



ZenQuest Martial Arts Center

55 Pittsfield Road-Building 10, Lenox, MA 01240

(413) 637-0656 * zenquestmac@sprynet.com * www.zenquestmac.com

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

NEWSLETTER

January 2014



Happy New You

Happy New Year! We hope that everyone enjoyed their holidays and made the best of their time with friends and family. With the new year comes new beginnings and new opportunities to revitalize ourselves. We all have a chance to make a fresh start in pursuing our goals in the martial arts, and our lives. Maybe we need to improve our cardio or strength, maybe we need to eat healthier, maybe we need to shuffle our schedule and renew our commitment to that next belt level.

We do have some exciting announcements about training at ZenQuest this new year:

- 1) We'll be restarting the Uechi-Ryu Karate class on Monday evenings. The class will be from 7PM to 8PM, and will be taught by long time student...and now Sensei Tucker Davis (as of January 6.)
- 2) We are adding another Boxing class on Wednesday evenings at 5:30PM (tentatively.) This will shift Wrestling to 6:30PM, and No-Gi/ Submission Grappling to 7:15PM. This change is scheduled to take affect in February.
- 3) Also scheduled for February is the reintroduction of classes on Sunday mornings! Back by popular demand will be Mixed Martial Arts AND Jiu-jitsu classes in the morning hours of Sundays. Tentatively, the MMA class will be at 9:15AM and the Jiu-jitsu class will happen at 10:30AM.
- 4) There may also be some slight adjustments to the youth Jiu-jitsu classes starting in February.



ZenQuest is offering some amazing start-up specials for friends or family who might be considering a different health and fitness path for the new year. Details for "Plan Z" are on page 3. Anyone referring a friend or family member for any of those options will receive a \$25 gift certificate towards gear OR membership!

Now, according to Chinese astrology, 2014 is the year of the horse. The spirit of the horse is recognized to represent making constant efforts to self-improvement. The horse is energetic, bright, warm-hearted, intelligent and very capable. Ancient people liked to designate an able person as a 'Qianli Ma', a horse that covers great distances and accomplishments in a day. A Horse year is considered a fortunate year that brings luck and good things. The Horse is considered a hero in China because important battles were won due to its power and strength.



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KO Game Clinic a Hit

A nice group showed up for our free "Surviving the Knockout Game" seminar on Saturday, January 4. Twenty-four participants were given strategies on both how to avoid being victimized, and how to physically deal with surprise attacks like those used in this insidious crime.

In the first part of the clinic, Pittsfield Police Chief Mike Wynn first presented analysis and important tips on "situation awareness." He also discussed avoidance through common sense, and paying attention to instinct and intuition.

Lastly, Chief Wynn talked about "non-victim" conduct, or how to carry yourself so that criminals will not single you out for an attack.

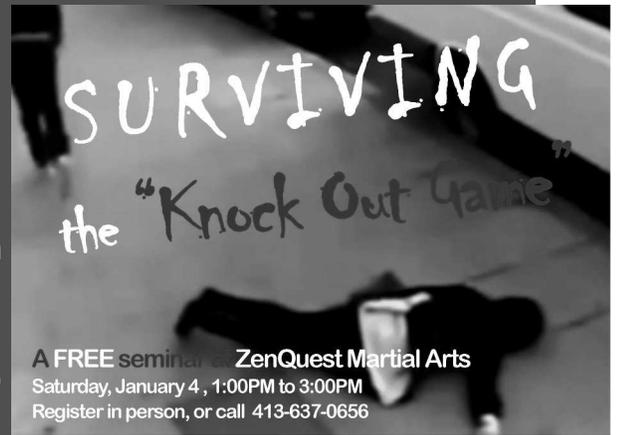
In the second part of the presentation, coaches Connie and Mark gave the participants actual physical strategies for dealing with surprise attacks like the "sucker punch" used in the Knockout Game. Those included quickly establishing an effective defensive base and guard. Next were simple blocking techniques

including the "cover" position, where the flexed arm is positioned to completely cover the side of the face and head. Participants were also given the "push kick" to keep an attacker at a distance. Lastly, were falling techniques for cases where the defender was knocked down, ways to use the legs to keep an attacker away (on the ground), and the safest way to get back to your feet.

Everyone seemed happy with the presentation when it was over. The participants learned a lot AND had fun in the process! Thanks to all of the participants for doing such an amazing job. Special thanks to Chief Wynn for volunteering his time, and providing such a professional presentation. Please contact us for information on the next clinic.



Chief Mike Wynn (left) discusses avoidance



A FREE seminar by ZenQuest Martial Arts
Saturday, January 4, 1:00PM to 3:00PM
Register in person, or call 413-637-0656



Seminar group

WINTER WEATHER CLOSURES

Occasionally, during the winter months, the weather will become intense enough 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. Students can verify these closures by checking the school's website or facebook page, checking their e-mail, and by checking for a message on the ZenQuest phone at 413-637-0656.





ZenQuest's PLAN "Z"

**Make a REAL commitment to a fitter and healthier YOU
the FUN way this new year!**

**Break away from empty resolutions
with one of our "Plan Z" Specials:**

Option 1

Take 15% off a 3-month enrollment, and receive a \$50 gift certificate towards uniform or training gear . . . over \$90 in savings!

Option 2

Take 20% off a 6-month enrollment (by full payment OR by using our "EasyPay" payment plan), and receive a \$75 gift certificate towards uniform or training gear . . . over \$170 in savings!!

Option 3

Take 25% off of a 12-month enrollment (by full payment OR by using our "EasyPay" payment plan), and receive a \$100 gift certificate towards uniform or training gear . . . over \$330 in savings!!!

**Kid's Classes/ Brazilian Jiu-jitsu/ Okinawan Karate/ Thai
Kickboxing/ Boxing/ Mixed Martial Arts**

**Bring a friend and each receive another \$25 Gift Certificate!!!
Stop in or call 413-637-0656 today**

(New students, or those returning after 3 years or more away only)

RECENT PROMOTIONS**CRANES:**

1 Gold - Rylan Walsh

TIGERS:

6kyu - Kira Johnson

7kyu - Genevieve Buker

8kyu - Taylor Salice, Carly Lyon,
Ethan Strazzulla

9kyu - Arianne Resca, Nico Resca, Addison Hall

DRAGONS:3kyu - Derek Smith, Ben Vegalil, Job Vengalil
Collin Wellman**COBRAS:**

5kyu - Liam Nester

ADULT UECHI-RYU:

3kyu - Paul Celebi, Patrick Barry

4kyu - Kathy Petrucci

ADULT JIU-JITSU:

5th Blue - Ben Robert

2nd Blue - Mike Wynn

2nd White - Seth Farevaag, Ray White

WELCOME NEW STUDENTS!**YOUTH:**Grayson Hoyt, Cole Bromback, Vincent Dragonetti,
Abigail Winger**ADULTS:**

David Kosla

WELCOME BACK:

Jacoby Vincelette, Ella Hall

IMPORTANT DATES*January/February*

Sat, 1/4, 1:00p : "Surviving the Knockout Game"

Sat, 1/25: NAGA Rhode Island

Sun, 1/26, 1:30p: Possible Kyu Test

Sat, 2/1: Neil's MMA Debut, Saratoga Springs, NY

Sat, 2/8: Connecticut Grappling Tournament

Sat, 2/15: Kru Dellagrotte MT Seminar -
(Time to be determined)**HAPPY BIRTHDAY!**

1/1 - Ethan Strazzulla

1/2 - Miguel Arias, Thomas Wright

1/4 - Matt Joyner, Jackson Steven

1/5 - Liam Nester, Jacob Willimas,
Sam Dignard

1/6 - Evan Nutting

1/7 - Tristan Scully

1/8 - Emilie Resca

1/9 - Nico Resca, Arianne Resca,
David Rist1/11 - Kira Johnson, Devin Lagerwall,
Al Urdabayev

1/12 - Caroline Correia

1/17 - Brandon Page

1/19 - Daniel Halse

1/21 - Collin Layden

1/25 - Isabella Pereira, Chase O'Neil

1/27 - Harry Albert

1/29 - Ryan Hicks

1/31 - Chris Clark

(Continued from page 1) Happy New Year

Lastly, here are some words from our friend and American Uechi-Ryu Senior Steve Banchick on the new year:

Happy New Year to students, friends and families. Although you have already had the last practice of 2013, lets all push ahead for the first and most important work out of the new year, 2014.

Keiko Osame (稽古修め) refers to the last practice of the year and is just as important as hatsu geiko (初稽古) or the first practice of the new year. In fact they are bookends. The year end practice is a time to reflect on what you have accomplished (or not), what needs to be improved, what and to who you are thankful to in your Budo training. Hatsu geiko is a time for setting new goals and establishing the proper mental, maintaining your relationship with the dojo, and setting the physical and spiritual attitude of your practice for that year.

Wishing you all tremendous prosperity, abundance, happiness and success in the new year!

Join us for a healthy and happy 2014 everyone!

**new year
new you**