



ZenQuest Martial Arts Center

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

NEWSLETTER

April 2015



Oh Maia

ZenQuest's Jiu-jitsu guru Demian Maia dominated undefeated up-and-comer Ryan LaFlare in the main event of the UFC's Fight Night Rio on March 21st. The Unanimous Decision for his 20th appearance in the "Big Show" was in spite of a debilitating case of "Osteomyelitis" (a severe bone infection) in the fall of last year that kept Demian from training, and weakened his body for over four months. The set backs from the injury took their toll in the last round of the fight, but for the first four rounds, Demian was nothing short of brilliant with an incredible display of wrestling and Jiu-jitsu strategies.

Just a few days after his fight, Demian traveled to ZenQuest to provide training for most of his North American affiliate schools. Instructors from Florida, Oklahoma, New Jersey, Washington and, of course, ZenQuest were drilled on technique and strategy, teaching standards, and class structure in Demian's Jiu-jitsu system. Demian was assisted by his own Instructors Silvio Moraes and Marcelo "Manga" Fraguas. In all, fourteen hours of intensive training were covered over the four days between Thursday, March 26th and Sunday, March 29th.

Demian also conducted an open three-hour seminar on Saturday, March 28th. Almost fifty participants, including five kids, learned some amazing material for both Gi (with the traditional uniform) and No-Gi (without.) Students saw several new strategies for different situations, AND some new twists on other "old school" techniques.



At the end of the seminar four students from ZenQuest were promoted including: Mike Jezak to Blue Belt, Dan Dufur to 1-stripe Blue, Herb Gregg received his Purple Belt, and Tim Somerville was promoted to 1-stripe Purple Belt. Also, at the end of the affiliate training, some of the affiliate instructors were promoted including Coach Connie, who received her 2nd-stripe Brown Belt, and Coach Mark who received his 3rd-stripe Brown Belt.

Demian and his management team are in the process of developing systems to better organize and publicize their affiliate network. One of the improvements soon to come is a new website which features more information about his affiliate schools and their Instructors. Other improvements that

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Kid's Tourney A Blast

Our 2015 Children's Tournament was a big success! Dozens of students from as far away as Stoughton, Massachusetts rose to the occasion and performed beautifully at the event's 25th annual installment. The kids demonstrated and competed in Kumite or point-sparring, Jiu-jitsu sparring, and a variety of Kata or forms divisions. Nearly 100 trophies and fifty medals were awarded to the brave students who met the challenge and showed their skills in front of the judges...AND a sizeable crowd of onlookers!

This kind of experience is amazing for developing confidence and poise in young people that will stay with them for the rest of their lives. The process of preparing for, and performing their skills under pressure ALWAYS improves the students' abilities in the martial arts...regardless of any trophies and medals! All of this also helps the students progress in their pursuit of the ultimate goal of achieving the Black Belt!!

Congratulations to ALL of the tournament participants!! Special thanks to all of the volunteers who made the event a reality, too. See you all next year!!

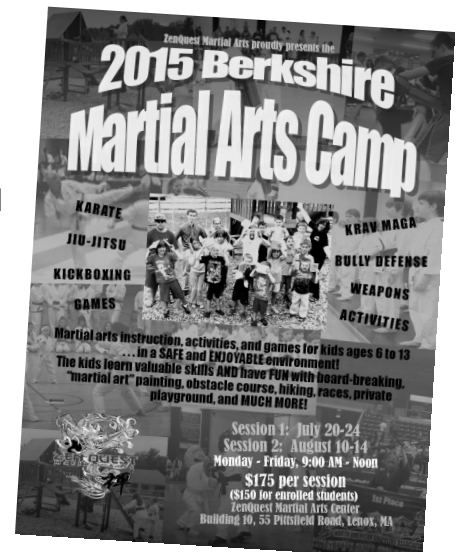


Frank Scago of Team ZenQuest placed 1st in both his Gi AND No-Gi Divisions at NAGA's recent Albany Championships!

2015 Camp

Highlight your kid's summer with two weeks of fun and learning in the 2015 Berkshire Martial Arts Camp! The camp will feature a FUN and age appropriate martial arts immersion with classes in Karate, 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, and \$175 for non-students. Call 413-637-0656 or visit ZenQuest to register today!



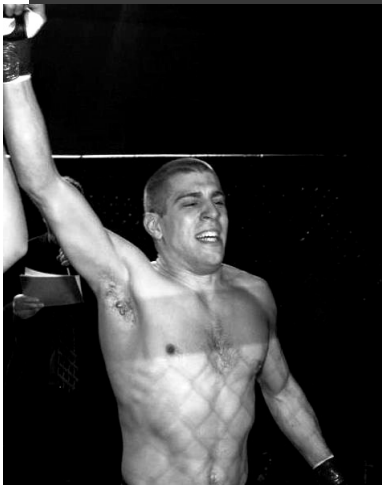
Rattling the CAGE

On Friday, April 24th two members of Team ZenQuest will enter the MMA cage in Saratoga, New York. The "Kaged Kombat" event will take place at the Saratoga Springs City Center, and is scheduled to get underway at 8:00 PM (with doors opening at 7:00 pm.) Representing ZenQuest will be Neil "Beast Mode" Von Flatern and Matt "Machina" Bienia!

Neil, with a record of 2-0, will be facing Art "Fist of Fury" Scovens, 2-1 at 170 pounds. Neil, currently ranked #16 in New York's amateur 170 pound fighters, has dominated both of his opponents with grappling, but also solid striking skills. Scovens is an independent fighter originally from Baltimore, Maryland, who has a strong stand-up game.

Matt Bienia will be squaring off with newcomer Matt Woods at 170 pounds. Bienia showed great grappling and striking in his debut, which ended via TKO in the second round. Woods, from Ticonderoga, New York, is a former Air Force Security officer and currently works in Law Enforcement. He has experience in striking and tactical grappling. Eugene Plekhanov, who currently has the ZenQuest record for quickest finish, was also scheduled to fight in this event, but his opponent dropped out recently. Please join us in supporting Neil and Matt on the 24th as they try to continue a perfect winning streak from 2014! The event will have a full card of other fights sure to make for an exciting night. Tickets for the event are \$40 each and you can pick up "Fan Cards" at ZenQuest now.

**KAGED
KOMBAT**
FIGHTING
CHAMPIONSHIPS



Neil Von Flatern



Matt Bienia

(Continued from page 1) Oh Maia!

Demian and his team covered in the affiliate training will be phased into ZenQuest's Jiu-jitsu program over the coming months. These include the addition of some "Fundamentals" classes to schedule for newer students, and some adjustments to the regular class format. These are all ultimately designed to enhance students' learning

experience and produce even better Jiu-jitsu players under Demian Maia!

Congrats to all of those promoted and thanks to everyone who participated in the seminar and affiliate training. Special thanks to Demian and his team!!



RECENT PROMOTIONS**CRANES:**

2 Gold - Beau St. Peter
 1 Gold - Carter Crosby

TIGERS:

5kyu - Kira Johnson, Genevieve Buker
 7kyu - Ari Noyes
 8kyu - Jude Wojtowski, Cole Schmidt,
 Addison DiGrigoli
 9kyu - Abe Vengalil, Ena Parchment

COBRAS:

6kyu - Ely Carroll
 9kyu - Ben Conry

UECHI:

8kyu - Taryn Martin

YOUTH JIU-JITSU:

1 stripe grey/white - Atticus Clark
 3 stripe white - Parker Smith

ADULT JIU-JITSU:

3 stripe brown - Mark Flynn
 2 stripe brown - Connie Flynn
 1 stripe purple - Tim Somerville
 Purple - Herb Gregg
 1 stripe blue - Dan Dufur, Matt Bienia,
 Mike McHugh
 Blue - Mike Jezak
 4 stripe white - Frank Scago
 3 stripe white - Dennis Fougere
 1 stripe white - Chris Kupernik, Matt Anish,
 Keith Sansoucy

WELCOME NEW STUDENTS!**YOUTH:**

Cameron Wade, Tyler Wade, Dillan O'Brien,
 Logan O'Brien & Dulcinea Squailia

ADULTS:

Nicole Campagna, Hamilton Pereira, Tom
 Sagendorph, Josh Koch & Mike King

WELCOME BACK:

Fernanda Machado, Jay Boland & John
 Crockwell, Chris Semon

IMPORTANT DATES*April/May*

Fri, April 24: Kaged Kombat, Saratoga, NY

Sun, May 3: 1:30 p, Dan Test

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

**Saturday, May 22, after classes:
 SPRING CLEANING DAY!!**

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

Sun, May 31: 1:30 p, Possible Kyu Test

HAPPY BIRTHDAY!

Paul Brown 4/1
 Leilana Salvini 4/1
 Isabella Henessey 4/4
 Paul Celebi 4/4
 Eugene Plekhanov 4/6
 Jessie Scrimo 4/8
 Beth Yanuskiewicz 4/9
 Gavin Winger 4/9
 Corey Frydel 4/10
 David Rimmmler 4/12
 Shawn Aitken 4/13
 Jade Garstang 4/13
 Rose Gregg 4/14
 Brennon Stockton 4/16
 Luna Wilhelm 4/20
 Hannah Alsdorf 4/21
 Joseph Pascquarelli 4/21
 Cameron Martin 4/25
 Vincent Dragonetti 4/26
 Joseph Les 4/26
 Katelynne Williams 4/27
 Hans Hocker 4/28
 Job Vengalil 4/29
 Kenneth Mick, III 4/30

2015 Children's Tournament Results

<p><u>"TARGET ATTACK" (Mato Waza)</u> Medal Recipients Jude Wojtkowski, Norrin Darby, Owen Joseph, Carter Crosby, Hans Hocker, Matty Abderhalden, Arianna Noyes, Niilo Davis-McDowell, Lena Mugridge-Neilson, Andrew Hall, Thomas Lucy, Addison Hall, & Joey Abderhalden</p> <p><u>DEMONSTRATION KATA (Forms)</u> Division "A" - Medal Recipients Jude Wojtkowski, Norrin Darby, Hans Hocker, Arianna Noyes, Niilo Davis-McDowell, Andrew Hall, Thomas Lucy, Mikayla Jezak, Max Mozian, Rose Gregg, Jack Ginsberg, & Gianna Collelo</p> <p>Division "B" - Medal Recipients David Kirchner, Tucker Schroder, David Wildgoose, Alec Ginsberg, Isabella Pereira, Genevieve Buker, Elyssa Scrimo, Hannah Alsdorf, Logan Soule, Issac King & Addison DiGrigoli</p> <p><u>TRADITIONAL KATA</u> Division "A" 1st Place – Daniel Wentzell (OKC) 2nd Place – Jack Ginsberg 3rd Place – Addison DiGrigoli</p> <p>Division "B" 1st Place – Alec Ginsberg 2nd Place – Vincent Dragonetti 3rd Place – Parker Smith</p> <p>Division "C" 1st Place – Ben Ginsberg 2nd Place – Jenner Kittle 3rd Place – Ryan Timm</p> <p>Division "D" 1st Place – Daniil Koval (OKC) 2nd Place – Helen Sheeran (OKC) 3rd Place – Collin Layden</p> <p>Division "E" 1st Place – Ben Vengalil 2nd Place – Jack Sheeran (OKC) 3rd Place – Daniel Halse</p> <p>Division "F" 1st Place – Matt Moreau 2nd Place – Joe Willson 3rd Place – Chanze Filippi</p> <p><u>TRADITIONAL TEAM KATA</u> Division "A" 1st Place - Colin Layden & Tyler Woodbury 2nd Place - Brayden Gerlitz & Jenner Kittle</p>	<p>Division "B" 1st Place - Matt Moreau & Chanze Filippi 2nd Place - Ben Vengalil & Job Vengalil</p> <p><u>CREATIVE KATA</u> Division "A" 1st Place – Max Mozian 2nd Place – Andrew Hall 3rd Place – Niilo Davis-McDowell</p> <p>Division "B" 1st Place – Ray Lynch 2nd Place – Lillian Colvin 3rd Place – David Wildgoose</p> <p>Division "C" 1st Place – Logan Soule 2nd Place – Matteo Ferioli 3rd Place – Addison DiGrigoli</p> <p>Division "D" 1st Place – Ely Carroll 2nd Place – Ryan Timm</p> <p>Division "E" 1st Place – Collin Layden 2nd Place – Tyler Woodbury 3rd Place – Helen Sheeran (OKC)</p> <p>Division "F" 1st Place – Jack Sheeran (OKC) 2nd Place – Job Vengalil</p> <p>Division "G" 1st Place – Robert Sheeran (OKC) 2nd Place – Joe Willson 3rd Place – Chanze Filippi</p> <p><u>CREATIVE TEAM KATA</u> Division "A" 1st Place - Ethan Strazzulla & Sam St. Peter 2nd Place - Lillian Colvin & Isabella Pereira 3rd Place - Kira Johnson & Genevieve Buker</p> <p>Division "B" 1st Place – Collin Wellman & Alex Bock 2nd Place – Ben Vengalil & Job Vengalil 3rd Place – Joe Weinberg & Jesse Scrimo</p> <p>Division "C" 1st Place – Matt Moreu & Joe Willson 2nd Place – Chanze Filippi & Daniel Halse 3rd Place – Robert Sheeran & Jack Sheeran</p> <p><u>KOBUDO KATA DEMONSTRATION</u> Medal Recipients Collin Layden, Chanze Fillipi, Matt Moreau, Tyler Woodbury, Joe Wilson, Helen Sheeran, Jack Sheeran & Robert Sheeran</p>	<p><u>KUMITE (POINT SPARRING)</u> Division "A" 1st Place – David Kirchner 2nd Place – Genevieve Buker 3rd Place – Isabella Pereira</p> <p>Division "B" 1st Place – Vincent Dragonetti 2nd Place – Tucker Schroder</p> <p>Division "C" 1st Place – Charlie Guyer 2nd Place – Atticus Clark 3rd Place – Ryan Timm</p> <p>Division "D" 1st Place – Sam St. Peter 2nd Place – Ray Lynch 3rd Place – Helen Sheeran (OKC)</p> <p>Division "E" 1st Place – Daniil Koval (OKC) 2nd Place – Simon Gold (OKC) 3rd Place – Daniel Halse</p> <p>Division "F" *Advanced 1st Place – Collin Wellman 2nd Place – Jack Sheeran (OKC) 3rd Place – Ely Carroll</p> <p>Division "G" *Advanced 1st Place – Matt Moreau 2nd Place – Robert Sheeran (OKC) 3rd Place – Joe Willson</p> <p><u>JIU-JITSU (GRAPPLING)</u> Division "A" 1st Place – Nate Gauvereau (GA) 2nd Place – Ayden Jezak</p> <p>Division "B" 1st Place – Mykayla King 2nd Place – Parker Smith</p> <p>Division "C" 1st Place – Chris Bradley 2nd Place – Dante Lee (GA)</p> <p>Division "C" 1st Place – AJ Salvas (GA) 2nd Place – Liam Nester 3rd Place – Justin Swistak (GA)</p> <p><u>"NO-GP" JIU-JITSU</u> Division "A" 1st Place – Chris Bradley 2nd Place – Dante Lee (GA)</p> <p>Division "B" 1st Place – AJ Salvas (GA) 2nd Place – Justin Swistak (GA)</p>
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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)
ZenQuest Martial Arts Center
Building 10, 55 Pittsfield Road, Lenox, MA**