sondrini, Ashton Brennan, Jonathan Curinga, Maggie Williams, Lucas Kunde, Chad Rheame, Zach Lecuyer, James Polk, Theo Poulson, Ari Williams, Arin Williams, Terry Powell, River DiVecchio, Celeste De St Andre, Nico Morales, Lachlan Joseph, Penny Spangler, Michael Kahn, Lily Huh, Sienna Huh

Welcome Back: Michael D'Mato

RECENT PROMOTIONS**TIGERS:**

8kyu - Elliot Descanio, TJ Steben, Riley Sabato, Colby Cadarette
9kyu - Tony Kennedy, Antonio Sabato, Dashon Taylor, Leeland Hawkins

DRAGONS:**COBRAS:**

9kyu - Ozryell Scipio

UECHI:**PYTHONS:**

3rd grey/black - Levi Giumarra

JIU-JITSU:

2 stripe black - Mark Flynn
1 stripe black - Connie Flynn
Purple - Russell Moody, Glenn Giumarra
4 stripe white - Borey Booker
3rd stripe white - Craig Jones, Andy McMahon, Jake Doyle
2nd stripe white - Nick Gray

MUAY THAI:**Terminology****Consideration**

Japanese: Kōryo

Brazilian: Consideração

Thai: Kwam Rakub

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

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



Demian Training

Demian Maia spent several days here in the Berkshires back in August. The Jiu-jitsu master was in town to hold the first instructor training for his north American affiliates since 2019. This is normally an annual occurrence but, like so many other in-person activities, was put on hold during the COVID pandemic. ZenQuest was honored to help get this important tradition back on track!

The instructor training consisted of three days of intensive training between August 11th and 14th. Among the strategies covered in the four sessions held were: stand up grappling, grip fighting, leg entanglements, pressure in positioning, and advanced submission details.

This is a great way to insure consistency and high quality instruction in Demian's affiliated schools. Several of ZenQuest's assistant instructors attended the training which ultimately benefits all of our own students directly.

In addition to the instructor training Demian offered a three hour open seminar on Saturday, August 13th. For this the master grappler let the participants choose the material to cover. Then, for each strategy chosen the 5 time world champion focused on important principles for success. Over forty students attended the clinic and walked away with a few points added to their BJJ IQ.



At the end of Demian's visit he surprised Professors Connie and Mark with promotions. Professor (teacher in Brazilian) Connie was promoted to 1-stripe or '1st grade' Black Belt, while Professor Mark was promoted to 2-stripe or '2nd grade' Black Belt. These had also been delayed by the pandemic.

Thanks to everyone who supported the seminar and training, and special thanks to Demian Maia for making the trip! Congratulations to Professors Connie and Mark on leveling up!!

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 will restructure 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.