



ZenQuest Martial Arts Center

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

NEWSLETTER

May 2019

Faixa Preta!

Sensei Connie recently earned her Black Belt or 'Faixa Preta' in Brazilian Jiu-jitsu! The coveted rank was awarded by Master Demian Maia during a seminar at ZenQuest on Saturday, April 20. Sensei or 'Professor' Connie is the first female outside of Brazil to receive the Black Belt from the notorious grappler.

Since starting her jiu-jitsu training in March of 1998, Sensei Connie has gone through a pregnancy and baby, three knee surgeries, a head-on collision, and a serious illness that lasted over two months. This on top of all of the usual challenges facing students in BJJ, and a less-than-optimal instructor for over 12 years. Despite these challenges Sensei Connie continued to train, teach and improve until reaching her goal.

As Master Demian presented Connie with the belt he stated "I've seen a lot of progress in her over the last few years, and she has now earned the Black Belt." He also added "When I give the Black Belt, I give it not just because of technical ability, but because of personal development. In Brazilian Jiu-jitsu, or any martial art, you have the tool to improve yourself as a person. Some people use this, and some people don't. Connie has been in martial arts all of her life, and she is someone who has used this tool to become a better person."

Sensei Connie has no intention of stopping at this point. She will continue to enjoy teaching and learning in this amazing art.

Congratulations to 'Professor' Connie on her promotion and continued success!



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Rockin' the Open House

ZenQuest held its second annual Open House on Saturday, April 27th. The event kicked off at 9:00 AM and featured tours of the facility, free trial classes, enrollment information and specials, and children's games and giveaways. Visitors had the opportunity to speak with the ZenQuest fight team and watch them in some exhibition matches. Different snacks and goodies were also available via a Bill Wright Scholarship Fund bake sale.

Free self-defense clinics were provided for kids and adults. These included some discussion about avoiding and de-escalating confrontations and bullying. Participants were then given some fundamental 'striking' strategies by way of practical blocking and countering drills. Lastly, everyone learned some escape techniques for common holds.

In addition to being a fun and productive day, students and visitors received some new 'swag' in the form of ZenQuest water bottles and 'fidget spinners'. Several new students decided to enroll before the day was over, too!

Thanks to everyone that made this day possible and thanks to all visitors for coming to check us out. See you next year!!



Demian Seminar

On Saturday, April 20th the one-and-only Demian Maia dropped into ZenQuest. The Brazilian Jiu-jitsu Master provided a three-hour seminar that covered both 'Gi' and 'No-Gi' strategies. Over forty participants soaked up a variety of techniques including 'pulling' and 'jumping' guard, passing the guard, and submissions. Participants came from as far away as New Jersey to learn from the legend.

About half-way through the clinic, Demian presented Coach Connie with the Black Belt. She has been training and teaching Jiu-jitsu for over 21 years and, despite different setbacks during that time, she worked through the challenges and persevered. Congrats to Professor Connie!

Demian has amassed an incredible body of work on the mat and in the MMA cage. In Jiu-jitsu competition, he was a 5-time World Champion, and winner of the prestigious ADCC. He's also one of the most successful Jiu-jitsu fighters in the history of Mixed Martial Arts.

Thanks to everyone who participated in this incredible training, and special thanks to Demian and his crew for making the trip!!



WELCOME NEW STUDENTS!

YOUTH: Gustavo Perez, Ryan Johansen, Lloyd Kendig, Quan Fields, Brett Codwise

ADULTS: Laura Collins, Greg Boudreau, Davron Yuldeshev, Amanda Saunders, James Chambers, Richard Ciotola

WELCOME BACK: Bill Kopetchny, Matthew Flynn, Guage Statley, Anthony Trapani

IMPORTANT DATES

Saturday, May 4 - NAGA RI

Sunday, May 5, 1:30 pm - DAN Test

Saturday, May 11, 1:00 pm - AC Muay Thai

Saturday, May 18, 1:00 pm - AC Uechi

Saturday, May 25, 1:00 pm - AC Jiu-jitsu

Sunday/Monday May 26 & 27 - NO CLASSES
(Sunday Jiu-jitsu Ends for the Summer)

RECENT PROMOTIONS**CRANES:**

Gold Star - Remi Oberwager

TIGERS:

9kyu - Toni Zaniboni, Liam Carty
8kyu - Colton Smith, Henry Rohwasser, Cayden Bona, Jaxson Pemble
7kyu - Abbigail McLaughlin
6kyu - Krish Senthil, Michael McLaughlin
5kyu - Brandt Mears

DRAGONS:

8kyu - Ruben Fried, Ava klapes
5kyu - Liam Cowhig, Colton Jennings

COBRAS:

6kyu - Kyren Hanson

UECHI:

Jun Shodan - Tyler Woodbury
Shodan - Joe Weinberg, Kathy Petrucci, Sharon Gittzus
Sandan - Matt Moreau
Godan - Beth Yanuskiewicz

PYTHONS:

Grey - Collin Layden
Grey/Black - Ayden Jezak
3 Stripe Grey/Black - Atticus Clark

JIU-JITSU:

1 stripe white - DeSean Scales
Black - Connie Flynn

HAPPY BIRTHDAY!

Samuel St. Peter 5/5
Kathy Petrucci 5/11
Connor Whiteman 5/15
Mathieu Moreau 5/19
Denise Devereaux 5/20
Braelen Kline 5/21
Liam Cowhig 5/22
Colton Smith 5/23
Dennis Fougere 5/21
Matthew Bienia 5/24
Karyn Bienia 5/27
Jedd Hall 5/25
Amanda Saunders 5/25
Ian Wilkins 5/25
Thomas Sitzler 5/27
David Romano 5/29
Citlali Hernandez 5/29
Gustavo Perez 5/31

“Best Martial Arts Academy”

ZenQuest Martial Arts
Berkshire Eagle's
Readers Choice Awards
2017 & 2018

**Terminology****“Throw”**

Japanese: Nage (nah-gay)

Brazilian: Jogar (Joe-gar)

Thai: Thuum (Thoom)

Dan Promotions

Six students recently earned *Dan* or Black Belt ranks in Uechi-Ryu Karate at ZenQuest. Congratulations to the following: Tyler Woodbury promoted to *Jun Shodan* or Jr. Black Belt; Sharon Gittzus, Kathy Petrucci and Joe Weinberg promoted to *Shodan* or 1st Degree Black Belt; Mathieu Moreau promoted to *Sandan* or 3rd Degree Black Belt; and Beth Yanskiewicz promoted to *Godan* or 5th Degree Black Belt.

This was one of the best formal *Dan* exams we've ever had. The candidates all did exceptionally well in the different areas required, according to the standards set by the Okinawa Karatedo Association. Thanks to everyone who supported them in their training and preparation. Special thanks to Katya Bowen for score-keeping.



*Back row (l to r): Mathieu Moreau, Sharon Gittzus, Tyler Woodbury, Kathy Petrucci, Beth Yanuskiewicz and Joe Weinberg.
Front row: Senseis Michelle Moreau, Connie Flynn and Mark Flynn*

AC Clinics

ZenQuest has scheduled it's next round of Advanced Concepts clinics for Jiu-jitsu, Karate and Muay Thai. These are a great opportunity for intermediate and advanced students to practice more advanced techniques and strategies in their chosen art. The next round of clinics will happen as follows:

Sityodtong Muay Thai - Saturday, May 11 (Blue Prajiat and above)
Uechi-Ryu Karate - Saturday, May 18 (Nikyu and above)
Demian Maia Jiu-jitsu - Saturday, May 25 (Blue Belt and above)

This training is essential to important insight and progress for these students. So, those who qualify are strongly encouraged to attend. For more information, please see Senseis Connie or Mark. See you there!

Team Z Swag

New water-bottles and 'fidget spinners' are available at ZenQuest! These were rolled out at our recent Open House event, and available now for only \$4 each.



The first wave of our brand new sweatshirts has been wiped out, but we will have more available soon. These are black with the school name on the front, and our three core martial arts noted on the back. These will be available in children's and adult's sizes (up to XXXL) and costs \$45 each. A limited supply will be available again soon, so pre-ordering will guarantee you the sizes you need. T-shirts with the same design will also be available in the next order for \$28 each.

An order of custom Karate Gis will also soon be available. These will be high quality uniforms with custom patches and print. They'll be available in all sizes and cost \$60 each.

Lastly, we will soon have more custom ZenQuest training shorts costing \$45 each. These will be slightly better quality than before based on adjustments to previous versions.

Let us know if you'd like to pre-order any of the items coming. We're shooting for June/July on the next shipment.