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NEWSLETTER
October 2026

Lee Demo A Blast

Our demonstration at the 'Lee Founders Day' event on Saturday, September 19th was amazing! The presentation lasted about 20 minutes and featured training and self-defense strategies from Okinawan Karate, Brazilian Jiu-jitsu, and Thai Kickboxing. It all went off smoothly, which was amazing considering that it was much more complex than a traditional martial arts demo.

The presentation was designed to be fast moving and provide a variety of material with a variety of students and belt levels to the audience. Being that this was at the Lee Athletic Field as part of the 'Family Fun Day' portion of the event, consideration was given to an audience that included children.

We started with a Karate group showing something called 'Hojo Undo'. This consists of important combinations of blocks, kicks, and punches. Then the group quickly reformed to show four forms or 'Kata' simultaneously. That group then quickly exited, and two pairs of students and instructors went on to demonstrate combinations of strikes from Thai Kickboxing using targets called 'Thai Pads'. Next pairs of students and instructors went on to show typical strategies practiced in Jiu-jitsu of 'takedown, position, and submission'. Lastly, pairs rotated on to illustrate three self-defense tactics from each of the martial arts at ZenQuest.

At the conclusion of the demo two Uechi Karate Black Belts presented a series of self-defense drills called 'Yakusoko Kumite'. This was not part of the original plan, but things were going so well that it was added 'spur-of-the-moment'. This was also presented without-a-hitch thanks to their familiarity and focus.

In addition to the demonstration, we also set up a booth in the athletic field. This included a video showing training at the gym, information about classes, and a game for kids to play and win a prize.

The whole experience was a blast for the ZenQuest team, and we received very positive feedback from the crowd. The Town of Lee has already invited us to come back next year for their 2027 Founders' Day weekend.

Thanks to everyone that participated in the demonstration, and thanks to Kathy Petrucci for staffing the booth. Special thanks to Michael Siktberg for MCing the demo, Cristhyan Garcia for providing photography, and to Josh Bloom of the 'Lee Youth Commission' for coordinating the event.

(Additional Photos on page 4.)

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What Happened In Vegas

Four of ZenQuest Jiu-jitsu instructors recently joined Sensei Mark for the 2026 Demian Maia Affiliation training in Las Vegas, Nevada. The Group included Coaches Michael Siktberg, Mike Reis, Glenn Giumarra, Professor Matt Gerlitz and, of course, Professor Mark. Unlike most folks' trips to Vegas this trip was all about intense BJJ training, amazing food, and rest.

Most of the group arrived in Vegas on the evening of Wednesday, September 2nd in preparation of the first training starting on Thursday morning. Each of the next three days consisted of about two hours of instruction and drilling in the AM and PM. Training topics included takedowns, positioning, submissions, and escapes. These were presented in both a 'sport' and 'Self-defense context.

In addition to the affiliate training the group spent time at a BJJ 'con' that was also happening in Vegas during that time. Master Demian Maia provided a seminar there which focused on self-defense strategies. He also signed copies of his new book called 'Maia Leo' at his booth there.

Thanks to Professor Rafael Domingues for hosting the affiliate training, and thanks to the members of Team Z for attending.

AC Updates

Several of our senior students showed up for Advanced Concepts in Uechi-Ryu on Saturday, September 19th. After some discussion about advanced training and teaching, the group warmed up with the style's core exercise Sanchin. The group then focused on something called 'Sanchin Testing'. This is where an instructor tests different areas of the body by tapping or striking different muscle groups. This helps the student develop 'pliable strength' and condition important areas of the body. It also serves to condition the student to be mentally strong and resilient. The training finished with some work on advanced Kata.

An Advanced Concepts clinic for Jiu-jitsu is scheduled for Saturday, October 24th at 1:15 PM and expected to go for about 90 minutes. AC for Muay Thai is slated for Saturday, November 21st at 1:15 PM and expected to go for a similar duration.

Students and instructors who are qualified to attend Advanced Concepts are strongly encouraged to go as this is important training for intermediate and advanced students!

IMPORTANT DATES

NO CLASSES - Mon, Oct 12, Indigenous People's Day
Kyu Test - Sunday, October 18
Adv Concepts Jiu-jitsu - Sat, October 24
Dan Test- Sunday, October 25
Tap Cancer Out - Sat/Sun, Nov 14/15
Adv Concepts Muay Thai - Sat, November 21
NO CLASSES – Wed/Thurs/Fri, 11/25,26,27
Happy Thanksgiving!

Terminology

To Volunteer

Japanese: Susumideru

Brazilian: Ser Voluntário

Thai: Asa Samakh

NEW STUDENTS!

Welcome: Nate Donald, Shay Donald, James Amor, Kason Foley, Kevin Foley, Arnav Thakrar, Dan Barrett, Vim Hurst, Bella Simon, Dyllen Gomes, Emi Harden-Naor, Jude DeHaan & Rosie DeHaan

Welcome Back: Gary Freifeld

RECENT PROMOTIONS

TIGERS:
9kyu – Sebastian Burgos Rosa, Rae Allen, Yusef Moreno Roa, Brody Garcia, Haylee Gonska, Emmett Gonska, Luna Costa
8kyu - Hunter Seddon, Marvi Buchinski

DRAGONS:
8kyu - Wylie Burke

UECHI-RYU:
8kyu - Min Chao, Collin Bain

PYTHONS:
Grey/white - Jackson Bleier
1-stripe grey/white - Justin Mullett, Easton Tatro, Arthur Coleman, Andrew Arce, Dresden Schneider
Grey – Montanna Inesta
2-stripe grey – Gustavo Perez
1-stripe grey/black – Weston Aube

JIU-JITSU:
1-stripe white - Brooks Sherman, Joao Spada, Sara Bullock

MUAY THAI:
1-stripe white – Collin Bain, Shawn Chambers

TEAM
ZENQUEST
SIKYOSTONG