



ZenQuest Martial Arts Center

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

NEWSLETTER April 2021

Important Reminders

With the spring season underway and the COVID situation gradually improving, there are some things that we need to stay mindful of at ZenQuest. For one, we need to continue to be mindful of safety measures and restrictions. At ZenQuest this includes social distancing, face coverings, frequent sanitizing, and one-way traffic through the building. These will be gradually lifted as the pandemic gradually fades away.

This also means that our common areas like the waiting room, observation areas, and playground must remain closed at this time. We know that it can be difficult to have to explain to children why they cannot enjoy the playground and surrounding area, but preventing numerous kids from touching the same surfaces is an effective way to minimize risks for them and their families.

We are also still required to limit the size of classes and, consequently, forced to limit students to a maximum of three classes per week. Eventually we will return to our normal attendance patterns where student participation is unlimited (except for children during our busiest times.)

We ask students and parents who choose incremental enrollment (monthly, quarterly, etc.) to keep close track of their due dates. We do highlight the attendance sheets for each student when their tuition is coming due but, unfortunately, the ZenQuest staff currently checks students in. We do try to mention when due dates are approaching to students, but this can be difficult for children (especially our youngest students.) Of course, this can completely be avoided if students enroll via our EasyPay program.

Parents are also reminded that drop off of young students must be done at the front of the facility (preferably just letting them in the front door and letting the staff take it from there). Once the student has been checked in parents must exit through the front door and wait for their children outside of the building. Once the child has completed their class they will exit through the side door adjacent to the playground where parents can receive their kids.

One last item to be mindful of is that the pandemic has been a time of added stress and anxiety for most of us. With that, we can have feelings of frustration, depression, anger, and hopelessness. This leads to dysfunction in our lives and lower tolerance for situations and people in our lives. So, it is more important than ever to remember that we must contribute to a culture and structure in the dojo of respect and courtesy that is pleasant and productive for all. When we collectively foster a positive training environment we can all have a place to forget about our problems and enjoy ourselves...and learn.



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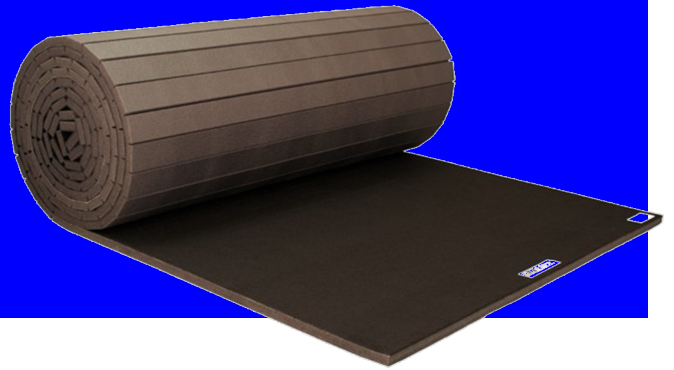
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Black Mat Upgrades

Students who train in ZenQuest training room 2 (the black matted room) may have noticed that some of the mats are reaching the end of their useful lives. Some of the mats have splits and repairs in them that make a less than ideal situation. In actuality, those mats have seen over 10 years of hard training at ZenQuest, and a few years before that at another gym in northern Virginia.

Soon three of the six 'Dollamur Flexi-Roll' mats in that room will be replaced. The remaining three are still in good shape and can continue to be used at this time. Of course, the new mats will match those existing in thickness, color and texture. All of the mats will be arranged to optimize training in that room, and reconnected with new mat-tape. A new layer of padding will also be added under the black mats to provide additional cushioning and extend the life of the Flexi-Roll matting.



Custom Uniforms

We will soon have more of our custom Jiu-jitsu Gis back in stock in a variety of sizes. These are the high quality blue "Team ZenQuest" uniforms with a variety of patches on them. These are extremely popular and tend to be sold out quickly.

We are also in the process of finalizing a new custom Karate Gi! This will be upgraded from the original version and made more similar to our custom Jiu-jitsu uniform. These will be made from a high quality material and include patches for both ZenQuest and our parent organization the Okinawa Karatedo Association. An image of the new design is shown below.

Our popular ZenQuest sweatshirts are also available again, too. These are black with the school name on the front, and our three core martial arts noted on the back. They are available in children's and adult's sizes up to XXL at a costs of \$45 each. T-shirts with the same design are also available for \$29 each. We also have custom ZenQuest 'Board Shorts' and training shirts or rashguards available at \$45 each, as well as custom beanie hats for \$15!

Students and parents can also order a wide variety of gear and equipment including punching bags and targets for home...all at 20% off. Stop by the front desk, call or message us to purchase or pre-order any of these items. We also have gift certificates available which can be purchased at our front desk or through our website.



IMPORTANT DATES

ALL STARTING @ 1:15 pm:

Dan Test 5/23/21

Kyu Test 6/6/21

Advanced Concepts Uechi: 6/12/21

Advanced Concepts Muay Thai: 6/19/21

Advanced Concepts Jiu-Jitsu: 6/26/21

**WELCOME NEW STUDENTS!**

Welcome Rodrigo Pizarro, Sean Howard, Jack Cantin, Daivon Mantey, Johnson Green, Julie Murphy, Jackson Reis, Rob Polenski, Eva Matkovska, Jack Addy, Anastasia Drayton, Anastasiya Bolotova, Nikko Zelinsky, & Brianna Buratto

Welcome back Joe Pelegrino!

HAPPY BIRTHDAY!

Paul Brown 4/1
 Hendrix Tortolani 4/1
 Sarah Hecht 4/2
 Jemimah Levi 4/2
 Emmett Kelley 4/2
 Jack Addy 4/2
 Aiden Hyatt 4/6
 Devyn Fillio 4/6
 Frank Williams 4/8
 August Mason 4/8
 Beth Yanuskiewicz 4/9
 Borey Booker 4/9
 Brett Codwise 4/10
 Avery Hopkins 4/10
 Mylo Telle 4/11
 Cornelius Hoss 4/12
 Liah Winston 4/12
 Rose Gregg 4/14
 Brennon Stockton 4/16
 Matthew Colacino 4/20
 Luna Wilhelm 4/20
 Hannah Alsdorf 4/21
 Martin Winiarski 4/22
 Harper DeVries 4/23
 Corey Stall 4/26
 Shaun Heimann 4/30

RECENT PROMOTIONS**TIGERS:**

9kyu - Marek Mackey, Jasper Stanton

DRAGONS:

8kyu - Layla Wixom, Chris Bennett

COBRAS:

7kyu - Quincy Rocca
 9kyu - Jasmine Boinay

UECHI:

6kyu - Susan Doerr
 9kyu - Audrey Chagnon, Claire O'Callahan,
 Grace O'Callahan

PYTHONS:

2 stripe black/grey - Ayden Jezak
 Grey/white - Weston Aube
 3 stripe white - Hayden Coe

JIU-JITSU:

2 stripe blue - Stephen Dalton

MUAY THAI:**Terminology****Health**

Japanese: Kenkō

Brazilian: Saúde

Thai: Sukhapaph

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 ZenQuest Martial Arts**



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