



# ZenQuest Martial Arts Center

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

## NEWSLETTER March 2023



### Muay Thai Seminar

ZenQuest is happy to announce another amazing seminar with Kru Mark DellaGrotte of Sityodtong Muay Thai! Kru Mark will provide a two hour seminar beginning at 12:00 Noon on Saturday, April 29th.

Kru Mark is widely known as one of the top Muay Thai masters in the world. His knowledge of this amazing martial art is only surpassed by his ability to communicate and help others improve their game. This is open to all levels of experience and our newest students are encouraged to attend.

For several years now Kru has worked directly for the Ultimate Fighting Championships. His job there is to provide technical support to the commentators about the techniques and strategies taking place in real time as the bouts play out.

Essentially, whenever you watch an event located in north America, you are hearing some of his input from the announcers. Between his schedule with the UFC, running his gym, and providing seminars like this one, these opportunities have become more rare so take advantage when you can.

Pre-registration for this event is \$90, with full price of \$110 at the door. Bring your gloves and shin guards, and a water bottle and towel are also recommended. Space will be limited, so secure your spot soon!



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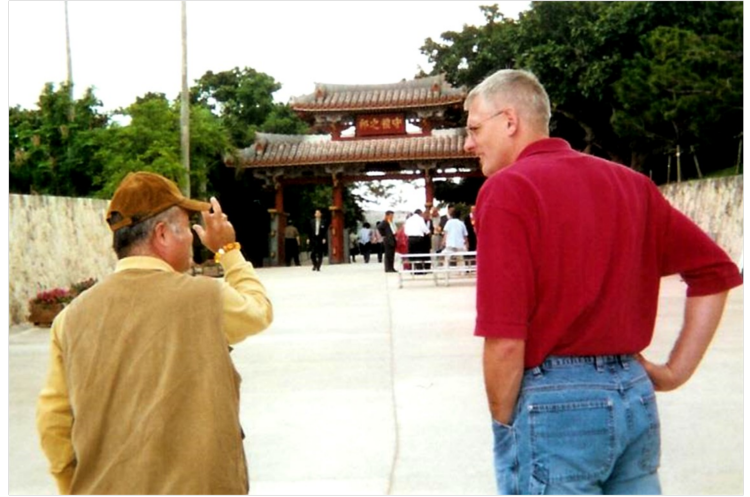
## Okinawa Bound

Sensei Mark will soon be on his way to visit the birthplace and global epicenter of Uechi-Ryu Karate. This will be his fifth time visiting Okinawa, with he and Sensei Connie making their first trip back in 2003. The visit will focus on training and cultural exchange and, if all goes well, a huge promotion for Sensei Flynn in the classic Okinawan art.

Sensei Mark has consistently practiced Uechi-Ryu since May of 1982, taking time out only for injuries and illness. He has also cross trained in several different martial arts, ultimately making lifetime commitments to Brazilian Jiu-jitsu and Muay Thai Kickboxing, too. In 2012 he was promoted to 7th Dan or 7th degree black belt in Okinawa, and is now well past the minimum requirements for leveling up again.

Senseis Mark and Connie are committed to providing the highest quality martial arts training instruction possible. That means learning techniques, strategies, and standards from some of the best resources in the world, and passing that on to their own students.

Sensei Connie will remain in the Berkshires this time due to the current demands at the dojo, but is planning on making the trip again soon. Safe travels to Sensei Mark!



## The Secret Sauce

What is the secret to success in the martial arts? Every martial artist wants to know this. Well, here it is: Making a routine of regular attendance in your classes. No joke -- that's it. With consistent weekly practice you will learn and progress in your chosen art(s). This can be challenging with changing shifts or schedules but, with some determination, regular attendance can be achieved even with this. Small breaks for vacations, illness, injuries, etc. do happen, but returning to regular training once a break is over is essential.

Also, it is crucial that students arrive 5 to 10 minutes before each class. Arriving right at the start time of the class usually results in the student entering after the class has begun. Being late causes the student to miss important information about the class, and often struggle to get focused on the class afterwards. It may also cause them to miss part or all of the warm-ups, resulting in little or no preparation for the more intense exercises and greater risk of injury. Late arrivals tend to disrupt the class, too, which is inconsiderate of classmates and instructors.

On the flip side of this, unless specifically instructed, students should not arrive too early either, especially younger students. There is preparation to be done to get the space ready for classes, and arriving too early can cause disruption. Also, often, if younger students have to "wait too long" they lose focus during their actual class time. Doors typically open 10-15 minutes prior to the first class starting time and students shouldn't expect to enter the dojo prior to this.



## AC Clinics Slated

The next round of our 'Advanced Concepts' clinics have been scheduled as follows:

- ◆ **Demian Maia Jiu-jitsu** (Blue Belt and above) -- Saturday, April 1
- ◆ **Uechi-Ryu Karate** (Brown Belt and above) -- Saturday, May 6
- ◆ **Sityodtong Muay Thai** (Blue Prajiet and above) -- Saturday, May 20

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.

## IMPORTANT DATES



Sun, 3/19, 1:30p - Kyu Test  
 Sat, 4/1, 1:15p - Adv Jiu-Jitsu  
 Mon, 4/17 - NO CLASSES  
 Sat, 4/22 - NAGA Connecticut  
 Sat, 4/29, 12-2p - Muay Thai Seminar  
 Sat, 5/6, 1:15p - Adv Uechi  
 Sun, 5/7, 1:30p - Possible Dan Test  
 Sat, 5/20, 1:15p - Adv Muay Thai  
 Sat, 5/27 & Mon, 5/29 - NO CLASSES

## NEW STUDENTS!

**Welcome:** Owen Fachini, Grace McMeekin, Andrew McMeekin, Auden Ortiz, Ezra Wool, Benjamin Wood, and Steven Panzano

**Welcome Back:** Kevin Brady and Tim Noble

## RECENT PROMOTIONS

### TIGERS:

7kyu - Elliot Dascanio, Everett Gallagher, Ari & Arin Williams  
 8kyu - Caleb Tullock, Marianna Broderick, James Polk, Hayden Joyce, Clayton Correia  
 9kyu - Andrew Arce, Milan Desai, Theo Susse, Brody Mechek

### DRAGONS:

5kyu - Ben Chagnon  
 7kyu - TJ Steben, Aiden Drury  
 8kyu - James Mercier, Willow Vitolo  
 9kyu - Isabella Yeaman

### COBRAS:

6kyu - Lucas Kunde  
 9kyu - Marcel Toro

### UECHI:

### PYTHONS:

Grey belt - Nico Dort  
 2 stripe white - River DiVecchio, Montanna Inesta  
 1 stripe white - Nilani Broussard, Betsy Russo

### JIU-JITSU:

2 stripe white - Matthew Seward  
 1 stripe white - Robert Inesta, Zach Lecuyer

## HAPPY BIRTHDAY!

Katie Soules 3/5  
 Dominic (Nico) Dort 3/9  
 Elijah Schrag 3/9  
 Noah Schrag 3/9  
 Jaxson Pemble 3/11  
 Karen Fenton 3/12  
 Carlo Petrucci 3/12  
 Willow Vitolo 3/12  
 Lilly Bingham 3/17  
 James Polk 3/18  
 Noah Faravaag 3/22  
 Sensei Mark 3/24  
 Liam Furlong 3/27  
 Johnson Green 3/27  
 Romeo Stern 3/29

## Terminology

### Speed

Japanese: Hayai

Brazilian: Rápido

Thai: Reuw

## “Best Martial Arts Academy” ZenQuest Martial Arts



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

