



ZenQuest Martial Arts Center

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

NEWSLETTER January 2022



Training Smart

Along with all of the great benefits that martial arts training offers also comes some risks. This is especially true for those who compete at the high levels or just like to challenge themselves in training. Most students will never step into a cage, but even with day to day training its important to be safe and avoid injuries as much as possible.

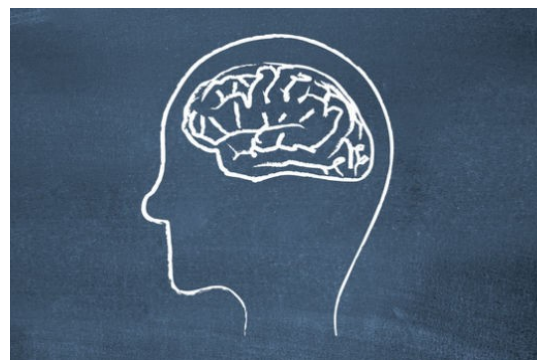
To be successful in the martial arts it is important to balance reality with safety. Training that is too 'realistic' and intense will result in frequent injuries and stressful practice. Training that is too laxed and removed from reality will not be effective for self-defense or combat should the need arise. So, instructors must balance providing training that is both intense and functional with minimizing injures for everyone in the room. Of course, this is adjusted for different age groups and the level of competition students will see.

Most martial arts gyms or dojos have rules in place for conduct and practice in classes. This is often referred to as the 'dojo etiquette' and is displayed in the training space and talked about with students. Most of these rules are designed to create a positive and constructive training environment, and to keep everyone as safe as possible while training. Each student has a responsibility to know the rules and exercise good judgement in training.

Usually, when one of our students picks up an injury, its actually from the other activities and sports that they do. This is due to the fact that the vast majority of time, students are under constant supervision in the dojo. However, even in the best circumstances injuries can happen while training in the martial arts.

Martial arts injuries can vary from minor bumps and bruises to more significant setbacks. Often times, a Band-Aid and some encouragement will have younger students back in action quickly. For more significant injuries like strains or sprains the 'RICE' approach of rest, ice, compression and elevation will have the student back in classes soon. On the rare occasion that a student picks up a fracture or some other serious injury, the student should seek medical attention right away, of course, and follow their doctor's advice on returning to classes.

Once the student is out of danger of aggravating an injury they are encouraged to resume their training as soon as they can. Often times, students can return to training before long and work around the injury or simply avoid certain movements. Once cleared by their doctor and feeling strong enough,



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Tuition Adjustments

To keep pace with increasing expenses, the tuition at ZenQuest will be adjusted slightly in 2022. All basic monthly tuitions will increase by \$10 per month, with typical 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.

These tuition rates will take effect on January 1st, 2022. Students and parents may want to consider taking advantage of the existing rates and committing to longer enrollments prior to the new rates going into effect. This is also a great time to consider enrolling in our Easy Pay payment plan. Doing so **BEFORE** January 1st will lock in your existing tuition rates, and remain unchanged for as long as you stay enrolled with it.

Please remember that students who choose to enroll with incremental tuition payments must keep track of their due dates. Signing in at the attendance sheets at the front desk will not only allow us to track your attendance for promotions, but also provide reminders when your tuition due date is approaching.

With the noted tuition adjustments we will also eliminate most fees for rank promotions in the future. This includes existing fees for Karate 'Kyu' promotions and children's Jiu-jitsu advancements. The only exceptions to this will be black belt certifications from the Okinawa Karatedo Association.

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!



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 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.

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resuming normal activity in training should help to strengthen the injured area. This can help with long term recovery and actually help prevent reinjuring the affected area.

It is not unusual for adult students to begin their martial arts journey with pre-existing injuries from a previous mishap. This can also typically be dealt with by being a bit selective about movements that may be risky for the affected area, and staying very mindful in training. In most cases, improving strength, flexibility, coordination and awareness will go a long way to improve the injured area over time.

For older students, old injuries can be more prevalent and require more mindfulness and selectiveness in training. Age may be 'nothing but a number', but a lifetime of adventure may have resulted in a variety of injuries that must be taken into consideration. Add in other medical concerns that often come with aging and training can be a challenge.

Making the martial arts work for YOU will provide great benefits. Whatever your situation, injured or not, young or old, focusing on mindful movement and awareness in training will go a long way toward overall health and quality of life! So, make some goals, set a schedule for yourself, and train hard....but train smart!

IMPORTANT DATES



Professor Silvio Moraes to visit in the near future !!

NEW STUDENTS!

Welcome: Liam Lyon, Liam Furlong, Dennis McCarthy, Devin Clerget, Miles Stanton, Heather Tatro, Luke Pires, Alyssa Farnham

Welcome Back: Brennon Stockton and Mylo Telle

HAPPY BIRTHDAY!

Joshua Sondrini 1/2
 Russell Moody 1/6
 Tristan Scully 1/7
 Kira Hamilton 1/8
 Paul Griffin 1/10
 Joshua Burgos 1/10
 Eva Sinopoli 1/10
 Matthew O'Sullivan 1/13
 Luka Riedinger 1/15
 Sonny Gorman 1/20
 Kane Hicks 1/21
 Theo Palmer 1/23
 Isabella Pereira 1/25
 Matthew Valenzuela 1/26
 Mason Lucy 1/26
 Mya Zabian 1/26
 Ava Coe 1/26
 Vincenzo (Enzo) Dort 1/27
 Michael Soules-Hubbard 1/28
 Alan Will 1/29
 Aaron Phare 1/31
 Miles Stanton 1/31

RECENT PROMOTIONS

TIGERS:

9kyu - Oliver Holt, Lincoln Daley, Easton Tatro

DRAGONS:

6kyu - Abigail Senner
7kyu - Zoey Bayles

COBRAS:

UECHI:

PYTHONS:

JIU-JITSU:

2 stripe white - Rob Aubin

MUAY THAI:

White - Ayden Jezak, Dan Letourneau

Terminology

Self-Defense

Japanese: Jiko boei

Brazilian: Defesa pessoal

Thai: Kan Pankan Taw Eng

“Best Martial Arts Academy” ZenQuest Martial Arts



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

