



# ZenQuest Martial Arts Center

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

## NEWSLETTER

September 2014



### HSD for Kids

ZenQuest's will soon offer a "Hybrid Self-Defense" class for children! This new program was recently developed for Adult's and Teens as a source of the best self-defense strategies available in the world. Now, based on the popularity of the adult program, and request from students and families, an HSD class for ages 8 to 12 will begin in the month of October. This class will be ideal for teaching kids important self-defense skills, how to deal with bully situations, and even abduction prevention.

Like the adult version, our children's Hybrid Self-Defense will draw upon a variety of martial arts to provide a rounded package of self-defense strategies. Kids' HSD will consist of a combination of age-appropriate material from Kickboxing, Jiu-jitsu, Karate, Boxing and Krav Maga.



A typical class will consist of warm-ups & stretching, essential striking drills, effective escape strategies, restraint tactics, and "live energy" drills. In addition to being dynamic and diverse, this will also be a lot of FUN, and a great compliment to our other children's classes.

Our kids Hybrid Self-Defense class will be on Wednesday afternoons from 4:00 to 5:00PM. Although this class will replace the current children's Muay Thai class, HSD will include many Muay Thai strategies.

To register for this important, but enjoyable program, simply stop at the ZenQuest front desk, or call 413-637-0656.

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## Rodrigo Gracie Returns

Grappling and MMA star Rodrigo Gracie is slated to visit ZenQuest for the first time in over three years. Rodrigo is a veteran Jiu-jitsu and MMA fighter....and an incredible instructor. His style is direct, efficient and effective.

Rodrigo is a 5th Degree Black Belt in Gracie Jiu-Jitsu and a Gold Medalist in the 1998 ADCC Submission Wrestling World Championship. While competing in the PRIDE Fighting Championships, Gracie was ranked among the top Middleweight fighters due to an undefeated streak of consecutive victories. Rodrigo has been to ZenQuest and the Okinawan Karate School several times over the years, and has always been a crowd pleaser. Many of the more senior Jiu-jitsu students can attest to how great his Jiu-jitsu and instruction is.

Professor Gracie is tentatively scheduled to provide a three hour seminar on Saturday, October 25 from 10:30 to 1:30 PM. The cost is expected to be \$85 per person for pre-registration by Thursday, October 23 (\$95 thereafter.) So, mark your calendars and get ready to up your game on the mat with Rodrigo Gracie!



## BTS Registrations for Kids

By now, our younger students should have received their BTS/Fall registration packets in the mail, or via email. Remember that during this time of year it is important to identify which classes those students will be attending by submitting their "Class Registration Forms." There are only a few EASY steps to continuing towards your goals in the martial arts this season.

- 1) **Check the Class Schedule** - The only adjustments to children's classes at this time are that children ages 12 and over may participate in our new HSD classes and, starting in October, we will offer a Youth HSD class on Wednesdays at 4:00PM!
- 2) **Complete the Class Registration Form(s)** - The fall and winter seasons are always the busiest time for our kids classes. During this time, students and families are asked to designate which classes they will attend from week to week in order to ensure a healthy and positive environment for everyone. Classes are, therefore, organized by these Registration forms on a first-come-first-served basis. It is VERY important that these forms are returned promptly to reserve space in your preferred choices for classes!
- 3) **Check Your Tuition Due Date** - There are no changes to membership tuitions or fees at this time. Please be sure to include tuition payment if not enrolled through September if needed.



At ZenQuest, we are placing MORE emphasis on Self-Defense and Anti-Bullying material in all of our Karate and Jiu-jitsu classes! We have also made improvements to lower-level ranks to include more self-defense and escape techniques. We are doing everything possible to help our students reach their goals and maximize their experience in the martial arts!

For our adult students, there are no changes to the schedule...except for the addition of TWO "Hybrid Self-Defense" classes (for ages 12 and up.) These will be on Monday and Wednesday evenings, and feature the best self-defense material taken from Kickboxing, Karate, Jiu-jitsu and Krav Maga! Please feel free to try "HSD", and check your email for your new schedule.

# NAGA New York

On Saturday, August 16th, Sensei Connie traveled with four ZenQuest competitors, as well as Coach Tim Somerville and Noah Farevaag for support, to Glens Falls, NY. Neil VonFlatern, Dan Dufur, Rob Haywood, and Dennis Fougere, pitted their skills against some fierce competition in this NAGA event.

Each member of "Team ZenQuest" secured medals in their respective divisions as follows: Dennis Fougere placed 3rd in the Masters NO-GI Beginner Cruiser Weight division, and 2nd in the Masters White Belt Cruiser Weight division; Robert Haywood placed 3rd in the Men's GI White Belt Cruiser Weight division; Dan Dufur placed 3rd in Men's NO-GI Intermediate Cruiser Weight division; and Neil Von Flatern placed 2nd in the Men's NO-GI Intermediate Welter Weight division, and 2nd in Men's GI Blue Belt Welter Weight division.

Congratulations to all of the competitors and keep up the great work!



## Say Something Nice

The internet has become an amazing way for people to search for products and services they need. As part of their search process, many people refer to reviews and endorsements of potential commitments to see what others think. Websites that include videoed statements about products and services can quickly give others information about those items.

Now, video endorsements are being added to the ZenQuest website. During the month of September, a camera will be available for video endorsements at ZenQuest. Students or parents can simply take a moment while they are at the school to say a few words about their experiences there. If you would like to participate in this project and tell the world about your Martial Arts journey...and

don't mind being in front of a camera, now is your chance! These video statements tend to be better with little or no preparation, and spoken from the heart.

Although not required, you may schedule a time to do an endorsement if more convenient by calling 413-637-0656, or send us an email. Thanks in advance to the participants for their support!



**Give your children  
life-skills for  
SUCCESS!**

**Self-discipline,  
Respect,  
Perseverance,  
Focus  
& Fitness**

The Berkshire's oldest Martial Arts school provides Okinawan Karate and Brazilian Jiu-jitsu for children. Both provide Self-defense strategies THAT WORK, in a safe and FUN environment!!



**Our 2014 "Back-to-School" special...**

**\$49<sup>95</sup>** for first month **PLUS**  
a free uniform!

**Call 413-637-0656 to get started TODAY!**



**ZENQUEST**  
Martial Arts Center  
(Just 5 minutes south of  
Pittsfield on Route 7)

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

5kyu - Elyssa Scrimo  
 6kyu - Devon Smits  
 7kyu - Clayton Cowdrey, Vincent Dragonetti  
 8kyu - Matteo Ferioli  
 9kyu - Michaela Delaney, McKenzie Morin

**DRAGONS:**

7kyu - Ryan Timm  
 8kyu - Gabriel DeLima

**UECHI:**

9kyu - Marie Walsh, Kim Bolio

**ADULT JIU-JITSU:**

Blue - Matt Bienia  
 4th white - Ricky Chiu  
 3rd white - Ray White

**IMPORTANT DATES***September/October*

Monday, 9/8, 7:15 pm - 2nd HSD Class starts

Sat, 9/20, 1-2:15 pm - Adv. Jiu-Jitsu Training  
 (Blue Belts & Above)

Sunday, 10/5, 1:30 pm - Possible Kyu Test

Sat, 10/11 - Kaged Kombat, Matt Biena Fights!

Sat, 10/18 - NAGA Rhode Island

Sat, 10/25 - Possible Rodrigo Gracie Seminar

Fri, 10/31, Halloween - NO EVENING CLASSES

**HAPPY BIRTHDAY!**

9/6 - Mike Jezak  
 9/7 - Ryan Pope  
 9/10 - Dominic Dignard  
 9/14 - Jake Lyons  
 9/15 - Jim Purcell, Ella Hall  
 9/16 - Mike McHugh  
 9/17 - Susan Doerr, Atticus Clark,  
 JC Morgan  
 9/18 - McKenzie Morin  
 9/19 - Michelle Moreau  
 9/21 - Patrick Barry  
 9/22 - Audrey O'Leary  
 9/23 - Bryce Coty, Yuri Jin-Talbot  
 9/26 - Cole Bromback  
 9/28 - Ben Ginsberg  
 9/29 - Robert Haywood  
 9/30 - Jackie McHugh, Ayden Jezak

**WELCOME NEW STUDENTS!****YOUTH:**

Parker Lang, Owen Joseph, Max Mozian,  
 Sophie DelMasto, Hannah Alsdorf

**ADULTS:**

Brian Faggioni, Pat Fry

**WELCOME BACK:**

Jeremy Shaw, Jeff Scrimo, Keerah Morgan,  
 Gaby Suffish



**Join us for  
 Hybrid Self-Defense**

**Adult classes now on Monday  
 and Wednesday evenings**

**...and Children's classes soon  
 on Wednesday afternoons!**