

Zach O'Quinn

Guitar/Film

I started teaching myself guitar at age 12. I learned "Eruption" by Van Halen by the time I was 13 and was hooked since. Studying classical guitar and sight reading at McNeese State University I was able to broaden my spectrum of what music could be and still hold those influences as some of my most important. Recently, I also completed a bachelor's degree in film at the New York Film Academy. I am also a certified Onnit Academy trainer in the world of unconventional physical training methods and currently a yellow belt in Bang Muay Thai. I am a firm believer of the idea that once you learn "the way" broadly, you will see it in all things. Whether it be with a guitar, a bongo, a camera, a paint brush, a poem, nun chucks, etc.; everything is connected in my life and I believe everyone's lives. Music for me was a catalyst early on in learning and expressing myself along the way and has helped me become more disciplined and patient when taking on new challenges. I wish for everyone regardless of age, to experience that moment of being a 12 year old kid wanting to bend some strings and strum some cords on a guitar until it makes them happy.