



ZenQuest Martial Arts Center

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

NEWSLETTER January 2020

Happy
New Year!

Slow Roll to Normal

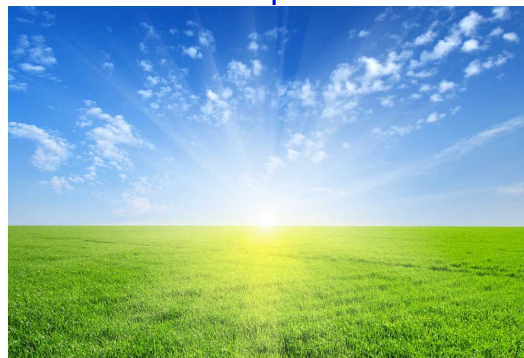
2020 has been a rough year for most of us. With a pandemic, social isolation, financial hardships, lack of activities, and elevated depression and anxiety the year will go down in history as among the most challenging ever. Changing over to a new year is always a time for new starts and goals, but this time is a bit more exaggerated than usual. If there was ever a time to be focused and positive on what's ahead...this is it!

We actually have a lot to be optimistic about with the new year. With the COVID vaccines out now, we will all see a gradual reduction in infections as time progresses. This will mean reduced risks for everyone including ourselves, our friends, and our families.

As the infections go down we will also see a 'slow roll' back to normal in our lives. This will also mean a return to normal in other aspects of our lives. We'll be free to visit relatives and friends again, which is one of the most difficult consequences of the pandemic. We'll also be able to shop more normally, visit restaurants, resume more activities, go to see movies, and attend concerts and the like.

At ZenQuest a return to normal will be amazing, too. This will mean going back to unlimited class participation, partner training, and taking face-coverings off. We have all had to adjust to some crazy modifications in training with the safety measures required by law. There are several newer students at the gym that have never had the opportunity to train without these precautions in place. Imagine what things will be like when they can experience 'normal' training! For more experienced students this will be a much welcomed change back to the training they know and love.

Returning to normal also means resuming our amazing seminars with some of the most notorious characters in the martial arts world. This includes people like Demian Maia, Hirokuni Yamashiro, Mark DellaGrotte, Rick Hawn, and others. These are incredible opportunities to learn from



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Mindfulness & Safety

With the COVID vaccines underway, we can all be optimistic about eventually seeing an end to this challenging situation. Currently though, we are still in the throws of a pandemic and have a ways to go before we are there. In fact, local metrics require us to continue to restrict the size of our classes and employ all of the safety precautions in place since our reopening in July 2020.

It's important that everyone stay mindful of a few things to keep things running as smoothly as possible. First, knowing and following ALL of the safety precautions is crucial to the safety of everyone at ZenQuest. This includes arriving for each class 5 to 10 minutes prior to its start. After a temperature check, shoes must be carried to the 'fitness room' and placed on one of the shoe racks. Next, sanitizer must be applied to hands and feet at the training room entry door, then students should proceed to a 'social distancing' spot in the room for their class. Water bottles and spare masks can be placed at a back corner of the space. During training students need to do their best to continue to 'social distance' and stay in their designated space. Once the class is finished, students can gather their belongings and exit the training room, in order, to the fitness area. Shoes and coats should be put on near the exit door, then the student may proceed to the playground area and walk to the front of the building. Parents should be ready to receive their children at that time.

Transactions for tuition or gear can be made in the front area, but making payments online or over the phone is preferred. Students and parents who use incremental enrollments (monthly, quarterly, etc.) should be careful to keep track of their dues dates. In some cases reminders may be sent by email, if needed, since normal reminders are not available to students and parents at this time. Students and parents should consider using our 'Easy Pay' payment plan for everyone's convenience.

Since classes are currently limited in size it is also very important that students and parents keep their class reservations up to date. Many classes are at capacity at this time with waiting lists for other students to join. If a student can no longer attend a class that they had reserved, they should notify Sensei Connie ASAP. Students who miss three classes in a row or stop paying their membership, without communicating why, will be assumed to have made a schedule change and adjusted accordingly.

Please call 413-637-0656 or contact us via email at train@zenquestmac.com with any questions or adjustments. Thanks!



Tuition Reminders

With all of the COVID safety measures in place it is more difficult for us to remind students and parents about when their memberships are coming due. This makes it much more important that students who choose to do incremental enrollments (monthly, quarterly, etc.) keep close track of their due dates and re-enroll on or before their due dates.

The safety measures have only added more work to the six days each week that we are open, and this leaves little time for individual reminders. Further, the restrictions and constraints caused by the pandemic have made the business side of running the dojo more challenging, and delays in payments only exacerbate the situation. We try to provide lots of flexibility in tuition choices for our students. So, please make sure to stay on top of incremental tuition payments if this is how you choose to pay for your enrollment.

As an alternative, consider enrolling via our 'Easy Pay' autopayment option. We recently changed the service used for our Easy Pay program. This has provided several improvements for both students and ZenQuest. Aside from the convenience and tuition discount that Easy Pay provides, it also locks the student's tuition rate. This means that their tuition cannot increase as long as they remain in it. It's also perfect for students who want to commit to a longer term study of the martial arts.

To take advantage of enrolling this way all that is needed is to fill out an Easy Pay form and submit it at the ZenQuest front desk. Tell us which credit card account you would like to use for this and we take care of the rest. A double payment is made on the 'front end' of this enrollment and that extra month can be used on the 'back end.'

Please contact us if you have any questions on this or would like to go ahead with ZenQuest's Easy Pay plan.

IMPORTANT DATES

1/18/21 - NO CLASSES -
In honor of Martin Luther King, Jr. Day

WELCOME NEW STUDENTS!

Sawyer Padelford, Michael Cleary, Frank Williams & Michael Cahalan

HAPPY BIRTHDAY!

Andrew Proctor 1/2
 Joshua Sondrini 1/2
 Zak Bernardo 1/4
 Russell Moody 1/6
 Andrew Goodfellow 1/7
 Tristan Scully 1/7
 Greg Boudreau 1/10
 Joshua Burgos 1/10
 Eva Sinopoli 1/10
 Luka Riedinger 1/15
 Noah Laundry 1/17
 Sonny Gorman 1/20
 Kane Hicks 1/21
 Elias Stack 1/24
 Isabella Pereira 1/25
 Matthew Valenzuela 1/26
 Mason Lucy 1/26
 Ava Coe 1/26
 Vincenzo Dort 1/27
 Michael Soules-Hubbard 1/28
 Alan Will 1/29

RECENT PROMOTIONS**CRANES:**

2 Gold - Callen Parker

TIGERS:

9kyu - Ben Chagnon

DRAGONS:**COBRAS:**

9kyu - Malyna Lacker
 8kyu - Quincy Rocca

UECHI:**PYTHONS:**

Grey/white - Jordyn Simmons
 3 stripe grey - Zach Kmetz, Sadie Giumarra

JIU-JITSU:

1 stripe white - Marcus Drake, Isiah Dixon
 4 stripe white - Todd Dort, Shawn Maschino
 3 stripe blue - Russell Moody

MUAY THAI:**Terminology****Happy New Year**

Japanese:
Akemashte Omedeto Gozaimas

Brazilian: Felice Ano Novo

Thai: Sawadi Pi Mai

“Best Martial Arts Academy”
ZenQuest Martial Arts



Berkshire Eagle's
Readers Choice Awards
2017, 2018, 2019
& 2020!



TY, TY, TY

ZenQuest has been voted the 'Best Martial Arts Academy' in the Berkshires AGAIN! The distinction is given by the area's premier news agency, and is solely based upon voting by the Berkshire Eagle's readers. This makes the award even better and we are humbly proud.

This is the fourth year in a row for ZenQuest going back to 2017. We believe that this is a direct result of doing everything possible to provide the best programs, instruction, facility and training environment possible. It's nice to know that our students and fans appreciate that and we will continue to do our best to make things even better going forward.

This award would not be possible without the dedication and support of our students, families and parent organizations. To them we say thank you, thank you, THANK YOU!



Merch and Gear

Our super popular ZenQuest sweatshirts are available again! 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! 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 grab one of these items. We also have gift certificates available which can be purchased directly through our website.



(Continued from page 1) **Slow Roll to Normal**

leading authorities in Jiu-jitsu, Karate, Muay Thai, Judo, wrestling, etc. Look for these events to start up again later this year.

Normal training will, once again, mean normal social interactions again, too. In the dojo, we've had to eliminate many things that we took for granted like hand shakes, fist bumps, and 'abraços' or hugs in Jiu-jitsu. These things may seem insignificant at first, but they go a long way towards comradery and team building among training partners. Just being able to see people's faces again will be nice, too!

Of course, until it is safe to do these things we must stay vigilant and follow all of the safety precautions in place. We are all TIRED of these things, but they are the way to stay safe until the COVID situation is under control. We need to continue to sanitize, wear face coverings, and social distance...for now. For anyone who travels or is exposed to someone who does so, they also need to follow guidelines for quarantining and testing before they can participate in classes again.

So with the start of 2021, we need to stay focused and look forward to getting back to normal in the new year. Happy New Year!

