



ZenQuest Martial Arts Center

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

NEWSLETTER July 2024

Showing Up

In the martial arts there can be many challenges to deal with in order to keep our training going and reach our goals. These can range from difficulties in learning techniques, distractions, lack of motivation, family and work struggles, illnesses, injuries, burn-out, and personality conflicts to name a few.

The best way to deal with these challenges is the principle of 'JUST SHOW UP.' This is simply making a solid habit of getting to the gym/dojo on a regular basis to train. If we can make a routine of throwing our gear in the car and motivating ourselves to get there consistently we will...over time...learn, level-up, master strategies, gain insight, and grow as a person.

This was mentioned recently at ZenQuest by a student who quoted a previous martial arts teacher from many years ago. Sometimes 'JUST SHOW UP' might have a colorful word or two added for emphasis. In any case it's worth repeating here as it is the single most important part of success in any martial arts endeavor.

As we all know things that seem like they would be easy at first can turn out to be super challenging. With busy schedules of school, work, family, and other activities, getting to the dojo a couple of times each week can be difficult at times. However, most of the challenges we will encounter can be overcome with some commitment, self-discipline, and support from those around us.

It can be easy for us to make excuses for skipping training, too. Anything from "I'm too busy" to "I'm too tired" to "I'm not 100%" to "I'll train at home" are common mental traps to fall into. But, making a habit of excuses instead of getting to the dojo is guaranteed to ruin your martial arts experience. Prioritizing training and shaking off negative thoughts will keep you on track.

With busy schedules, sometimes things come up that cause us to miss class. Oftentimes, though, we can adjust our schedules and simply attend a different class during that week. For cases where we feel physically or mentally fatigued training will actually likely energize us and improve our state of mind.

Once we've successfully committed to regular and consistent training the benefits are nothing short of amazing. Attending martial arts classes regularly is essential for making progress. Here's why regular attendance is so



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Kikai Camp Schedule

The Kikai 2024 Karate camp is fast approaching! This is a training camp co-sponsored by ZenQuest and the Uechi Karate Dojo of North Attleboro featuring four Okinawan Masters including Master Tsutomu Nakahodo. Master Nakahodo is Sensei Connie's and Mark's head teacher and one of the most advanced Uechi-Ryu teachers in the world. The event filled up immediately with a great turnout, so it should be amazing!

The camp will happen between July 21 and 28. In spite of the fact that several of ZenQuest's instructors will be running and attending the camp, the vast majority of classes at ZenQuest will still be held during that time. All regularly scheduled classes will be held except the following:

- Uechi-Ryu Adults: 7/22 to 7/27
- Tigers: Mon. 4:15 PM - 7/22 & Sat. 9:15 AM - 7/27
- Dragons - Thurs. 4:15 PM - 7/25
- Muay Thai - Wed. 12:00 PM - 7/24, Fri. 12:00 PM - 7/26 & Sat. 12:00 PM - 7/27
- Team Sparring - Mon. 8:00 PM - 7/22 & Sat. 1:15 AM - July 27



Please make a note of these class cancellations and make adjustments accordingly. Most students can simply do classes at other times, move up an age group, or cross-train in another art to make-up any missed classes.

Remember that trainings like the Kikai camp go towards instructor development and tend to elevate the quality of the teaching in the dojo. Essentially this benefits everyone at ZenQuest!

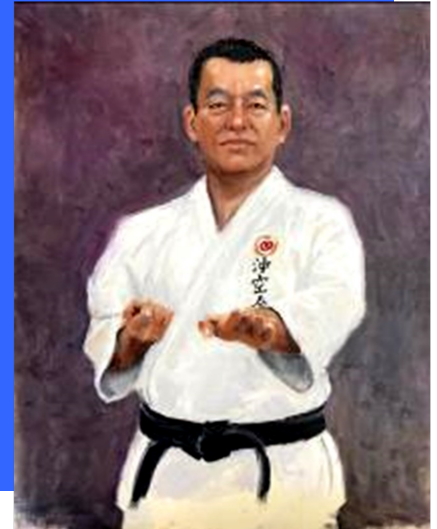
Picture Perfect II

The Kikai Camp is just about here! As part of preparing for the camp we have commissioned an artist to paint portraits of two of the Masters that will be visiting. Our in-house 'artiste', Chalice Mitchel, recently completed portraits of Grandmaster Tsutomu Nakahodo and Master Hirokuni Yamashiro. The portrait of Nakahodo Sensei is already framed and hanging in ZenQuest's blue room, and the Sensei Yamashiro portrait is currently being framed.

Master Nakahodo is a 10th Dan (degree Black Belt) in Uechi-Ryu Karate and one of the most senior masters of the art in the world. He is also Sensei Connie's and Mark's primary teacher. Master Yamashiro is a 9th Dan and also Sensei Connie's and Mark's teacher. He has also been instrumental in helping them on their trips to Okinawa, and has visited the Berkshires several times.

Chalice has styled the new portraits to match those already hanging at ZenQuest. Eventually she will also do portraits of Grandmasters Higa and Takamiyagi who were the Flynn's head instructors until their passing in 2022 and 2012 respectively.

Huge thanks to Chalice for her amazing work on these incredible additions to the Berkshires' premier martial arts school. She is a local art instructor and accomplished freelance artist. For more information on her work please contact us.



Gear Here

Many students have been patiently waiting for custom ZenQuest gear like Karate and Jiu-jitsu uniforms, patches, and training shorts. Well, we're happy to announce that the latest shipment of gear has arrived and is now available again. If interested in any of these items please stop at the front desk or message us and we'll be happy to help.

We also have more of the black ZenQuest T-shirts and sweatshirts coming, so look for those to be available again soon!

IMPORTANT DATES



July 14, 1:30 pm - Kyu Test
 July 21 thru July 28 - 2024 Kikai Camp

NO CLASSES the following dates/times:

- No Adult Uechi Classes all week 7/22-27
 - No Tigers Monday 7/22, 4:15 PM & Saturday 7/27, 9:15 AM
- No Muay Thai, Wed/Fri/Sat 7/24, 7/26, & 7/27, Noontime
- No Dragons Thursday 7/25, 4:15 PM

HAPPY BIRTHDAY!

- Eli Geminder
- Chris Manley
- Meredith Bleier
- Jeffrey Slater
- James Horth
- Matthew Gerlitz
- Lincoln Ladeinde
- Ben Boscarino
- Joel Ospina Cruz
- Leonardo Cardillo
- Tyler May
- Acadia Lacey
- Michael Siktberg
- Chalice Mitchell
- Ryan Tedesco
- Nilani Broussard
- Zachary Lecuyer
- Drew Guinan
- Lana Darby
- Seth Gabriel
- Dennis McCarthy

(Dates now omitted for improved security)

NEW STUDENTS!

Welcome: Maya Murray, Joseph Foster, Valerie Mercado, Drew Guinan, Isaac Terry, Josh Hartman, Joau 'John' Spada

Welcome Back: Musa Thompson, Tyler May

RECENT PROMOTIONS

TIGERS:

- 6kyu - Andrew Arce
- 8kyu - Chase Bashara
- 9kyu - Caleb Pinsonneault, Cillian Ardouin

DRAGONS:

- 7kyu - Maggie Williams, Ben Boscarino, Ella Piretti

COBRAS:

- 7kyu - Nilani Broussard
- 8kyu - Roman Bates

PYTHONS:

- 1 stripe grey/white - Connie Gordon

JIU-JITSU:

- 4-stripe purple - Mike Reis
- 4-stripe blue - Chalice Mitchell
- 2-stripe blue - Jake Doyle
- 2-stripe white - Phil Peligrad
- 1-stripe white - Ashton Brennan

Terminology

A Drink

- Japanese: Dorinku
- Brazilian: Uma Bebida
- Thai: Nune

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



*Berkshire Eagle's
 Readers Choice Awards
 SEVEN years
 running!*



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important:

Muscle Memory

A big part of mastering a martial art is creating a situation where it's techniques and strategies get imprinted into our brain. This is known as 'building muscle memory.' The more we practice the moves, the more automatic they become to us. If we attend classes regularly, we will practice and review these strategies often and they will become a part of us on an instinctive level. On the other hand missing classes regularly will delay building that muscle memory, and slow down or stall our progress.

Improving Fitness

Martial arts training is a great way to stay fit. It involves lots of physical activity like footwork, body-weight exercises, kicking, punching, throwing, positioning, isometrics, and stretching. Because this involves technical movement that requires us to concentrate and immerse ourselves in the way that we're moving, we also burn calories using our brain power.

Regular attendance ensures that we are constantly working out and improving our physical and mental fitness. This not only makes us better at our chosen art but also helps us stay healthy and strong. Skipping classes means burning fewer calories, a lower level of fitness, and less overall health.

New Moves

Martial arts classes are designed to teach us new techniques and skills over time. Classes also tend to build on what we've learned before. Even drilling moves that we 'already know' will help us master the timing and finer points involved, and gain new insight into their application. Regular attendance ensures that we are always learning and improving. It also means we will continue to learn new techniques and keep our skill-set up to date.

Mental Toughness

One of the most important traits learned from the martial arts is mental toughness and self-discipline. This means gaining the strength to persevere through challenging situations in the dojo and in our lives. In order to learn this, though, we first need to have enough discipline to get to the dojo regularly. Attending regular classes, even when we are tired or busy, will build this discipline. Once mastered, mental toughness and self-discipline can extend to many other areas of our life. Then we can stick with our commitments and work hard to achieve our goals.

Real Confidence

Regular attendance in classes helps to build our confidence. As we practice and improve, become more skilled and capable, and learn to persevere, we will feel a real sense of confidence in our abilities. Confidence is important in the martial arts because it helps us perform better and stay calm in challenging situations. This will also extend into all other aspects of our lives. It's always nice to feel good about ourselves and our progress, too.

Building Friendships

Unlike many mainstream gyms or activities, the dojo is a great place to make friends and build relationships. With regular attendance, we get to know our training partners and instructors better. This creates a unique sense of community and support for us. Our classmates will help us learn and improve, and our instructors will give personalized feedback and guidance. Skipping classes can make it harder to build these relationships and benefit from this support.

So, regular attendance is crucial for making progress in martial arts. It helps us build muscle memory, improve our fitness, learn new techniques, build discipline, gain confidence, and build relationships. The more we practice, the better we get at all of it. If you want to excel in martial arts, get yourself to class!



Offering the BEST in:
Uechi-Ryu Karate • Brazilian Jiu-jitsu
Thai Kickboxing • Mixed Martial Arts

We'd like to thank all of our students, instructors, parent organizations, families, and supporters for helping to make ZenQuest amazing. Huge thanks for voting us **Best of The Berkshires for SEVEN years in a row!**

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