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 and Sityodtong Boston Affiliate

NEWSLETTER
January 2025

Making It Work

Starting a new year is a great time to get some ideas for making some improvements in our lives. Many of us commit to resolutions for doing better in different areas like diet and nutrition, physical fitness, stress and anxiety, bad habits, and of course...progress in the martial arts!

But let's be honest, sticking to these commitments can be tough. Studies show that many resolutions are lost and forgotten by February. Don't worry, though! With the right approach, we can make real progress towards our goals. Here are some tips for success:

1. Set Realistic Goals It's great to dream big, but our resolutions should also be realistic. Instead of saying, "I'll never eat junk food again," try, "I'll eat more fruits and vegetables every day." Setting smaller, achievable goals makes it easier to stay on track and feel good about our progress.

2. Be Specific Vague goals like "I want to get more fit" or "I want to get better at Kickboxing" can be hard to follow. Instead, be specific about what you want to do. For example, say, "I will exercise for 30 minutes three times a week" or "I will make a routine of 3 classes a week." Well defined goals are easier to achieve because then we know exactly what to do to make them happen.

3. Write It Down Writing our resolutions on paper or in a journal makes them feel more real. Put a list somewhere that you'll see often, like on the fridge or phone. This will remind us of our goals and keep us motivated.

4. Break It Down Big goals can feel overwhelming. Break them into smaller steps. For example, if our goal is to run a 5K, start by walking or jogging a mile. Then gradually increase the distance. Small steps add up to big changes. In terms of the martial arts, we can focus on individual techniques and strategies that are challenging or required for our next stripe or belt.

5. Track Our Progress Keep track of how you're doing. You can use a notebook, an app, or even a calendar. Celebrate your successes, no matter how small. Tracking progress shows you how far you've come and keeps you motivated.

6. Stay Flexible Life happens, and plans change. If life gets in the way and you miss a day, week, or month don't give up! Adjust your goals if needed and keep going. Return to your routine when you can. Remember, progress is more important than perfection.

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Personal Security for Women

Starting this month, ZenQuest is offering a new class called 'Personal Security for Women' or PSW. The class will provide strategies from a variety of martial arts designed to enable smaller people to deal with serious threats effectively. This includes stance and footwork, defensive positioning, effective blocking and striking, and escapes from common holds and restraints.

The PSW class is being taught for women and by women with the lead instructor being Connie Flynn of ZenQuest. Sensei Connie has over 30 years of experience in various martial arts and self-defense training including: Uechi-Ryu Karate, Brazilian Jiu-jitsu, and Thai Kickboxing. Additional support will be provided from other female instructors from ZenQuest.

The class is being held on Tuesdays at 5PM starting on January 7. The duration of the class is 45 minutes and they will run in 12-week cycles. Participants should wear regular athletic clothing like a t-shirt or 'Under

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Advanced Concepts

On Saturday, December 7th we kicked off our latest round of 'Advanced Concepts' clinics with a presentation for Demian Maia Jiu-jitsu. For this one we focused on strategies from a position called 'Deep Half-Guard.' Several students earned promotions including: Levi Giumarra - 3 stripe yellow/ white belt, Todd Dort - 3 stripe blue belt, Chalice Mitchell and Jennifer Somerville - purple belt, Chris Kupernik - 2 stripe purple belt, Glenn Giumarra and Russell Moody - 3 stripe purple belt, and Mike Reis - brown belt. Congratulations to everyone!

Additional clinics are scheduled as follows:

- **Uechi-Ryu Karate** (Brown Belt and above) -- Saturday, January 11
- **Sityodtong Muay Thai** (for 2-Stripe White Prajiet and above) -- Saturday, February 1

These are a great opportunity for our intermediate and advanced students to learn and practice advanced techniques and strategies in their respective art(s). All are scheduled to begin at 1:15 PM and each last about 90 minutes. ZenQuest's AC clinics are provided to enrolled students at no additional cost. All eligible students or those receiving special invitation are encouraged to attend!

Schedule Changes

Starting this month a few small changes have been made to our class schedule. These are as follows:

- A 'Personal Security for Women' class has been added to Tuesdays at 5:00 PM
- The 'Strength & Conditioning' class on Monday evenings has been discontinued
- The Monday 'Muay Thai' kickboxing class and Wednesday Muay Thai Fundamentals class have been switched. Each class is continuing in the other's previous time slot.

Please let us know if you have any questions on these adjustments.

NEW STUDENTS!

Welcome: Jett Lyon, Lukas Wood, Lucas Kisiel, Logan Renderer, Elijah Sanisp, Jessie Logsdon, Christina Curinga, Dawn Micale, Kristen Palazzo, Naomi Blumenthal, Aurora Byrne, Thomas Frelinghuysen, Tyler Krol, Tracy Stoddard, Olli Flaherty, Abby Welker, Autumn Welker, Dan Hadsell, Jenna Outwater, Heather Hyland, Dan Cullinane, Vinny DeWolf

Welcome Back: Nick Vaggiano, Nathan McCarthy, Tom Hedges, Everett Gallagher, Jason Dragonetti

IMPORTANT DATES

Advanced Concepts Uechi-Ryu - Sat, 1/11
Sparring Week - Mon, 1/20 thru Sat, 1/25
Kyu Test - Sun, 1/26, 1:30 pm
Advanced Concepts Muay Thai - Sat, 2/1
NAGA Albany - Saturday, 2/15

HAPPY BIRTHDAY!

Russell Moody
Everett Gallagher
Montanna Inesta
Matthew Seward
Owen Fachini
Steven Panzano
Austyn Ryan
Miles Stanton
Logan Macy
Mason Goodrich
Matthew Winter
Wyatt Desroriers
Jason DiMartino
Wyatt Hicks
Wylie Hadden
Thomas Love
Sebastian Oliver
Kervans Alcide
Christopher McCann

(Dates omitted for improved security)

RECENT PROMOTIONS

TIGERS:
6kyu - Aarav Bansal
7kyu - Ryan Tedesco, Athena Pereira, Landon Prior
8kyu - Emmet Hadden, Wylie Hadden
9kyu - Dorothy Method, Kiara Pradeep, Irish Cullinane, Aldo Rosen

DRAGONS:
5kyu - Montanna Inesta

COBRAS:
6kyu - Nilani Broussard
9kyu - Mary Angel Mejia

UECHI:

PYTHONS:
1-stripe white - Gavin Tedesco

JIU-JITSU:
2-stripe purple - Dan Dufur
3-stripe white - Phil Peligrad
2-stripe white - Maria Mohan

MUAY THAI:
White prajiet - Eli Germinder, Katie Lefkowitz

Terminology

Commitment

Japanese: Kenshin
Brazilian: Compromisso
Thai: Kwam Mung Mon

"Best Martial Arts Studio"
ZenQuest Martial Arts

In the Berkshire Eagle's 'Best of the Berkshires' EIGHT years running!

WEATHER CLOSURES

Occasionally, the weather will become intense enough during the winter months to present a serious travel risk for our students and instructors. This can result from a single, severe weather event happening at the time of classes; or from an accumulation of events leading up to the time of classes. Other indicators can be other major organizational closings and local travel advisories.

If it appears that travel will be too risky during class times, the school will close for that time. When that happens we send out notices by email and text, and post information on our social media and website. We also try to put a message on the ZenQuest phone at 413-637-0656.

If you don't currently receive these notices by email send a message to train@zenquestmac.com. If you would receive notices via text message simply send the word ZENTEXT to 413-352-0678. Drive carefully!

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7. Look For Support Tell friends or family about your resolutions. If they're good friends they will cheer you on and help you stay committed. You might even find a buddy or family member with similar goals. Working together can make it more fun and consistent.

8. Reward Yourself Give ourself a reward when you reach a milestone. It could be a fun activity, a small treat, or a relaxing break. Rewards make the journey enjoyable and give you something to look forward to in the short term.

9. Focus on Why It Matters Remind yourself why your resolution is important. Maybe you want to be healthier, feel happier, or save for something special. Keeping our "why" in mind will help us stay motivated, even when it gets hard.

So, remember, the new year is a chance to grow and improve our lives! By setting realistic goals, staying flexible, staying positive, and celebrating our progress, we can make our resolutions work. It's not about being perfect—it's about doing our best and achieving our goals. Happy New Year!

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Armor' style shirt, shorts, yoga pants, or sweats. A pair of kickboxing or boxing gloves will also be required for the class.

Students can choose to only participate in the PSW class and will qualify for our 'Partial Participation' tuition rates for that. This is normally reserved for ages 7 and younger, although the minimum age for PSW is 13 years.

For new students our 'start-up' special is a good option for this. At $249, it provides an equivalent monthly rate of $83 and a credit towards the gloves required for the class (or other equipment.) Participants enrolling this way will also enjoy unlimited participation at ZenQuest, enabling them to try any of the other age-appropriate classes in the schedule.

You can reserve a spot in the PSW class via the start-up special at www.zenquestmac.com. Participants can also choose to enroll monthly with a cost of $94 per month (with discounts for longer enrollments or family participation.) Currently enrolled students may participate in the PSW class at no additional cost.

Space is limited for ZenQuest's PSW classes so please contact us or stop by to reserve a spot. New students can also visit our online store at www.zenquestmac.com. For additional information call 413-637-0656 or emailing us at train@zenquestmac.com.

Special thanks to Demian Mai Jiu-jitsu Black Belt Helton Lima for visiting and providing a clinic at ZenQuest over the holidays!