



ZenQuest Martial Arts Center

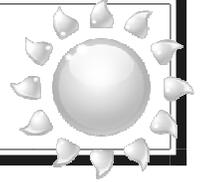
55 Pittsfield Road-Building 10, Lenox, MA 01240

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

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

NEWSLETTER

July 2014



HSD is Coming

A new program is coming to ZenQuest! HSD or "Hybrid Self-Defense" will draw upon a variety of martial arts to provide a rounded package of the most effective self-defense strategies in the world.

HSD will consist of techniques and tactics from Kickboxing, Jiu-jitsu, Karate, Boxing and even Krav Maga. A typical class will consist of warm-ups & stretching, essential striking drills, effective escape strategies, restraint tactics, and "live energy" drills.

The difference between this and MMA is that in HSD the focus will

be on using different martial arts for practical self-defense, rather than as a combat sport. This program is based on Sensei Connie's and Mark's over fifty years of combined experience in a variety of martial arts.

This class is for adults and teens, and is ideal for general personal security, bully defense, and even prevention of sexual assault. This is great preparation for those returning to school or going off to college!



Hybrid Self-Defense classes start at ZenQuest on Wednesday, July 16 at 7:30 PM. Fees are as low as \$79 per month (based on an annual enrolment.) Registration for HSD also makes participants eligible to attend any of the other classes at ZenQuest! To register or for more information call 413-637-0656.



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Camp Around the Corner



Two weeks of fun and learning have been scheduled for children ages 6 to 13. The 2014 Berkshire Martial Arts Camp for kids will take place during the weeks of July 21 through 25, and August 11 through 15. The camp will feature classes for Karate, Kickboxing, Jiu-jitsu, Krav Maga, Boxing, and Bully-Defense. The kids will also participate in games like "Gauntlet", "Cage Ball", and "Hot Potato"...and fun activities like board-breaking and "Martial Art" finger painting. Each week or session is \$150 for enrolled students, and \$175 for non-students. Call 413-637-0656 for more information. Registration forms are available at the ZenQuest front desk or by request.

Rank Adjustments

ZenQuest will soon be adjusting the requirements for its Uechi-Ryu pre-black belt or "Kyu" ranks. The biggest change will be the addition of a series of escape techniques to the "General Knowledge" portion of each of these levels. This is being done to strengthen the self-defense skills of the students of that program. Previously, this material was included in training, but not required in rank testing (except for that contained in Bunkai.) Adding these requirements to the testing system will make that aspect of the Karate programs more organized and effective. Escape techniques are common in many striking styles, as these strategies enable "strikers" to counter common holds and position themselves to employ their primary defense strategies. Black belt or "Dan" level testing will remain unchanged.

Another adjustment will be made to the children's Karate requirements. The Sparring Drills known as "Yakusoko Kumite" will be pushed up one level for "Tigers" and "Dragons" students. This means that, for children ages 11 and under, one less drill will be required for each Kyu rank. This is being done because of the difficulty for younger students in learning these drills, and the relative importance to their development at those ages.

Lastly, for the Karate programs, students will now receive a name plaque at "Rokkyu" level (Blue Belt) rather than "Gokyu" (Green Stripe.)

Adjustments will also be made to the Children's Jiu-jitsu rank system. Essentially, ZenQuest will now begin to follow a rank system based on guidelines from the IBJJF or International Brazilian Jiu-jitsu Federation. This is being done to bring ZenQuest's Jiu-jitsu kids in line with other affiliate schools and eliminate confusion at tournaments. The new system will have the belt colors of White, Grey, Yellow, Orange and Green. Additionally, each belt color will have a white, solid and black level, and a series of stripes.

Promotions for each stripe will focus on one self-defense technique and done informally. Actual belt promotions will require passing more technical knowledge, and done in a more formal setting.

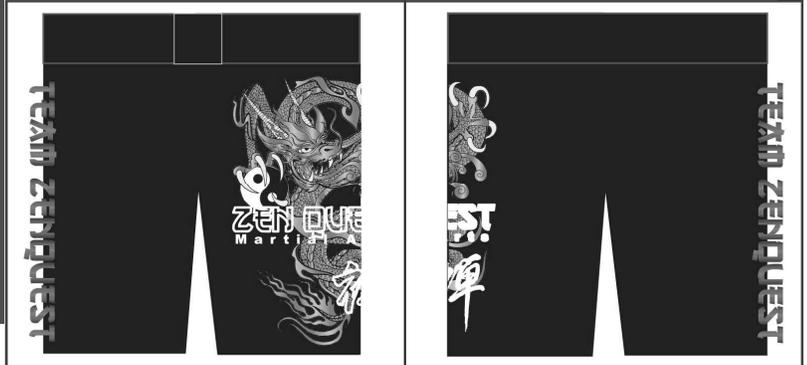
These adjustments will become effective in September of this year. It is important to note that these changes are intended to improve students skills and training experience. Also that **NO STUDENT WILL LOOSE RANK BECAUSE OF ANY THESE CHANGES.** Please call or email with any questions about these adjustments.



ZenQuest Shorts

Custom ZenQuest training shorts will be available soon! These high-quality "board" style shorts are black with logos similar to those on the ZenQuest Rashguards or training-shirts. These are perfect for training or competition in No-Gi Jiu-jitsu/ Submission Grappling, Muay Thai, Boxing and MMA. These are \$60 each, but any shorts pre-ordered for ZenQuest's initial shipment will be only \$55. To pre-order a pair simply submit your size and payment by Sunday, August 10th.

Remember that custom ZenQuest Gis (for Karate and Jiu-jitsu) and Rashguards are available, too!



Video Endorsements

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. One of the most convenient and effective ways to communicate this information is by video. Websites that include videoed statements about products and services can quickly give others information about those items.

To expand feedback aspects of the ZenQuest website, video "blogs" or endorsements will soon be added. Many students and parents have provided amazing feedback about their experience at ZenQuest over the last few years. We've always encouraged them to write down their thoughts, so that we can display them on the site. But, this is not always convenient for people and usually results in a limited amount of this information actually being used.



So, during the month of August 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!



Jiu-jitsu and Karate for Kids

\$149
for 3 months of classes plus a free uniform for children



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55 Pittsfield Road, Lenox, MA 01240

(413) 637 0656

RECENT PROMOTIONS**CRANES:**

1 Gold - Ena Parchment

TIGERS:

4kyu - Jessie Scrimo

7kyu - Alec Ginsberg

8kyu - Audrey O'Leary, Rose Gregg

DRAGONS:

4kyu - Tyler Woodbury

6kyu - Ben Ginsberg

9kyu - Gabriel DeLima

COBRAS:

Sempai - Chanze Filippi

ADULT UECHI-RYU:

3kyu - Kathy Petrucci

4kyu - Sharon Gitzus

5kyu - Stephen N. Taglieri

7kyu - Dan Dufur

ADULT JIU-JITSU:

2nd purple - Tony Riello

Purple - Ben Robert, Tim Morris

Blue - Matt Gerlitz, Dan Dufur

5th white - Robert Haywood

4th white - David Zick

3rd white - Dennis Fougere

2nd white - Frank Scago

WELCOME NEW STUDENTS!**YOUTH:**McKenzie Morin, Michaela DeLaney, Yuri Jin-Talbot,
Adrianna Noyse**ADULTS:**Ethan Pope, Evan Pope, Ryan Pope, Bryce Maruco,
Marie Walsh**WELCOME BACK:**

Charlie Guyer, Kati Perry

IMPORTANT DATES*July/August***Wed, July 16: Hybrid Self-Defense Class Begins****M-F, 7/21-25: BMAC Session I****Sun, August 3rd, 1:30p: Possible Kyu Test****Sat, August 9: Metamoris Comprido****M-F, 8/11-15: BMAC Session II****Sat, August 16: NAGA Glens Falls, NY****Sat, August 23: UFC Demian****HAPPY BIRTHDAY!****7/3 - Jason Dragonetti****7/4 - Evan Pope****7/5 - Tony Belanger****7/6 - Graham Auxier****7/7 - Jack Purcell****7/8 - Anthony Corbett****7/9 - Jackson Almeida****7/10 - Kyle Wellman****7/12 - Brooke Sargent****7/13 - Matthew Gerlitz****7/14 - Shaun Sottile****7/15 - Amber Contois****7/16 - Edmund Bertelli****7/19 - Bill Kopetchny****7/20 - Grayson Hoyt****7/27 - Beau St. Peter**

Submission Sweep in Hartford

Matt Bienia of ZenQuest pulled a submission sweep for gold at the recent NAGA Hartford Grappling Championships. Matt faced some tough competition on June 28 in the Men's Middle-Weight No-Gi Division (Level II). Mr. Bienia was able to submit each of his opponents on his way to first place in the division. He also submitted his first opponent in his Gi division before being knocked out of the competition in that division. Congratulations Matt and thanks for representing Team ZenQuest so well!

