



ZenQuest Martial Arts Center

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

NEWSLETTER October 2021



Scary Masks

At the time of this newsletter the COVID19 metrics are trending downwards in the areas surrounding ZenQuest. If this continues we would likely be able to train maskless...again...within a matter of weeks. Until then, though, we are required by the 'Tri-Town' board of health to mask while indoors. This means that **anyone entering our indoor space is required to wear a face covering.**

Recently we have had some instances where parents or relatives of younger students have resisted this requirement. Trust us, we understand the frustration of wearing the masks over an extended period of time. This is especially true when trying to train or do physical activity. However, throughout the pandemic we have done our best to keep everyone safe and prevent a situation that results in a shutdown, and further strain on the gym.

For people who do not want to wear face coverings we simply ask that you drop your child off at the door and we will be happy to sign them in and help them prepare for their class. In a case where making a payment is needed, payments can be submitted over the phone, via our website, by submitting information via email, or even by having the student bring it to the front desk.

We sincerely appreciate the students who've been willing to tolerate the masks when this was required. Although this can be annoying, training with a mask on actually improves the wearer's cardio-pulmonary capacity. Many top athletes wear something called an 'altitude mask' when they train for that very reason. This gives them incredible endurance which can make the difference between success and failure.

Over the long term 'Mask Fatigue' is mostly a psychological challenge for us. This is especially challenging given the fact that we had a period during the summer of this year when we were able to go maskless in our classes. A martial artist should view all of this as 'mental training' or something that makes them tougher mentally in the long run. After wearing a mask for some time, our body adjusts to it and we can actually forget that we have it on.

Here are some tips that may help with 'Mask Fatigue':

Find a Mask that Fits - Finding a face covering that fits properly is essential. Not only will this insure that the mask functions the way that its supposed to, it will be less of a distraction when you aren't constantly adjusting it.



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LEJJ Program

The Pittsfield Police Department recently arranged to have a group of its officers train at ZenQuest on a regular basis. The pilot program, dubbed LEJJ (Law Enforcement Jiu-jitsu), will consist of positioning, escapes and restraints related to physical engagements in the line of duty. The program will utilize positioning and control strategies from Brazilian Jiu-jitsu, without the 'submissions.' The idea is to reduce risks in such situations for both officers and the people that they restrain when the need arises.

Chief Michael Wynn is a long time student at ZenQuest, going back to the days when we were still known as the Okinawan Karate School. 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 safe techniques to escape or restrain individuals, this type of training gives officers the ability to 'scramble' or move intelligently and maintain control of chaotic situations. Having the ability to control situations better also tends to reduce stress levels for officers, which makes them calmer and less likely to wind up in an escalated confrontation.

The challenge in implementing a program like this for years was in getting approval for funding. However, in recent years there have been several Law Enforcement agencies that have done trial programs like this with great success. There is actual documented proof that this training helps to reduce injuries for both officers and detainees. There is also proof that this training results in fewer incidents of officers using the tools on their duty belts such as a baton, pepper spray, taser or firearm.

The program is scheduled to begin on Monday, October 18th and is open to officers from other agencies. At present one class per week will be designated specifically for Officer training. The participants will also be encouraged to attend additional classes to supplement this. Special thanks to Chief Mike Wynn for his part in launching the LEJJ program.



Class Adjustments

Now that we're settling into the fall and winter season we will be making some adjustments to our class schedule according to 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 will be designated for the new Law Enforcement Jiu-jitsu training effective on Monday, October 18th. The 7:00 PM adult jiu-jitsu class will still be available.
- Our early 9:15 AM Saturday morning Muay Thai class will be converted to a 'Tigers' children's karate class (at 9:00 AM) to accommodate an increase in these students. Having this as a Muay Thai class was a temporary measure to accommodate students for that program during the time of social distancing at the gym. As another consequence of this our 9:00 AM 'Pythons' children's Jiu-jitsu class will be moved to 9:15 AM in the back training room. The later Saturday Muay Thai class at 11:45 will still be available. This will take effect on November 6th.
- Lastly, starting in November we will return 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 will be 'No-Gi' starting in November.

Please let us know if you have any questions or concerns.

Training Room 1

CLASS SCHEDULE

ZenQuest Martial Arts Center
Effective April 2021

	MON	TUE	WED	THUR	FRI	SAT	SUN
9:00 AM	Pythons Indefinite	Pythons Indefinite	Pythons Indefinite	Pythons Indefinite	Pythons Indefinite	Tiger's 9:00-9:15	
9:15 AM		Adult Karate 9:15-10:00				Adult Karate 9:15-11:15	
10:00 AM						Pythons 9:15-10:00	
10:15 AM		Chess 9:15-10:00		Adult Karate 9:15-10:00		Open Mat 9:15-1:00	
10:30 PM							Children's Training
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IMPORTANT DATES

Monday, October 18, 5:15p - LEJJ Program begins

Saturday, November 6:
9:00a - Tigers Class begins
9:15a - new time for Pythons Class

HAPPY BIRTHDAY!

Darren Bradley 10/1
Brandt Mears 10/1
Paula Murphy 10/2
Stephen Dalton 10/2
Lincoln Daley 10/5
Levi Giumarra 10/6
Thomas Aube 10/7
Gabrielle Mott 10/10
Adam Weinberg 10/11
Stephanie Chiera 10/11
Tilo Jackson 10/14
Dan Dufur 10/15
Claire O'Callahan 10/15
Leah Face 10/15
Lucy Gregg 10/16
Dulcinea Squailia 10/17
Parker Lamont 10/17
Zachary Winston 10/18
Connor Burt 10/23
Landon Chuck 10/23
DeSean Scales 10/25
Jordan Cornellier 10/28
Phoenix Miller 10/28
Robert Aubin 10/29
Grace O'Callahan 10/29

NEW STUDENTS!**Welcome:**

Emmett Boyd, Emma Bordonaro, Brian Andrews, Katarina Witruk, Leafy Murphy, Quinn McHatton, Easton Tatro, Aaron Phare, Elijah Schrag, Noah Schrag, Beckett Lyon, Lincoln Daley, Hannah Robinson-Habig, Tyniesha Scales, Oliver Holt, Grayce Douillard

Welcome Back:

Lali Hernandez, Oscar Daire, Desean Scales, Grey Murray

RECENT PROMOTIONS**TIGERS:****DRAGONS:**

7kyu - Gustavo Perez

COBRAS:

6kyu - Quincy Rocca

UECHI:

8kyu - Ruby Littman
6kyu - Michael Siktberg, Michael Cahalan, Audrey Chagnon

PYTHONS:**JIU-JITSU:**

2 stripe white - Borey Booker

MUAY THAI:

1 stripe blue - Carlo Petrucci
2 stripe blue - Kyle Pezzano

Terminology**Fatigue**

Japanese: Kentaikan

Brazilian: Fadiga

Thai: Peliye

**“Best Martial Arts Academy”
ZenQuest Martial Arts**

*Berkshire Eagle's
Readers Choice Awards
2017, 2018, 2019
& 2020!*



BTS Registration '21

The 'back-to-school' season is upon us again and at ZenQuest that means organizing our children's classes for the fall. Parents who are planning on having their kids continue with, or enroll new students in any of our children's classes should contact us ASAP to reserve the appropriate classes. Students age thirteen or older are eligible to attend Adult classes (including Karate, Jiu-jitsu, Thai Kickboxing, and Strength & Conditioning) and do not need to reserve classes.

Although we are operating with fewer restrictions than last year, we are setting limits for the maximum number of students allowed in each class. These will be based on about a 30% reduction from our pre-pandemic limits for each age group. Given this, it is more important than ever to be sure to reserve the appropriate classes for your kids.

Please remember that class reservations are made on a 'first come first served' basis. Waiting lists will be generated for classes exceeding their limit. Students who are not able to attend their preferred classes are encouraged to choose alternative times until space opens up in their preferred classes.

We now have a convenient online link available for this on our website and via email. Parents may also choose to reserve classes for their kids in any of the following other ways:

- ♦ By speaking to someone directly at the front desk
- ♦ By sending an email to train@zenquestmac.com
- ♦ By calling us at 413-637-0656

Please remember that class reservations will only be effective with an active student enrollment. **Reservations for students who are not currently enrolled must be accompanied with tuition payment to restart the student's membership.** Also remember that 'Partial Participation' discounts are reserved for students age eight years old and younger.

With some lingering affects from the pandemic, we are continuing to exercise caution in the gym. This includes face coverings, sanitizing, extra cleaning, and 'respectful distancing'. As always we ask that any student who suspects that they may have been exposed to the coronavirus, is experiencing symptoms, or has travelled to an area with high rates of transmission withdraw from attending classes until they are certain that they are not infected with the disease.

Current class schedules are available electronically upon request, and hard copies are at the front desk. We don't expect any changes to the children's classes at this time. Once the class lists and waiting lists are generated we will look at possible adjustments to the schedule to accommodate as many students as we can.

As always, please let us know if you have any questions or concerns going forward. We will look forward to another great season of fun and learning at the oldest and best martial arts school in the Berkshires!!

(Continued from page 1) Scary Masks

Focus on Breathing - Doing physical activity while wearing a mask will go better if the wearer makes a habit of breathing more deeply. Many martial arts incorporate breathing exercises or patterns as part of the training. There are many benefits to mindful breathing, so being more aware because of the mask is another positive.

Take Breaks - Experts recommend frequent breaks when exercising with face coverings. Students who have been attending classes at ZenQuest with this situation will know that we do incorporate several breaks into our classes for 'water and oxygen.'

Wear a Fun Design - We've seen some great face covering designs in recent months, especially from the kids. Let's face it, if its something that we have to do for now, we might as well have fun with it.

Keep Masks Handy - We've all been in situations where we've forgotten a mask when going somewhere that requires one. It pays to keep extra face coverings handy (in the car, our pocket, our purse, etc.) to prevent these situations.

We are hoping that the extra safety requirements related to the pandemic are soon a thing of the past. Ironically, until then, THEY will actually help us get there!