



ZenQuest Martial Arts Center

55 Pittsfield Road-Building 10, Lenox, MA 01240

(413) 637-0656 * zenquestmac@sprynet.com * www.zenquestmac.com

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

NEWSLETTER

February 2015



Tournament Time!

Kids and parents...the **2015 Children's Tournament** is almost here! This will be the 25th installment of our biggest annual children's event and you don't want to miss it. The tournament is a fun way for kids to show their progress to friends and family, and **KICK** their skills up a notch in the process! This event is designed to provide children of ALL ages, abilities and experience levels with a fun learning experience. They can participate in a wide variety of events that motivate them to plan, prepare, cooperate with others, and even get a bit creative!

For the youngest students (ages 8 and under) there are **"Non-Competitive"** events created to provide participants with a positive introduction to this kind of experience. These include **Demonstration Kata** (forms for 8 & under) and **Target Attack** (for 6 & under) events. Instructors are made available to assist these kids with their performance, and each child is awarded a medal for successful participation. **"Competitive"** events (for ages 18 and under) include: **Kata** (traditional forms), **Kumite** (Point Sparring), **Creative Kata** (non-traditional forms), **Jiu-jitsu**, AND **Submission Grappling** ("No-Gi" Jiu-jitsu.) Participation ribbons and trophies for 1st, 2nd, and 3rd place are awarded in each of these divisions. A demonstration event of **Kobudo Kata** (classical weapons forms) is also available for this age group.



This tournament is a great lesson in healthy competition and sportsmanship!



All divisions are formed based on considerations of age, rank, and physical size. This results in students of similar experience and maturity grouped together for each division, creating the fairest situation possible.

Mark your calendar NOW for **Saturday, March 21**. Morning events will start at

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Demian Maia Visit

Master Demian Maia is scheduled to visit the Berkshires again in late March. The Jiu-jitsu and MMA legend will be conducting certification training for his north American affiliates between March 26th and 29th, as well as providing an open seminar on March 28th. The three-hour seminar is scheduled to start at 1:00 PM, and will feature some of the strategies that earned Demian several world Jiu-jitsu titles and top-contender status in the UFC. The cost for the event will be \$100 for pre-registration (up until March 26th), and \$120 for registration thereafter.

Demian's visit will follow his 20th appearance in the UFC on March 21st. This time, he will be facing up-and-comer Ryan LaFlare in the "Main Event" of UFC's Fight Night Brazil on in Rio De Janeiro. He is a national hero in his homeland of Brazil, and recognized around the world for his effective Jiu-jitsu strategies in MMA.

For more information about the seminar please see the flyer on page 6. To pre-register please call 413-637-0656.



Kru Mark DellaGrotte of Sityodtong Boston popped into ZenQuest to conduct a clinic on Saturday, February 7th. The coach of countless top-level fighters, and technical advisor to the UFC, presented the "Evolution of Muay Thai" to an enthusiastic group of 19. Kru Mark covered important aspects of the arts history and etiquette, and showed some effective counters to common attacks.

(Continued from page 1) **Tournament Time!**

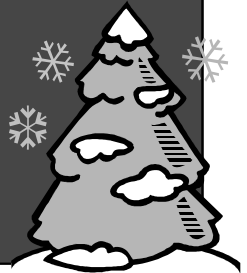
10:00 Am and will include all Kata, Team Kata and demonstration events. Afternoon events will include all Kumite (sparring), and Jiu-jitsu divisions, and are scheduled to begin at 12:30 PM. This will all be at the Pittsfield Boys & Girls Club at 16 Melville Street in Pittsfield. Be on the lookout for information and registration packets arriving in the mail for youth students soon. Pre-registration is required by March 7th in order to create the best possible divisions of participants. If you don't receive a packet and would like to, please contact ZenQuest and we'll be happy to send one.

Remember, this is a tremendous learning experience for these kids. Each event helps develop physical and mental skills in the martial arts...AND valuable life skills! The experience gained in the tournament also typically helps each student to advance in their abilities and, consequently, in their ranking or belt system. **So, be sure to submit your registration, and we'll see you there!!**



WEATHER CLOSURES

Occasionally, during the winter months, the weather will become intense enough 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 too risky 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, and by checking for a message on the ZenQuest phone at 413-637-0656.



**Start-up Special...\$149 for 3 months
Unlimited classes plus a FREE uniform!**

**Brazilian Jiu-jitsu, Okinawan Karate,
Muay Thai Kickboxing, Boxing, and MMA**

ZenQuest Martial Arts



RECENT PROMOTIONS**TIGERS:**

6kyu - David Wildgoose, Isabella Pereira
 8kyu - Leanne Maschino, Hannah Alsdorf
 9kyu - Benji Dahari, Gabe Dahari, Henry Rimmler, Thomas Lucy

DRAGONS:

7kyu - Gabriel DeLima
 8kyu - Mihi Gangisetty

COBRAS:

9kyu -

UECHI:

8kyu - Matt Anish

YOUTH JIU-JITSU

2 stripe Grey/white belt - Brayden Gerlitz
 2 stripe white - Parker Smith

ADULT JIU-JITSU:

4 stripe blue -
 3 stripe white -
 2 stripe white -

IMPORTANT DATES*February/March*

Sat, Feb 28, 1:30-3:00 p: Self-defense Seminar

Sun, March 1, 1:30 p: Kyu Test

Sat, March 7: Tournament Registrations Due!

Sat, March 14: NAGA Albany

Sun, March 15, 1:30-3:00 p: Tournament Practice

Sat, March 21: 2015 Children's Tourney
 NO REGULAR CLASSES

Sat, March 28, 1-4:00 p: Demian Maia Seminar

HAPPY BIRTHDAY!

Matt Abderhalden	2/13
Justin Bolio	2/1
Chris Bradley	2/24
Christopher Brouse	2/24
Richard Chiu	2/3
Gianna Colello	2/21
Gabe Dahari	2/5
Leo Daly	2/21
Gabriel Delima	2/28
Alec Ginsberg	2/2
Carly Lyon	2/23
Tyler Miller	2/6
Keerah Morgan	2/21
Tucker Schroder	2/21
Derek Smith	2/2
F. Scott Stetz	2/8
Rylan Walsh	2/17
Joseph Weinberg	2/10
Raymond White	2/26
Sophie Wilhelm	2/18
Lilou Wilhelm	2/21

WELCOME NEW STUDENTS!**YOUTH:**

Matt Abderhalden, Joey Abderhalden, Ely Carroll, Jericho Koch

ADULTS:

Dawn Desnoyers, Chris Brouse, Za Drumm, Michael Anthony, Travis Toole, Elijah Southard, Sharon Coughlin

WELCOME BACK:

Brett Maloy, Max Broad, Eugene Plekhanov, Shiloh Southard, Logan Soule, Brian Faggioni

ZenQuest Martial Arts Presents

2015 Children's Tournament

An invitational event for ALL levels featuring:
Traditional Kata * Creative Kata * Kumite/Point Sparring
Brazilian Jiu-jitsu * Team Events * Demonstration Events
Concessions & Supplies * Half-Time Demonstration

Saturday March 21

Kata & Team Events begin at 10:00 AM

Kumite & Jiu-jitsu begin at 12:30 PM

at the Boys and Girls Club, 16 Melville St., Pittsfield, MA

First Event Registration: \$40 Additional events: \$10

Spectator tickets: \$4 pre-purchased, \$5 at the door

Pre-registration is required by Saturday, March 7!!

For registration forms, tickets, or information

Call 413-637-0656, or email connie@zenquestmac.com

ZenQuest Martial Arts presents

Demian MAIA

SATURDAY, MARCH 28

1:00PM TO 4:00PM

PRE-REG. (UNTIL 3/26) - \$100

REGISTRATION - \$120

55 Pittsfield Road, Lenox, MA

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train@zenquestmac.com



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TCSA.COM

