ZenQuest Martial Arts Center
55 Pittsfield Road-Building 10, Lenox, MA 01240
(413) 637-0656 * train@zenquestmac.com * www.zenquestmac.com
An Okinawa Karatedo Association, Demian Maia Jiu-jitsu Network Affiliate

NEWSLETTER
July 2026

'Summer Fun' for Kids

This July and August, we're excited to bring Summer Fun to all of our children's classes! Each week will feature a different theme designed to keep kids excited about coming to class while providing a fun break from their usual routine. Here's what's coming this summer:

July 6–11: Obstacle Course
Students will spend the class navigating an exciting obstacle course that challenges their agility, balance, and coordination.

July 13–18: Origins Week
Students will learn about the country where their martial art originated, explore some of its history, watch a short video, and learn a few words from the local language. They'll also enjoy traditional games inspired by that country.

July 20–25: Board Breaking
Students will learn the basics of board breaking, practice proper technique, and then break their own boards! The final 15 minutes of class will be dedicated to sparring.

July 27–August 1: Summer Games
Students will enjoy a full class of summer-themed games, including beach ball volleyball, "swim races," golf, ring toss, and more.

August 3–8: Challenge Circle
Students will rotate through a variety of fun, age-appropriate challenges designed to test their skills and determination.

August 10–15: Superheroes
Students are welcome to wear a superhero T-shirt, costume, or face paint featuring their favorite superhero or character. Throughout class, we'll explore heroic qualities such as courage, perseverance, standing up for what's right, and helping others.

August 17–22: No-Gi Mode
Students may attend class wearing a T-shirt with shorts or athletic pants instead of their uniform. The final 15 minutes of class will be dedicated to sparring.

August 24–29: Nerf Ball Battle
Students will head outdoors for games, playground time, and an exciting (and refreshing!) Nerf Ball water battle.

We'll be sending weekly updates to help students and families prepare for each theme. We can't wait to share ZenQuest's first-ever Summer Fun series with you. Join us for a summer full of learning, laughter, and fun!

In this Issue	Page
'Summer Fun' for Kids	1
Lee Founders Day, Gear Sale!, Construction Zone	2
Promotions, Dates to Note, New Students, Birthdays, Terminology	3

Lee Founders Day

The town of Lee has invited ZenQuest to set up a booth at the 2026 'Lee Founders' weekend. This is an annual event celebrating the town's rich history, traditions, and hometown pride organized by the Lee Chamber of Commerce. The weekend honors Lee's founding and brings together residents and visitors for food, music, games, crafts, and family-friendly activities.

ZenQuest will be at the event all of Saturday, September 20th providing information to the community and performing a demonstration. The demo will include students of all ages performing different skills from Karate, Jiu-jitsu, and Muay Thai.

This is an amazing opportunity for parents to see their kids perform some of the skills that they've been working on! Students and instructors interested in providing support or participating in the demonstration should notify Sensei Connie or Mark.

This event will take the place of regularly scheduled classes for that day.

Gear Sale!

Select gear items are now on sale at 60% off in the reception area of the gym. This includes:

- Training shirts/Rashguards
- T-shirts
- Sweatshirts
- Shorts

The sale will end soon, so take advantage while you can!

Construction Zone

On Sunday, June 28th a small ZenQuest army began building a new playground on the west side of the building. This is to replace the one that had been there since the spring of 2011. The old one served hundreds of children for years, but had reached the end of it's useful life.

The new set will be bigger than the old one featuring two observation towers, swings, slides, a tire-swing, a climbing wall, and a climbing net. In a fun twist, the tube-slide from the old playground will be repurposed to be included in the new set-up.

At the time of this newsletter work is continuing on the new playground with a conservative estimated completion of July 13th. As always our first priority is safety for our students and families, so please refrain from entering the playground area until we announce that the new set up is finished. Of course, once the playground is open, students and families should use the equipment properly and exercise the utmost care in doing so.

As an alternative we recommend visiting the area between the On A Roll restaurant and Chocolate Springs. We appreciate your patience and understanding during our playground transition time.

IMPORTANT DATES

Karate Sparring Week - July 20-25
NO CLASSES - Saturday, July 4th

NEW STUDENTS!

Welcome: Min Chao, Ian McFarlane, Sheilanys Rubi Burgos Rosa, and Sara Bullock

Welcome Back: Brendan Holcomb, and Easton Tatro

HAPPY BIRTHDAY!

Joshua Timm
Shawn Green
Matthew Gerlitz
Michael Siktberg
Chalice Mitchell
Seth Gabriel
Jeffrey Slater
Jacob McNeice
Diana Pritzos
Nilani Broussard
Max Roll
Hazel Hage
Joel Ospina Cruz
Wylie Burke
Khloe Carlson
Hunter Seddon
Aurora Byrne
Meredith Bleier
James Horth
Hudson Calderone
Everett Calderone
Dominic Simonelli
Ezekiel Arango
Giovanni Carlino

Terminology

Fun

Japanese: Tanoshī
Brazilian: Diversão
Thai: Sahtnuk

RECENT PROMOTIONS

TIGERS:
9kyu - Molly Boska, Gianna Lyon
7kyu - Sam Gariepy, Felix Reed
6kyu - Aldo Rosen

DRAGONS:
4kyu - Arthur Coleman, Landon Shields
2kyu - Theo Didio

COBRAS:
4kyu - Smith O'Donnell
2kyu - Westley Didio

UECHI-RYU:
9kyu - Colin Bain
8kyu - Ezra Frost-Kissel
7kyu - Wendy Adam
4kyu - Roman Bates
2kyu - Matthew Winter

PYTHONS:
2-stripe white - Brant Jones

JIU-JITSU:
1-stripe white - BC Pratt, IV
3-stripe white - Connie Gordon
Blue - Cris Garcia, Seth Gabriel, Chris Boyle
1-stripe blue - Tyler Fogg
2-stripe blue - Andrey Norin, Shawn Chambers, Robert Inesta, Michael Siktberg, Andrew McMahon
4-stripe blue - Craig Jones
Purple - Jake Doyle
2-stripe brown - Mike Reis

MUAY THAI:
White - Brianna Arseneau, Brant Jones, Ryan Johansen, BC Pratt, IV
1-stripe white - Craig Jones, Jackson Karpicz, Chris Boyle, Declan Drozd
1-stripe blue - Levi Giumarra
1-stripe purple - Carlo Petrucci
3-stripe purple - Glenn Giumarra
Brown - Jennifer Sommerville

Voted
"Best Martial Arts Studio"
EIGHT years in a row!
In the Berkshire Eagle's 'Best of the Berkshires'
ZenQuest Martial Arts

ZEN QUEST
Martial Arts

SUMMER FUN FOR KIDS!

8 WEEKS OF FUN, LEARNING & ADVENTURE!

A NEW THEME EVERY WEEK THIS JULY & AUGUST!

JULY 6 – 11 OBSTACLE COURSE
Students will spend the class navigating an exciting obstacle course that challenges their agility, balance, and coordination.

JULY 13 – 18 ORIGINS WEEK
Students will learn about the country where their martial art originated, explore some of its history, watch a video, learn a few words from the local language, and enjoy games from that country!

JULY 20 – 25 BOARD BREAKING
Students will learn the basics of board breaking, practice, and then break their own boards! The last 15 minutes of class will be for sparring.

JULY 27 – AUG. 1 SUMMER GAMES
Students will enjoy a full class of summer-themed games including beach ball volleyball, "swim races," golf, ring toss, and more!

AUG. 3 – 8 CHALLENGE CIRCLE
Students will rotate through a variety of fun, age-appropriate challenges designed to test their skills and determination.

AUG. 10 – 15 SUPERHEROES
Come to class in your favorite superhero T-shirt, costume, or face paint! Students will learn about heroic traits like courage, perseverance, standing up for what's right, and helping others.

AUG. 17 – 22 NO-GI MODE
Students may wear a T-shirt with shorts or athletic pants instead of their uniform. The last 15 minutes of class will be for sparring.

AUG. 24 – 29 NERF BALL BATTLE
Students will head outdoors for games, playground time, and an exciting (and refreshing!) Nerf Ball water battle!

NEW THEME EVERY WEEK ALL SUMMER LONG!

WEEKLY UPDATES WILL BE SENT TO HELP STUDENTS & FAMILIES PREPARE FOR EACH THEME.

JOIN US FOR ZENQUEST'S FIRST 'SUMMER FUN' SERIES!

LEARN. PLAY. GROW. THRIVE!

★ FOCUS ★ CONFIDENCE ★ RESPECT ★ DISCIPLINE ★ FUN

ZENQUESTMA.COM