



# ZenQuest Martial Arts Center

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

## NEWSLETTER

May 2015



### 2015 Camp

Once again, ZenQuest is hosting it's "Berkshire Martial Arts Camp" for kid's this summer. This is two weeks of fun and learning in a Martial Arts immersion that is sure to highlight any child's summer vacation! The camp will feature a FUN and age appropriate martial arts immersion with classes in Karate, Judo, Kickboxing, Jiu-jitsu, Krav Maga, Classical Weapons, and Bully-Defense. The kids will also participate in games like "Gauntlet", "Cage-Ball", "Javelins" and "Hot Potato" AND fun activities like board-breaking, throwing stars, and "Martial Art" finger painting!!

Targeted for ages 6 to 13, the Camp will run during the weeks of July 20 through 24, and August 10 through 14. Each week or session is \$150 for enrolled students (\$175 regularly.) Call 413-637-0656 or visit ZenQuest to register today!



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# Representing Team Z

ZenQuest's Mixed Martial Arts team went 2-0 again on Friday, April 24th. Matt "The Machine" Bienia and Neil "Beast Mode" Von Flatern were two of the fights on a full card in Kaged Kombat 22 on April 24th in Saratoga, New York. Matt and Neil, once again, dominated game opponents in front of a nearly sold out crowd...including about forty supporters from Team Z. Both fighters showed great calm and composure before and during their fights and THAT, ultimately, proved to be a key piece of their victories.

First up was Neil who faced Art "Fists of Fury" Scovens. Scovens, who was 2-1 going into the contest, had demonstrated solid kickboxing skills in his previous bouts and had a significant reach advantage over Neil. At the outset of this contest, the fighters touched gloves and began to measure each other. "Beast Mode" pressed forward for a takedown and Art intelligently used lateral movement to evade. The two returned to the center of the cage and continued to feel each other out. Evidently, Art's strategy was to wait for Neil to attack, and try to counter with strikes as he moved in. Neil's was a similar strategy, trying catch Art with a takedown as he moved forward. Once Neil realized that Art was not being as aggressive as he had been in the past, he attacked with an overhand right and pinned Art against the cage. Neil immediately executed a high "double-leg" to take Art down and quickly established control on the ground. He gradually took advantage of Scovens' movement to improve his position. Once Neil was in the "Mounted Position" he was able to secure a "Guillotine Choke" and finish the fight at 1:47 of the first round.



Next up was Matt Bienia versus Matt Woods. Woods is a Law Enforcement Officer and former Military Policeman who now trains MMA. After touching gloves, these two squared up and Woods immediately landed a solid right leg-kick. Bienia reset and then returned a blistering right leg-kick of his own followed by a glancing straight right. The "Machine" then threw another right leg-kick and dropped down to shoot in for a double-leg takedown. Woods tried to counter by reversing the takedown, but Bienia stabilized the situation, maintaining a somewhat awkward top position. Woods tried to establish a "crucifix" hold from the bottom, but Bienia was able to escape and improve his position to a "North-South Turtle" situation. Bienia began to apply pressure by using punches and knees to strike, and setting up chokes from that position. Eventually, Woods stood up and the "Machine" was able to sink a Standing Guillotine choke to finish the fight at 2:30 of the first round! The wins pushed the team's winning streak up to 6-0! Last year Neil had two wins, and Matt and Eugene Plekhanov each had one. Only one of those wins were by Unanimous Decision, while the others were all via dominating finishes!



Although it may be difficult for some to see how the intensity and chaos of Mixed Martial Arts relates to self-defense and their own training, many people believe that MMA is actually the best way to test martial arts and self-defense skills. Even though 98% of the students at ZenQuest will never compete on this level, the success of the fight team is an indication of the effectiveness of the arts, and quality of instruction here!

The next Kaged Kombat event is scheduled for Saturday, June 20th. It is likely that Team ZenQuest will be at that one, too! Please stay tuned for more details and possibly a big announcement!!



## Dan promotions

Three long time students of Uechi-Ryu/ Shohei-Ryu Karate recently earned Dan, or Black Belt promotions. On Sunday, May 3rd Matt Gilbert and Ed Tremblay advanced to Shodan (1st degree Black Belt), and Beth Yanuskiewicz was promoted to Yondan (4th degree Black Belt.) Each of them performed exceptionally well in all of the areas required for advancement, based on the standards of the Okinawa Karatedo Kyokai in Okinawa, Japan.

Congratulations to Matt, Ed and Beth and many years of continued success in this amazing martial art!!



## Advanced Training

ZenQuest will, once again, be hosting clinics for it's advanced Uechi-Ryu Karate and Demian Maia Jiu-jitsu students. These periodic workshops focus on advanced techniques and concepts for each of those respective styles. The trainings are for Karate students ranked Jun-Shodan and above, and Jiu-jitsu students ranked Blue Belt and above respectively (or by special invitation.)

The training for Demian Maia Jiu-jitsu will focus on advanced counter techniques to common attacks. Some of this material will be taken directly from Professor Demian's acclaimed instructional video series "The Science of Jiu-jitsu." There will also be some discussion on general advanced strategy, and quality control for instruction.

The Uechi-Ryu workshop will concentrate on individual advanced Kata, and group instruction on the OkiKuKai's Kata "Ryuko." There will also be some discussion on general advanced strategy, proper body movement, and quality control for instruction.

The DMJJ training is scheduled for Saturday, May 16 at 1:00 PM, while the Uechi-Ryu training is slated for Sunday, May 17 at 1:00 PM. We encourage advanced students to attend their respective training if possible. See you there!

## Gearing Up

Custom gear will soon be available again at ZenQuest! This includes Team ZenQuest shorts, patches, and "Walk-out" style t-shirts. We will also soon offer a new black version of the Team ZenQuest rashguards or training shirts with artwork similar to the black shorts.

Also available soon will be a custom Demian Maia Jiu-jitsu Gi. This will be a high quality "Bad Boy" brand uniform featuring embroidery of the DMJJ logo. Professor Demian prefers to make the Gi available in white only in traditional white for now, but additional patches will be allowed. Eventually, this Gi will become the standard at ZenQuest, with an estimated date of January of 2017 as a cut off for other Gis worn for Jiu-jitsu classes. The pricing and available date for these will be available soon.

For more information, or guarantee correct sizes by pre-ordering, please see Sensei Mark or Connie ASAP.



## RECENT PROMOTIONS

### CRANES:

2 Gold -  
1 Gold -

### TIGERS:

6kyu - Luna Wilhelm, Jackson Almeida,  
Vincent Dragonetti  
8kyu - Sophie DelMasto,  
Niilo Davis-McDowell

### DRAGONS:

5kyu - Jenner Kittle  
6kyu - Ryan Timm  
9kyu - Joey Tart

### COBRAS:

### UECHI:

4dan - Beth Yanuskiewicz  
1dan - Matthew Gilbert, Ed Tremblay  
6kyu - Jake Lyon  
7kyu - Matt Anish, Taryn Martin, Kim Bolio  
9kyu - Max Broad, Jericho Koch

### YOUTH JIU-JITSU:

3 stripe white - Ella Hall, Aydan Jezak,  
Parker Smith  
1 stripe white - Mykayla King

### ADULT JIU-JITSU:

3 stripe white - Beth Yanuskiewicz  
1 stripe white - Joe Les

## WELCOME NEW STUDENTS!

### YOUTH:

Abigail Brigham

### ADULTS:

Elena Mansour & Kelsey Koldys

### WELCOME BACK:

## IMPORTANT DATES

*May/June*



Sat, May 9: NAGA Rhode Island

Sat, May 16: 1:00 p, Jiu-Jitsu Adv. Training  
(blue belts and above)

Sun, May 17: 1:00 p, Uechi Adv. Training  
(Jun Shodan and above)

Sat/Sun, 5/16&17: BWSF Car Wash Fundraiser

Sat/Sun/Mon, May 22/23/24:  
NO CLASSES - Happy Memorial Day!

Saturday, May 30, after classes:  
SPRING CLEANING DAY!!

Sun, June 7: 1:30 p, Possible Kyu Test

Sat, June 20: Kaged Kombat, Saratoga, NY

## HAPPY BIRTHDAY!

Elena Mansour 5/2  
Mihiraan Gangisetty 5/4  
Samuel St. Peter 5/5  
Gabriela Suffish 5/8  
Jeremy Nicholson 5/9  
Kathy Petrucci 5/11  
Tyler Wade 5/11  
Emmitt Shove 5/12  
Julia Wells 5/13  
Andrew Gillman 5/15  
Nyla Stevens 5/17  
Jay Boland 5/18  
Mathieu Moreau 5/19  
Jesse Salvini 5/20  
Dennis Fougere 5/21  
Edouard Tremblay 5/21  
Matthew Bienia 5/24  
Ahanu Phillips 5/24  
Jedd Hall 5/25  
Karyn Bienia 5/27  
Matthew Gilbert 5/28  
Beth Prescott 5/30

ZenQuest Martial Arts proudly presents the

# 2015 Berkshire Martial Arts Camp

**KARATE**

**JIU-JITSU**

**KICKBOXING**

**GAMES**



**KRAV MAGA**

**BULLY DEFENSE**

**WEAPONS**

**ACTIVITIES**

**Martial arts instruction, activities, and games for kids ages 6 to 13  
... in a SAFE and ENJOYABLE environment!**

**The kids learn valuable skills AND have FUN with board-breaking,  
"martial art" painting, obstacle course, hiking, races, private  
playground, and MUCH MORE!**



**Session 1: July 20-24**  
**Session 2: August 10-14**  
**Monday - Friday, 9:00 AM - Noon**  
**\$175 per session**  
**(\$150 for enrolled students)**  
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**Building 10, 55 Pittsfield Road, Lenox, MA**