



ZenQuest Martial Arts Center

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

NEWSLETTER March 2024

The Power of Zen in Martial Arts

By Chat GPT

Martial arts, with its kicks, punches, and disciplined moves, is more than just a physical practice. When combined with the ancient wisdom of Zen philosophy, it becomes a powerful force for personal growth and balance. This essay explores the benefits of incorporating Zen into martial arts, showing how it goes beyond fighting techniques to shape the mind, body, and spirit.

Zen, at its core, teaches us to be completely present in the moment. In the martial arts, this means focusing all of our attention on the task at hand. Whether it's a kick, a block, or a throw being fully present allows martial artists to perform at their best. This mindfulness doesn't just apply in the training hall but can also help in our everyday lives, making us more aware and alert.

The connection between Zen and martial arts goes deeper than physical movements. Zen in martial arts places a strong emphasis on simplicity and efficiency. The art of refinement is central to Zen philosophy, and in the martial arts, practitioners are encouraged to streamline movements and eliminate unnecessary actions. This principle is evident in many martial arts where technical fluid motions aim to redirect an opponent's force rather than confront it head-on. The efficiency and precision achieved through Zen-inspired refinement result in not only superior technique but also reduced physical strain, enabling practitioners to execute powerful maneuvers with minimal effort.

Imagine a graceful dance where every step has a purpose. This is how Zen-inspired martial artists move – with efficiency and precision. By eliminating unnecessary actions, martial artists conserve energy and execute moves with more power. It's like learning to write with a



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Standing Down

Each winter the weather will produce snow and ice on occasion and create hazardous travel conditions during scheduled class times at ZenQuest. When that happens we will cancel classes for the safety of our students and instructors. Historically, we have sent out mass emails and posted messages on social media to notify students, parents, and instructors. More recently we decided to develop a text alert system for these and other notifications. In 2024 approximately 20% of people open email notices like these, but 90% open text alerts.

At this point we have made the plans needed to set up a text messaging system to alert students of important developments related to the dojo. This will include power outage closures, links to our monthly newsletter, and other announcements...but will primarily be for weather closures. However, since the 2023/2024 winter season is now ending, we've decided to delay starting this until later in the year.

Interested students will have an opportunity to 'opt into' receiving these notifications soon, and have the ability to discontinue at any time. We will revisit this in August and September and if you are interested in receiving ZenQuest's text alerts, you can let us know at that time. Thanks for your patience on this!



Advanced Concepts Clinics

The next round of 'Advanced Concepts' clinics for Karate, Muay Thai, and Jiu-jitsu at ZenQuest have been scheduled. These will happen as follows:

Uechi-Ryu Karate (for Brown Belt and above) -- Saturday, March 16

Sityodtong Muay Thai (for 2-Stripe White Prajiat and above) -- Saturday, April 13

Demian Maia Jiu-jitsu (for Blue Belt and above) -- Saturday, April 27

These are all schedule to begin at 1:15 PM and each last about 90 minutes. ZenQuest's Advanced Concepts clinics are a great opportunity for our intermediate and advanced students to learn and practice advanced techniques and strategies in their respective art(s). ZenQuest's AC clinics are provided to enrolled students at no extra cost. All eligible students or those receiving special invitation are encouraged to attend!

WEATHER CLOSURES

Occasionally, the weather will become intense enough during the winter months to present a serious travel risk for our students and instructors. This can result from a single, severe weather event happening at the time of classes; or from an accumulation of events leading up to the time of classes. Other indicators can be other major

organizational closings and local travel advisories. If it appears that travel will be hazardous during class times, the school will close for that time. Students can verify these closures by checking the school's website or Facebook page, checking their e-mail, or by checking for a message on the ZenQuest phone at 413-637-0656...and soon by text alerts!



IMPORTANT DATES

3/16, 1:15 pm - Advanced Uechi
 3/30 - NAGA Springfield
 4/7, 1:30 pm - Kyu Test
 4/13, 1:15 pm - Advanced Muay Thai
 4/27, 1:15 pm - Advanced Jiu-Jitsu
 7/21-7/28 - 2024 Kikai Camp

NEW STUDENTS!

Welcome: Cillian Ardouin, Roman Bates, Syrus Bynack, Sam Riva, Max Del Molino, Ryan Tedesco, Gavin Tedesco, Sam Gariepy, Avi Dorr

Welcome Back: Rylan Walsh, Ozryel Scipio

HAPPY BIRTHDAY!

Issac Cunningham 3/6
 Dominic (Nico) Dort 3/9
 Elijah Schrag 3/9
 Noah Schrag 3/9
 Cole Sawyer 3/9
 Syrus Bynack 3/11
 Carlo Petrucci 3/12
 Samuel Maschino 3/12
 Leo Earl 3/13
 Mary Hannah Parkman 3/14
 James Polk 3/18
 Everett Stever 3/21
 Noah Faravaag 3/22
 Sensei Mark Flynn 3/24
 Athena Pereira 3/26
 Max Del Molino 3/26
 Johnson Green 3/27
 Caleb Pinsonneault 3/28

RECENT PROMOTIONS**TIGERS:**

7kyu - Jonathan Curinga, Gracie Dufur
 8kyu - Aarav Bansal
 9kyu - Elias Yared

DRAGONS:

8kyu - Ben Boscarino, Kaden Macy, Logan Macy

COBRAS:

9 kyu - Nilani Broussard

UECHI:

6kyu - Mary Hannah Parkman
 8kyu - Matt Winter, Leo Earl
 9kyu - Darren Bradley

JIU-JITSU:

1-stripe blue - Craig Jones
 4-stripe white - Andrey Norin
 3-stripe white - Cristhyan Garcia
 2-stripe white belt - Tyler Garrett
 1-stripe white belt - Shawn Chambers, Ryan Thebeau, Phil Peligrad, Elijah Southard

MUAY THAI:

2-stripe brown - Chris Kupernik
 2-stripe purple - Jenn Sommerville
 1-stripe purple - Matt Moreau
 4-stripe blue - Glenn Giumarra, Carlo Petrucci
 3-stripe white - Zach Lecuyer
 2 -stripe white - Cristhyan Garcia, Levi Giumarra

Terminology**Robot**

Japanese: Robotto

Brazilian: Robô

Thai: Hun Youn

“Best Martial Arts Academy”
ZenQuest Martial Arts



*Berkshire Eagle's
 Readers Choice Awards
SEVEN years
 running!*



(Continued from page 1) **The Power of Zen in the Martial Arts**

smooth and controlled hand, making every stroke count.

Martial arts training isn't just about physical strength; it's also about emotional resilience. This is where Zen philosophy comes in, teaching practitioners to find balance and control their emotions. In the face of a challenge, a martial artist with a Zen mindset stays calm and composed. This emotional control is a valuable skill not just in the training hall but in everyday life. It helps us face difficulties with a clear mind and a strong spirit.

The benefits of Zen in martial arts also extend to personal development. It's not just about becoming a better fighter; it's about becoming a better person. Martial artists on a Zen-inspired journey discover more about themselves – their strengths, weaknesses, and the connection between their mind and body. This self-awareness leads to personal growth, making them not only skilled fighters but also compassionate individuals.

Holistic development means looking beyond the physical aspects of martial arts. It involves nurturing values like humility, respect, and compassion. Imagine a martial artist who not only performs powerful kicks but also treats opponents and fellow practitioners with kindness. This holistic approach to personal development sets the foundation for a strong character, creating individuals who are not only skilled in their art but are also good-hearted and respectful.

In conclusion, the benefits of Zen in martial arts are profound and extend far beyond physical techniques. By incorporating mindfulness, refining techniques, cultivating emotional balance, and embracing holistic personal development, martial artists on a Zen-inspired journey embark on a path of self-discovery and growth. This combination of ancient wisdom and martial arts creates individuals who are not only skilled fighters but also balanced, compassionate, and resilient human beings.

Tuition Adjustments

To keep pace with increasing expenses, the tuition at ZenQuest has been adjusted slightly. Effective January 1st all basic monthly tuition rates were increased by \$5 per month, with similar discounts for three, six or twelve month commitments and Easy Pay enrollments. Similar discounts for families, college students and Law Enforcement Officers will also stay in place.

Now is a great time to consider enrolling in our 'Easy Pay' subscription payment plan. Doing so will lock in your tuition rates, and remain unchanged for as long as you stay enrolled with it.

For the last seven years ZenQuest has been recognized as the best martial arts school in the beautiful Berkshires. We take great pride in providing the best facility, instruction, and training environment possible for each and every student at ZenQuest. Even with the latest adjustments our tuition is still significantly less than our closest competitors.

To enroll in Easy Pay, or for any questions related to tuition please contact us or stop at the front desk. As always thanks for your understanding and support!




Offering the BEST in:
Uechi-Ryu Karate • Brazilian Jiu-jitsu
Thai Kickboxing • Mixed Martial Arts

We'd like to thank all of our students, instructors, parent organizations, families, and supporters for helping to make ZenQuest amazing. Huge thanks for voting us **Best of The Berkshires for SEVEN years in a row!**




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