



ZenQuest Martial Arts Center

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

NEWSLETTER November 2021



LEJJ 10-23s

ZenQuest's new Law Enforcement for Jiu-Jitsu program has 10-23'd...or arrived! On Monday, October 18th a group of over twenty officers attended the first 'LEJJ' class. Sixteen of those are from the Pittsfield Police Department, including Pittsfield Chief Mike Wynn. The balance of the group are from other local agencies, including one New York State Trooper.

Chief Wynn and the Pittsfield Police Department recently made an agreement with ZenQuest to kick off the program. The training includes positioning, escape and restraint strategies from Brazilian Jiu-jitsu. The idea is to reduce risks in such situations for both officers and the people that they restrain when the need arises.

At the time of this newsletter there has already been an instance where one of the officers has used some of the strategies covered in the first two weeks of the LEJJ classes to safely neutralize a subject's aggression and restrain them until additional officers arrived at the scene.

For years Chief Wynn and other officers would have discussions with Senseis Connie and Mark about the benefits of Jiu-jitsu training for Law Enforcement Officers. After training for some time, it was obvious to them that Jiu-jitsu training is tremendously beneficial to anyone whose job requires them to engage with people physically at times. Aside from being better equipped with strategies to safely deal with physical aggression, this training gives officers the ability to 'scramble' or move intelligently and maintain control of chaotic situations. Being able to control these situations better also tends to reduce stress levels for officers, which makes them calmer and less likely to wind up in escalated confrontations.



Getting a program like this started was difficult in the past due to general skepticism and the resulting lack of funding. However, in recent years several Law Enforcement agencies have had great success with similar programs. There is now documented proof that this training helps to reduce injuries for both officers and the people that they have to engage with. There is also proof that it actually reduces the need for officers to use the tools on their belts such as a baton, pepper spray, taser or firearm.

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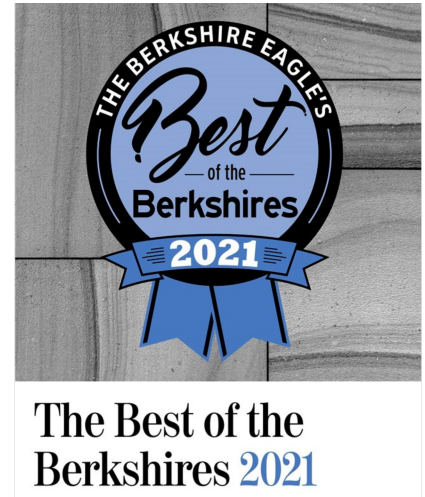
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The Votes are In

ZenQuest has been voted the 'Best Martial Arts Academy' in the Berkshires AGAIN! This is the fifth year in a row for ZenQuest going back to 2017. We believe that this is simply the result of doing everything possible to provide the best martial arts programs, instruction, facility and training environment possible.

This distinction is awarded by the area's premier news agency, the Berkshire Eagle, and is based solely on voting by it's readers. This makes the award even better and we are humbly proud. It's nice to know that our students and community appreciate what we do, and we will continue to do our best to make things even better going forward in every program that we offer.

This award would not be possible without the dedication and support of our students, families and parent organizations. To them we say Arigato, Khupum, Obrigado, and THANK YOU!



Schedule Adjustments

Now that we're settling into the fall and winter season we've made some adjustments to our class schedule based on the needs of our students and programs. At this time the following adjustments will be made:

- The Monday evening adult Jiu-jitsu class at 5:15 PM is now designated to Law Enforcement Jiu-jitsu training. The 7:00 PM adult jiu-jitsu class will still be available to all.
- Our early 9:15 AM Saturday morning Muay Thai class has been converted back to a 'Tigers' children's karate class (at 9:00 AM) to accommodate an increase in this program. As another consequence of this our 9:00 AM 'Pythons' children's Jiu-jitsu class is moved back to 9:15 AM in the back training room. The later Saturday Muay Thai class at 11:45 is still available.
- Lastly, we have returned to our pre-pandemic practice of providing some 'No-Gi' Jiu-jitsu classes. For now, this means that our Monday 7:00 PM and Friday 10:30 AM classes have now returned to 'No-Gi.'

These adjustments all took effect the 1st of November. Please let us know if you have any questions or concerns. Happy training!

CLASS SCHEDULE - RM 1
ZenQuest Martial Arts
Effective November 1, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 AM						TIGERS 9:00-9:45 AM
10 AM		UFCO 10:30-11:35 AM				UFCO 10:55-11:00 AM
11 AM						DRAGONS 11:30AM-12:35 PM
12 PM				UFCO 12-12:45 PM		
1 PM						
2 PM						
3 PM						
4 PM		TIGERS 4:15-5:00 PM		DRAGONS 4:35-5:00 PM	JR. TIGERS 4:30-5:15PM	
5 PM	LEJ Law Enforcement 5:15-6:00 PM	DRAGONS 5:30-6:15 PM	JR. TIGERS 5:00-5:45 PM	TIGERS 5:30-6:15 PM	UFCO 5:45-6:30 PM	
6 PM	COBRA 6:30-7:15 PM	UFCO 6:45-7:30 PM	COBRA 6:55-7:00 PM	UFCO 6:45-7:30 PM		
7 PM	M.A.S. 7:45-8:30					
8 PM						
9 PM						
10 PM						

Class Key
Kids Karate
Jr. Tigers - Ages 7"-14"
Tigers - Ages 4"-6"
Dragons - Ages 9"-11"
CoBras - Ages 10"-13"
Adult Classes
UFCO - Full Contact - Ages 13 and up
LEJ - Law Enforcement
M.A.S. - Ages 13 and up

(Continued from page 1) **LEJJ 10-23s**

At present one class per week is specifically for officer training, and the participants are encouraged to attend additional classes at ZenQuest. A second class is already being considered with the success of the program so far, and new developments in funding. Thanks to all of the officers for their interest, and special thanks to Chief Wynn for his part in launching the LEJJ program.

IMPORTANT DATES



Tuesday, 11/9 - No AM Uechi Class

Thursday, 11/11 - NO CLASSES

Sat/Sun, 11/20 & 11/21 - Tap Cancer Out Event

Danvers, MA

Wednesday 11/24 thru Saturday 11/27 - NO CLASSES

HAPPY BIRTHDAY!

Audrey Chagnon 11/1

Genevieve Buker 11/1

William Ezell 11/2

Stryder Mortali 11/4

Colin Carabetta 11/5

Marissa Maher 11/5

Jackson Reis 11/5

Anastasiya Bolotova 11/5

Todd Dort 11/6

Arianna Noyes 11/9

Andrew McMahon 11/10

Marcus Drake 11/10

Jake Martin 11/12

Quincy Rocca 11/12

Norah Matthews 11/12

Matteo Ferioli 11/14

Dinesh Kandasamy 11/15

Leafy Murphy 11/16

Herb Gregg 11/20

Layla Wixsom 11/20

Robert Horne 11/21

Morgan Leighfield 11/22

Brendan Burke 11/23

Evan Collins 11/25

Norrin Darby 11/26

Collin Wellman 11/28

Katarina Witruk 11/30

Cal McHugh 11/27

Leila O'Brien Sevilla 11/28

NEW STUDENTS!

Welcome: Kim Bertelli-Hunt, TJ Bowler, Jennifer Brueckmann, David Carusotto, Jacob Doyle, Matthew Farnham, Jessica Godfroy, Grian Henault, Robert Horne, Craig Jones, Andrew McMahon, Jeff Slater, Nick Sondrini, Jaxson Granger, Griffin Granger, Lilly Bingham, Kinslee Broderick, Mariana Broderick, Lincoln Daley, Elliot Dascanio, William Ezell, Zachary Lovett, Sean Muellers, Dylan Muellers, John Logsdon, Kali Casey, Karl Beauchaine

Welcome Back: Elias Casey, Matthew O'Sullivan, Matt Hill

RECENT PROMOTIONS

TIGERS:

8kyu - Holden Keiper

9kyu - Wes Didio, Theo Didio, Phoebe Porter, Jennie Hogencamp, Ellie Hogencamp, Oscar Daire, Lana Darby, Henry Svirida

DRAGONS:

COBRAS:

7kyu - Amber Nivelio

UECHI:

6dan - Michelle Moreau

6kyu - Audrey Chagnon

8kyu - Kim Bertelli-Hunt

PYTHONS:

1 stripe grey/black - Levi Giumarra

1 stripe white - Connie Gordon, Landon Chuck

JIU-JITSU:

4 stripe blue- Russell Moody

MUAY THAI:

4 stripe blue - Jennifer Sommerville

Terminology

Courage

Japanese: Yuki

Brazilian: Coragem

Thai: Kwam Kla Han

"Best Martial Arts Academy" ZenQuest Martial Arts



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

