



# ZenQuest Martial Arts Center

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

## NEWSLETTER June 2020

### Counting Down

As you know ZenQuest's 'in-person' classes have been suspended since March 16 due to the COVID19 quarantines. The Massachusetts Governor's office has now developed a four-phase plan for the reopening of businesses in the Commonwealth. With some businesses opening now, we should all be encouraged that there will be an end to the COVID19 situation. Like you, we are excited and looking forward to reopening for in-person classes.

Based on the plan ZenQuest will reopen in Phase III. Our reopening could happen as early as June 29th. However, we are now planning on reopening for in-person classes on Monday, July 6th. The reasons for this are twofold: 1) with July 4th holiday celebrations and travel we would expect very low turnout during the week of June 29th to July 5th. 2) delaying for an additional week would simply be an extra measure of caution and safety. Of course, if this timeline given by the Governor's Office changes, we will make adjustments and let you know.

We are doing our best to develop intelligent strategies for making ZenQuest as safe as possible for resuming in-person classes. In addition to the Commonwealth's reopening plan,

ZenQuest's reopening will be done in four phases. Each phase is scheduled to last for three weeks. The most intense social distancing measures will be utilized in the first phase, and these will gradually be relaxed with each following phase after.

The Phase I social distancing measures will include one way traffic through the building as much as possible. Parents will be required to drop off youth students and additional seating will be provided outside in it's picnic and playground area. Indoor waiting areas, locker rooms and fitness room will also be off limits in this initial Phase.

Students will be subjected to temperature checks upon entry of the building. They should also stay home if they have at-risks family members at home, or think that they may be feeling ill. Students will be required to sanitize hands and feet before entering training rooms and on breaks. The school will encourage online, phone-in, or automatic payments also to promote social distancing.

Window fans placed in the training rooms, combined with open windows and doors will keep fresh air flowing through the building. The building is also equipped with a 'fresh air exchange' system from when the Berkshire Montessori school occupied the space, and we will begin running that during classes as well.

Class sizes will be limited to 10 and students will have assigned areas in the class. Classes will initially consist of instruction and individual exercises with no partner training in Phase I. Portions of classes will consist of presentations of drills, sparring, history and information appropriate to each martial art and age group.

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## Enrollment Alternatives

The COVID19 quarantines have continued well past the point that was originally anticipated and affected us all in many ways. We know that this has placed a burden on many of our students and families, and this has certainly placed a burden on ZenQuest. We appreciate those who have continued to support the gym/dojo during this time and can't thank you enough. As you may know, we are providing virtual classes so that students can continue with their training remotely.

Some students have not yet indicated how they would like us to address their enrollment or any credit they may have had at the time the quarantines began. If you are in that group please take a moment to evaluate the alternatives below and let us know what you decide. As we see it, there are five different ways to deal with this. These are as follows:

**Continued Enrollment** Several students and families have chosen to simply continue their enrollment through the quarantines. This is a generous way to support the gym or Dojo and insure ZenQuest's survival through this challenging time. Continuing enrollment in this way automatically provides full access to all of ZenQuest's online classes and support, and provides discounts on equipment and private online training.

**Partial Enrollment** This is for students who's normal membership has lapsed, but want to participate in online classes. These students can arrange for a monthly payment of \$25 to have full access to all online classes and videos. ZenQuest is already providing several online classes each week via Facebook live, and is exploring other ways to provide it's exclusive content in the future. Students may also choose to arrange for private online trainings.

**Enrollment Conversion** Students who had a balance of enrollment time when in-person classes were suspended may convert that time into access to online classes. For example, if a student had a month of time remaining as of March 16th, they can use the monetary value of that time towards access to online class time at \$25 per month. Once this time has expired, they can decide how to proceed from there. Students can also convert a balance of enrollment to online private trainings.

**Enrollment Donation** Students who had a balance of enrollment time when in-person classes were suspended may simply donate part or all of that time to the gym and then restart their enrollment upon their return. This will also contribute to insuring the survival of the Dojo during and following the quarantines.

**Enrollment Pause** This is for students who want to pause their membership going back to the date of start of class suspensions. Any balance of enrollment on the books at that time would be preserved and be restarted upon their return. This would mean no access to exclusive online classes or videos, and the student will be considered to be out of training during this time. Students who've had access to and utilized the online content should expect an appropriate adjustment to remaining enrollment time.

Please call 413-637-0656 or contact us via email at [train@zenquestmac.com](mailto:train@zenquestmac.com) to let us know what you decide. Again, we sincerely appreciate the kindness and generosity shown by the students and families continuing their enrollments and supporting us through this challenging time. If you would like to arrange for payment or contribution in this way please contact us and we'll be happy to assist you.



**IMPORTANT DATES**

July 6, 2020

**IN-PERSON CLASSES RESUME**

{pending the Governor's Executive orders}

**WELCOME NEW STUDENTS!**YOUTH -ADULTS -WELCOME BACK - Bob Hines***HAPPY BIRTHDAY!***

Matt Hill 6/3  
 Kabir Patel 6/4  
 Michael Wynn 6/6  
 Emma Baczek 6/6  
 Tim Helmer 6/7  
 Sebastian Manrique 6/7  
 Indigo Tortolani 6/8  
 Hayden Coe 6/9  
 Addie Chambers 6/9  
 Andrea Moreau 6/10  
 Matteo Ferioli 6/14  
 Brian Cobb 6/16  
 Derek Boomsma 6/17  
 Charlie Guyer 6/18  
 Rebecca Ralston 6/18  
 Jamie Brown 6/20  
 Andre Gusmao 6/21  
 Davron Yuldeshev 6/23  
 Katya Bowen 6/24  
 Henry Herzberg 6/24  
 Scott Adams 6/25  
 Sean Callahan 6/25  
 Christopher Smith 6/28  
 Joshua Koch 6/29

**RECENT PROMOTIONS****CRANES:****TIGERS:**

6th kyu -

Lali Hernandez

**DRAGONS:****COBRAS:****UECHI:****PYTHONS:****JIU-JITSU:****MUAY THAI:****Terminology****Perseverance****Japanese: Gambarimas****Brazilian: Perseverança****Thai: Wiriya****“Best Martial Arts Academy”****ZenQuest Martial Arts**

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



## Virtual Classes Continue

Although we haven't been able to conduct our normal 'in-person' classes during the quarantines, we are providing virtual classes and videos 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 reduce stress and anxiety, and allow you to make the best of the situation. It contributes to your growth in the martial arts and your progress toward your next promotions, and will allow you to 'hit the ground running' once we do reopen.

At this point the majority of our online classes and videos are being provided via ZOOM. This is an interactive video meeting app that is more like an actual class. We also provide some classes by 'live stream' using a special group on Facebook called 'RTS' or Remote Training Support. We typically provide six classes each week for adults and kids. Eligible students and families can go to the group via the Facebook ZenQuest page and submit a request to join in. They can also easily get links for the ZOOM classes by request. There are different ways to gain access to these virtual classes if you haven't already. For information on access please refer to the article entitled 'Enrollment Alternatives' on page 2. There are also many videos available on ZenQuest's website and YouTube channel.

Something else to consider going forward are virtual private lessons. Some students have already taken advantage of this alternative to in-person training with great success. This is a great way to concentrate on promotion material or customized instruction at a pace and focus that works for the individual student.

For assistance with our virtual classes or gaining access please contact us at 413-637-0656 or [train@zenquestmac.com](mailto:train@zenquestmac.com). Thanks again for your support!



(Continued from page 1) **Counting Down**

Some of this will be presented by instructors while other portions will be done using video. The school has also acquired 'grappling dummies' for its Jiu-jitsu classes in the early stages of reopening. Children's games will be limited to those that can be performed with social distancing.

Face coverings will be required for everyone in Phase I. ZenQuest will supply custom 'Ninja' masks at no charge while supplies last. These 'Gaiter' style coverings are made of a Lycra material which balance protection with enabling the wearer to breathe during activity. Class intensities will be at a level that works with face coverings while their use is in affect. This, too, will be relaxed in succeeding phases.

Cleaning of mats, surfaces, and equipment will all be stepped up significantly. These will be disinfected between classes and at the end of each day. Class durations will be slightly shorter to allow for cleaning between classes. A professional cleaning service will also be used at the end of each week to disinfect the entire facility.

Details for Phases II and III will be issued soon. These will include less social distancing and a gradual return to more partner training and group interaction. The current reopening schedule is as follows: Phase I - July 6 to July 26, Phase II - July 27 to August 16, and Phase III - August 17 to September 7. With the end of reopening Phase III, operations would return to normal with appropriate considerations at that time. This plan will, of course, be adjusted based on guidelines from the CDC and Massachusetts if needed.

In the preparation for reopening, the entire facility has been cleaned and disinfected from top to bottom. This includes all surfaces in the building including floors, mats, walls, cubicles, shelves, tables, chairs, desks, lockers and fixtures. Similarly, all equipment is being disinfected including targets, kick shields, Thai pads, focus mitts, weights, kettle bells, fitness balls, medicine balls, punching bags, etc. All of this has made ZenQuest a very clean environment to train in going forward.

The effects of COVID19 has been difficult for everyone and even tragic for some. But, with the threat of the virus gradually subsiding, we can begin to look forward to gradually getting back to a more normal life. With some caution and intelligent strategies we are confident that we WILL return to normal while staying as safe as possible.

We appreciate your continued support and hope to see you in training again soon!