



ZenQuest Martial Arts Center

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

NEWSLETTER

April 2020

Real World Self-Defense

For many people, learning a martial art is partly for the purpose of becoming more prepared for self-defense. Whatever style you study there's a good chance that you feel a little better prepared to deal with physical confrontations in the real world if you ever needed to. As you gain experience, you reach a point where physical confrontation seems silly, and you become much better at de-escalating conflicts and avoidance. As the saying goes, "We train so that we don't have to fight."

If we're lucky, the day will never come where we have to engage in a really serious physical confrontation. Statistically, the odds of that happening are slim. Also, if we can use some common sense, tolerance and even empathy, we can usually steer clear of letting situations escalate into a life and death struggle.

More than likely, the kind of situations we end-up using our training for have little to do with actually fighting other people. Rather than defend a mugging or assault we learn to use our training to stay calm in traffic. Instead of losing our temper with our kids, we get focused and solve a problem. We push back harder when we feel fatigue and are tempted to give up in our day-to-day tasks. Often times, we end up using the skills we've learned in ways we never expected.

With the COVID-19 outbreak, we can see that there's another kind of self-defense that martial arts prepares us for. As you probably are aware, the people who are most vulnerable to the affects of the Coronavirus are folks with compromised immune systems and previous health issues like:

- Immunodeficiency diseases
- Chronic respiratory or heart diseases
- Cancer and corresponding treatments
- Obesity and corresponding health complications
- Asthma
- Smoking or vaping
- Advanced age
- Immune system weakening medications



Conversely, a high level of overall health and fitness will likely help us fight an infection like the Coronavirus. Being physically strong with a healthy cardio-pulmonary system will help minimize the effects of an infection and increase our chances of survival. If we've been training on a regular basis with some intensity, the fitness and health we get from that will protect us to some degree.

Also important when dealing with an infection is mental focus and emotional

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The Tunnel's End

As you know, our 'in-person' classes have been suspended since March 16 in compliance with the quarantine and social distancing orders given by the Massachusetts Governor. We will continue with this until the 'all clear' signal is given and we're able to resume our normal mode of operations. Right now, we're scheduled to re-open on May 4th, based on the latest information from the Commonwealth. We should all see this as the 'light at the end of the tunnel' that we can all look forward to. Even if this gets adjusted again, we can take comfort that this WILL end eventually.

In the meantime, we are doing our best to provide online classes, instructional videos, and tips so that you can continue your training remotely. We're posting videos on the ZenQuest YouTube channel, Facebook and Instagram. These include Karate, Jiu-jitsu, Muay Thai, Self-defense and Strength & Conditioning. Please join us for those and feel free to share them with your friends.

At this time it's necessary to touch on an important aspect of this situation. This presents some new challenges for us and we will do everything we can to navigate this storm as it plays out. However, one of the secondary effects of this crisis is an unprecedented financial strain on the gym/dojo. Thankfully, many students and families are continuing their memberships and finding other ways to contribute to ZenQuest's survival during this situation.

We sincerely appreciate the understanding and kindness of students and parents who are helping us get through this difficult time. If you would like to pay tuition or contribute, OR give the gift of training to a friend, consider purchasing Gift Certificates via our website. You can also message, call us, or use 'snail mail' to send tuition or contributions to: ZenQuest MAC, 55 Pittsfield Road #10, Lenox, MA 01240.

We will also continue to stay calm and focused, and persevere through this challenge and encourage you to do the same. This WILL all end at some point and, when it does, ZenQuest will be there for you...better than ever. We look forward to seeing you all again SOON! In the meantime stay safe, follow the guidelines provided by the medical experts, and hang in there.



Virtual Thanks

Although we haven't been able to conduct our normal 'in-person' classes during the COVID-19 situation, we are providing videos and classes online so that students can continue their training remotely. Staying fit and continuing your practice during this time is important in many ways. Aside from keeping your physical and mental health strong, this will also contribute to your progress toward your next promotions.

Many of you have chosen to continue with your enrollments and contributions through this unprecedented time, and we can't thank you enough for your understanding and loyalty to ZenQuest. As a special thank you to those who are doing this, we have begun providing exclusive 'virtual support' with online classes, videos and tips. For now, we've created a group on Facebook called 'ZenQuest Remote Training Support.' Eligible students and families can go to the group via the Facebook ZenQuest page and submit a request to join in. We will also begin posting this exclusive content on our YouTube channel for those who prefer that. For help with this please contact us.

For those who would like access to this, but need to update their enrollment can either visit our website to purchase gift certificates, OR contact us directly at 413-637-0656 or train@zenquestmac.com. We will continue providing a limited amount of additional support material on Facebook, YouTube, and Instagram periodically. Thanks again for your support.



IMPORTANT DATES**MAY 4:****IN-PERSON CLASSES RESUME**

{pending no changes in the Governor's Executive orders}

WELCOME NEW STUDENTS!YOUTH - Liam deRisADULTS - Nicolas LaPointeWELCOME BACK -***HAPPY BIRTHDAY!***

Paul Brown 4/1
 Dylan Lambert 4/1
 Hendrix Tortolani 4/1
 Emmett Kelley 4/2
 Aiden Hyatt 4/6
 Devyn Fillio 4/6
 Beth Yanuskiewicz 4/9
 Brett Codwise 4/10
 Avery Hopkins 4/10
 Mylo Telle 4/11
 Liah Winston 4/12
 Cornelius (CJ) Hoss 4/12
 Rose Gregg 4/14
 Brennon Stockton 4/16
 Luna Wilhelm 4/20
 Hannah Alsdorf 4/21
 Itzel Sequeira Maas 4/21
 Martin Winiarski 4/22
 Harper DeVries 4/23
 Hamilton Pereira 4/25
 Corey Stall 4/26
 Shaun Heimann 4/30

RECENT PROMOTIONS**CRANES:****TIGERS:****DRAGONS:****COBRAS:****UECHI:****PYTHONS:**

1 stripe white -
 2 stripe white -

Matteo Ferioli
 Gustavo Perez

JIU-JITSU:**MUAY THAI:****Terminology****Courage****Japanese: Yuki or Yokusei****Brazilian: Coragem****Thai: Kwam Kla Han****“Best Martial Arts Academy”****ZenQuest Martial Arts**

Berkshire Eagle's
Readers Choice Awards
 2017, 2018 & 2019



Rescheduling

Several events have been postponed due to the COVID19 social distancing measures. First, 'Tenacious' Tilo Jackson was to make his MMA debut On Saturday, March 14th. The Lightweight bout scheduled Tilo against newcomer Jake Russo of the Golden Falcon Gym in West Haven, Connecticut. The match will likely now take place at the next 'AMMO Fight League' event in Springfield, Massachusetts.

Next, ZenQuest's Jamie Brown was scheduled to make her debut in Muay Thai kickboxing on Saturday, April 18th. She would have been facing Sydney Austin from 8 Limbs Muay Thai in Coventry, Rhode Island in her own debut. This bout also will likely be rescheduled as soon as 'No Boundary Fight League' resumes operations.

Next, our clinic with Sensei Joe Gilbert for Uechi-Ryu Karate is also being rescheduled for a later date. The workshop was slated for Saturday March 21st, but was also postponed under the circumstances. Sensei Joe has trained and taught consistently since starting at ZenQuest (formerly the Okinawan Karate School) back in 1973.

Lastly, our annual Open House would normally be scheduled for the end of April at this time. This, too, will have to wait until the coast is clear.

Please stay tuned for a new schedule for these and other upcoming events!



Going Forward

Any professionally run martial arts gym will have a set of rules in place to insure the safety and well being of it's members. ZenQuest has had rules like this in place since it opened it's doors many years ago. However, with heightened concerns about illnesses recently we all need to be mindful of these rules and do everything we can to minimize risks in the gym. This includes:

- Keeping uniforms, clothing, personal gear, etc. clean
- Keeping yourself clean, wash hands regularly, use hand sanitizer
- Keeping hair and nails trimmed and clean
- Using tissues, coughing or sneezing into arm
- Refrain from unhealthy habits like placing belt in mouth, biting nails, etc.
- Remain home if sick until well again

These are all common sense ideas and we appreciate your kindness and consideration in following them. In addition we will be even more vigilant than usual in keeping the dojo as clean and sanitized as possible. Let's all stay safe while keeping our minds and bodies fit and healthy!

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stability. Being strong-willed and having the 'will to live' is crucial in fighting serious illness. Staying calm and allowing your body to do what it needs in a situation like this is invaluable for a quick and strong recovery.

Lastly, having the clarity, wisdom, and self-discipline to follow the advice of medical experts can not only minimize our own risks, but also the risks of our loved ones and friends. The ability to adapt to new realities like self-quarantining without falling apart at the seams is invaluable. Adjusting to 'social distancing' and limiting our activities is challenging, but do-able with the right attitude. Some of us will also have the strength to support others in these measures and provide leadership.

At this point it's clear that the COVID-19 epidemic is real and poses some risks for all of us. Let's be smart and stay safe during this challenging time. Have the strength to follow the advice of the medical experts. Stay at home as much as possible and minimize your exposure, for you sake and the sake of those close to you. Avoid large gatherings for now. Practice 'social distancing' when out and wear a protective mask or face covering, if possible. Be strong enough to defend yourself intelligently in this unprecedented situation in modern times.