



ZenQuest Martial Arts Center

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

NEWSLETTER

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Habits of Success

Part of being successful in the martial arts is training ourselves to have habits and routines that will lead us to our goals! It doesn't matter what our goals are...to reach a certain belt level, to improve our fitness and health, to learn to relax and focus better, or even to compete. There are some basic steps that we need to take in order to provide ourselves with the opportunity to reap the benefits of this training.



One of the most basic but important aspects of successful habits is setting a regular training schedule for ourselves. To do this, we need to decide which days will be best for training. This will require considerations of other activities in our schedule like work, school, family time, travel, meals, etc. For those of us whose schedule changes from week to week, this can be a bit more of a challenge. But, setting aside a few hours for training is totally worth it. A routine of regular exercise...and all of the other benefits of martial arts training.....has proven to lead to a long, healthy ad happy life AND will tend to provide stability and lower stress levels in our lives. So, we need to establish a training schedule for ourselves, and fight to keep it going STRONG.

Once we decide on which days we will train, we need to find out how much time we have to give ourselves for "mobilization." This may include the time to gather our gear together (uniform, sparring gear, water, wraps, etc.), time to travel to the gym/dojo, time to check-in, time to put our equipment on, and a little extra time to arrive at the training room BEFORE THE CLASS STARTS! Adding all of that up...we can establish when we need to leave the house by subtracting that total from the class start-time. So, if it takes a total of 20 minutes to get to class, and it starts at 5:00 PM....you need to set out at 20 minutes before 5:00 PM. Leaving any later will result in being late. Now that we have our schedule set, we need to eliminate distractions that will derail us. For example, let's say we have our gear ready to go at the correct time, and we get a phone call or message. In order to stay on track for training, we would tell the person that we're on our way to the gym, and we would continue the conversation after. Another possibility could be a breaking story on the news. Again, delaying our attention for this later will prevent us from falling down on our training commitment to ourselves.



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Gracie Returns

Jiu-jitsu Master Rodrigo Gracie returned to ZenQuest on Saturday, October 25th for another incredible hands-on clinic. This was the first time the former ADCC champion and Pride MMA contender has been back to the Berkshires in nearly four years. As always, Rodrigo did NOT disappoint!

The nearly twenty participants were led through some excellent classic self-defense material like defending the "sucker punch" and escaping the headlock. Professor Gracie also covered some important details for common ground strategies like arm-bar attacks and defenses. The techniques were simple, but very direct and effective.

The seminar wound up with a fun, but challenging "one-arm" guard drill, where the person using the guard had to put one arm in their belt and prevent their partner from escaping. This is an excellent way to emphasize the importance of technique and strategy, and the importance of being able to flow from one strategy to another!

Rodrigo said he was happy to be able to reconnect his friends at ZenQuest. Thanks to all of the students that came out for this one. Big thanks to Rodrigo for making the trip and providing an excellent seminar!



Radio Active

Senseis Connie and Mark recently dropped in on the morning show for local radio station "Live 95.9." Hosts Bryan Slater and Meg Dooley took a few minutes to interview the Flynns to find out what ZenQuest is all about. "Slater and Meg" did an amazing job of making the visit fun and asked some great questions. Senseis Connie and Mark talked about the different programs offered at the school, and emphasized the friendly and supportive atmosphere there.

During some "off-air" discussion, Slater expressed an interest in doing some training and asked about the basics of punching. Sensei Connie showed him some technique and talked about why its important to do it correctly. Bryan then made a plan to try some kickboxing classes at ZenQuest.

The visit was a follow-up to recording some ads to be run on the Berkshire radio station through January 2015. Special thanks to Slater and Meg and everyone else at Live 95.9 for being so helpful with the ads AND the morning show interview!



"Bullyproof" Incorporated

ZenQuest recently started placing more emphasis on self-defense and escape strategies in all of its children's classes. As part of this we will now also begin to incorporate material from the award winning "Gracie Bullyproof" program. This is a series of drills and exercises developed by the renowned Gracie Academy for teaching kids effective self-defense strategies. These just seem like fun activities to children, but actually prepare them for common self-defense scenarios, and reinforces confidence in social situations.

ZenQuest has already started to use some of the Bullyproof program in its classes. For more information about Gracie Bullyproof visit GracieAcademy.com.



(Continued from page 1) *Habits of Success*

Another habit of success is healthy eating patterns. Eating healthy foods will not only give us more energy for training, but will help us live a long and healthy life. This includes portion control, and avoiding foods and substances that can be harmful...INCLUDING too much caffeine and alcohol. We need to avoid unhealthy cycles of binge and purge such as yo-yo diets, or overindulgence with the promise to ourselves that we'll do better at some point in the future. A constant diet of nutritious food and drink...and maybe some supplements for those intense training routines...will go a long way towards our goals. One nice side affect of training regularly is that we can eat more great food due to the extra calories we burn. So, adjust accordingly, but be careful not to be reckless with portions.

Similarly, good sleeping routines will help us stay healthy and energized for training. Doctors recommend that the average person get 7 to 8 hours of sleep each session. Besides sabotaging your training regimen, sleep deprivation can lead to poor eating habits and obesity, health complications like diabetes and heart problems, increased risk of psychiatric problems including depression and substance abuse, a decreased ability to focus and pay attention, poor reaction times, and memory problems. For healthy sleep habits, experts recommend the following:

- Establish consistent sleep and wake schedules, even on weekends
- Create a sleep-conducive environment that is dark, quiet, comfortable and cool
- Sleep on a comfortable mattress and pillows
- Use your bedroom only for sleep (avoid watching TV, using a computer or reading in bed)
- Finish eating at least 2-3 hours before your regular bedtime
- Avoid caffeine and alcohol products close to bedtime and give up smoking
- Exercise regularly (ironically)
- Consider relaxing bedtime routines like a hot bath or soothing music



After establishing these habits for success, it is important that the people around you serve as your support network. The people in your life all have the ability to help you stick to healthy routines and achieve your goals! Whether it's parents, your partner, your friends....try to make sure that they understand what is important to you and your health. Even if they don't have the same priorities or understand why martial arts training is important to you, seek their support. A loving support network can make or break your training and goals.

Setting up these habits is relatively easy, but STICKING TO IT over the long haul can be very challenging. Its actually easy, and maybe even human nature, to let it all fall apart. Giving in to the temptations of procrastination and being less motivated sometimes seems the easiest thing in the world. Ironically, in order to reap the benefits of martial arts training...including better self-discipline and will-power...we need to have some of THAT just to get started. But, by establishing good habits and giving ourselves that amazing opportunity, we can insure ourselves a long and happy life...and achieve our goals!!

RECENT PROMOTIONS**CRANES:****TIGERS:**

7kyu - Jackson Almeida, Leilana Salvini
 8kyu - Andrew Hall
 9kyu - Hannah Alsdorf, Sophie DelMasto

DRAGONS:

8kyu - Frankie Pafumi
 9kyu - Mihiraan Gangisetty

UECHI:

3dan - Justin Bolio
 Jun Shodan - Stephen Taglieri
 6kyu - Dan Dufur

YOUTH JIU-JITSU

Yellow/black - Noah Farevaag, Chris Bradley
 3 stripe yellow - Stephen Taglieri
 Grey - Keerah Morgan, Liam Nester, Jessie Scrimo
 2 stripe white/grey - Matt Moreau
 1 stripe white/grey - Brayden Gerlitz
 3 stripe white - Atticus Clark, Will St. John
 2 stripe white - Ella Hall
 1 stripe white - Frankie Pafumi, Ayden Jezak,
 Parker Smith

ADULT JIU-JITSU:

1 stripe purple - Mike Reis
 1 stripe blue - Matt Gerlitz
 Blue - Robert Haywood

WELCOME NEW STUDENTS!**YOUTH:**

Gianna Colello, Henry Rohrwasser, Kate Williams,
 Reid Macioge, Carter Crosby, Henry Rimmler,
 Troy Taylor, David Rimmler

ADULTS:

Katie Moller, Chris Kupernick

WELCOME BACK:

Andy Gillman, Gabrielle Mott & Andres Bernal!

IMPORTANT DATES*November/December*

Sun, 11/16, 1:30 pm - Advanced Uechi Training

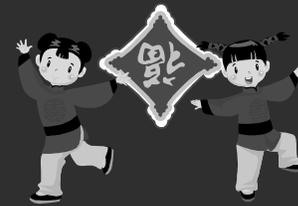
Wed/Thurs/Fri, 11/26,27,28 - NO CLASSES
 HAPPY THANKSGIVING!

Sat, 12/6 - Conn. Submission Only Tourney

Sunday, 12/7, 1:30 pm - Kyu Test

Wed/Thurs/Fri, 12/24,25,26 - NO CLASSES
 HAPPY HOLIDAYS!

Wed/Thurs, 12/31, 1/1/15 - NO CLASSES
 HAPPY NEW YEAR!!

**HAPPY BIRTHDAY!**

11/1 - Genevieve Buker
 11/7 - JD Guzman
 11/8 - Joe Willson
 11/9 - Arianna Noyes, Troy Taylor
 11/10 - Adrian Yener
 11/11 - Cole Schmidt
 11/12 - Will St. John
 11/14 - Matteo Ferioli, Teresa Navin
 11/18 - Addison DiGrigoli
 11/20 - Herb Gregg
 11/23 - Emma Adler
 11/25 - Missy Felippi
 11/26 - Norrin Darby, David Kirchner
 11/28 - Ben Robert, Collin Wellman,
 Hope Chapman
 11/29 - Alex Navin, Marie Walsh
 11/30 - Jacob Brodsky