



# ZenQuest Martial Arts Center

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

## NEWSLETTER September 2023

### Back To School 2023

The 'Back-To-School' season is here again and at ZenQuest that means organizing our children's classes for the busy season. We do this in order to keep reasonable limits on these classes and insure a positive experience for each student. After an unusually busy summer it is more important than ever for parents and older kids to reserve their classes at this time.

Youth students and parents must notify us at their earliest convenience which classes they will be continuing with this fall. Starting September 1st, student lists will be created for each youth class in the schedule, with limited space available. So, it is essential that we get you onto the appropriate class lists. Students aged thirteen years or older are eligible to transition to Adult classes (including Karate, Jiu-jitsu, Thai Kickboxing, and Strength & Conditioning.) These classes do not need to be reserved.

Students and parents can reserve their classes by any of the following ways:

- ♦ By speaking to someone directly at the front desk
- ♦ By sending an email to [train@zenquestmac.com](mailto:train@zenquestmac.com)
- ♦ By calling us at 413-637-0656

**Please remember that class reservations and lists are made on a 'first come first served' basis.** Waiting lists will be generated for classes that reached their limit.

Students who are not able to attend their first choice for classes right away are encouraged to choose alternative classes until space opens up in their preferred classes.

Also, remember that class reservations will only be effective with an active student enrollment. Reservations for students not currently enrolled must be accompanied with tuition payment to restart the student's membership. Remember, too, that 'Partial Participation' discounts are reserved for students age seven years old and younger.

**As of September 1st, youth students will be limited to a maximum of three classes per week in each program.** This is to balance enthusiastic individual attendance with allowing a maximum number of students to attend. Also, parents and students need to be



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## Paint the House

The ZenQuest building will soon be getting a fresh coat of paint! Repairs and preparations are currently being made to the structure's wood siding so that new paint can be applied. This is no small feat as the building is about equal to two average sized houses.

For years the property had been somewhat neglected under it's previous owners. However, in December of 2021 ZenQuest officially became the owner of the building, and repairs and improvements began almost immediately. Along with the painting effort other projects are also in the works, including soon there will be a new front entrance door!

The entire painting project is scheduled to be completed in 2024. The current goal is to complete half of the project this year and the second half next year. When completed the building will be a darker blue with white trim. Students should feel good about the efforts being made to bring them the best facility possible for their training.

Special thanks to Matt Moreau for his help with this!



## AC Clinics

The next round of 'Advanced Concepts' clinics for Karate and Muay Thai are scheduled as follows:

- ♦ **Uechi-Ryu Karate** (Brown Belt and above) -- Saturday, September 23
- ♦ **Sityodtong Muay Thai** (3-Stripe White Prajet and above) -- Saturday, September 30

These clinics are a great opportunity for our intermediate and advanced students to practice advanced techniques and strategies in their chosen art. ZenQuest's AC clinics are provided to enrolled students at no extra cost. All eligible students are encouraged to attend.

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careful to prevent 'burnout' in younger students. This still allows most students to attend as much as six classes per week between Karate and Jiu-jitsu.

We are still using precautionary sanitizing and cleaning, and asking students to exercise intelligent personal care (refraining from attending classes when sick.) Face coverings remain optional and students who are more comfortable wearing them are encouraged to do so. With these measures students can safely reap the benefits of the learning, physical activity, and socialization at ZenQuest.

There are no changes to the current class schedule, except that Cobras students will have the option to attend the Friday evening Uechi-Ryu class. As always, please let us know if you have any questions or concerns going forward. We will look forward to another great season of fun and learning at the oldest and best martial arts school in the Berkshires!!

**IMPORTANT DATES**

Sat, 9/2 to Mon. 9/4 - No Classes/  
Labor Day Holiday

Sat, 9/23, 1:15p - AC Uechi  
Sat, 9/30, 1:15p - AC Muay Thai

**NEW STUDENTS!****Welcome:**

Lauren Kuster, Ricky Wendt, Jack Wendt,  
Landon Prior, Logan Macy, Kaden Macy  
Mark Mordasky, William Cahill

**Welcome Back:** Jesse Fillio-Shepard

**HAPPY BIRTHDAY!**

Elijah Southard 9/2

Isabella Yeaman 9/4

Shaun Supranowicz 9/5

John Mazzeo 9/6

Michael Jezak 9/6

Marcel Toro 9/8

Anjali Klein 9/9

Theo Susse 9/10

Lucas Kunde 9/11

Aiden Drury 9/12

Jennie Hogencamp 9/12

Cristhyan Garcia 9/17

Jordyn Simmons 9/18

Michelle Moreau 9/19

Isaiah Dixon 9/23

Keagan VanZandt 9/26

James Debowski 9/27

Betsy Russo 9/27

Holden Keiper 9/27

Jacob Barbour 9/29

Juliano Roldao 9/29

Easton Tatro 9/29

Ayden Jezak 9/30

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

9kyu - Isaac Cunningham, Luca Ismail

7kyu - Owen Fachini

**DRAGONS:****COBRAS:**

6kyu - Aiden Drury

**UECHI:****PYTHONS:**

1 stripe white - Dessa Boinay

**JIU-JITSU:**

1 stripe blue - Jake Doyle

**MUAY THAI:**

White - Ashton Brennan

1 stripe white - Zach Lecuyer

**Terminology****Wisdom**

Japanese: Chie

Brazilian: Sabedoria

Thai: Pumpanya

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



Berkshire Eagle's  
Readers Choice Awards  
**SIX YEARS**  
**RUNNING!**

