



LINXX Academy of Martial Arts

"Linking Practical Defense and Personal Development"



Monthly Newsletter

February 2009

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Black Belt Spectacular

On December 11, 2008 the LINXX Academy held its' first ever "Black Belt Spectacular." The event highlighted our Black Belt Candidates by showcasing the skills and techniques they spent the last four years perfecting through a series of demonstrations. In addition, the LINXX Staff performed informative skits depicting the transformation of the arts of Muay Thai, Jiu-Jitsu, and Capeiora from their humble beginnings to the magnificent arts they are today. The end result was nothing short of "spectacular" and was a testament to the four months of hard work and dedication from the staff and Black Belt Candidates alike. Congratulations to Gage Elliott, Brendan Kelly, Briana Kelly, Hamza Khalid, Michael Franco, Jack Shea, Patrick West, Caroline Jones, Sam Ream, Jordan Souder, and Jacob Urps on their recent success.

The Black Belt Spectacular will be held every four months with the next event scheduled for April 2009. We look forward to seeing our new graduates in action and encourage everyone to come out and show your support.

The Truth About Fruit

Fruit—like anything else with sugar in it—gets a bad rap in the physique business. The prevailing thought behind this hysteria is that anything with sugar in it is going to end up planted on your waistline. But fruit has way more to offer than people think.

"Fruit provides valuable phytochemicals that benefit health, yet the fructose content is a concern for many because it is a type of sugar that cannot be directly utilized by the muscles," admits Muscle and Fitness Senior Science Editor Jim Stoppani PhD. "Only the liver has the capability of converting fructose into glycogen—the storage form of carbohydrates."

The problem with fructose arises when the liver glycogen levels are full. At this point, fructose gets converted to fat and that helps to increase the size of the fat cells. Since we are not equipped with fuel gauges to tell us how full our livers are, many bodybuilders opt for avoiding fruit all together. But such extreme measures are not necessary. There are actually a few times when fruit is not only okay—it's actually helpful.

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Questions, Comments, Concerns, or Recommendations?

Please contact Ryan Russo, Program Manager at 757-495-7070 or admin@linxxsecurity.com

www.linxxacademy.com

The Truth About Fruit

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First thing in the morning

The best time to eat fruit is immediately upon waking. While you sleep, your liver burns up its glycogen to supply needed glucose to the brain during your nightly fast. When liver glycogen levels begin to dip, a signal is sent to the brain to start breaking down muscle protein to convert amino acids into glucose for the brain. When you wake in the morning you are a muscle-burning machine. At this time of day you will not have to worry about fructose being converted to fat, so eat up. The fructose will be put to good use for restocking the liver glycogen levels and switching off the signal to burn muscle protein.

Pre-workout

Another good time to eat fruit is about 30 to 60 minutes before a workout, particularly if you have not eaten a high-carb meal for several hours. The fructose will replace the liver glycogen that's been used throughout the day, which will be used to steadily deliver glucose to the working muscles while you exercise and help to spare the glycogen in the muscle cells. This helps to prevent muscle fatigue that usually comes on strong as muscle glycogen levels begin to fall.



Post-workout

After a workout there is nothing wrong with eating some fruit to replenish your glycogen levels in both your muscles and your liver. Just remember that two servings of most fruits will only provide about 20 to 30 grams of carbs. For those who want to optimize muscular gains, you'll need to kick the carb grams up to at least 40 to 100 grams by also eating some white bread, potatoes, rice, oatmeal, or making sure the whey protein you also need at this time contains at least 20 grams of carbs.

It is true what they say—no one ever got fat by eating plenty of fruit. Just make sure your fruit choices are well-timed and that you are relying on whole fruit for fuel—that pitcher worth of smoothie likely contains a veritable fruit horn's worth of fructose and calories that are a bit much for a physique-minded individual. That is not to say that the occasional fruit smoothie will kill you.

New Junior LINXX Tip Test Procedure

In order to streamline our monthly graduation ceremony, Junior LINXX students who pass their Tip (stripe) Test will receive their stripe in class at the completion of their assessment. Therefore, Junior LINXX students receiving Tips no longer need to attend the monthly graduation ceremony.

Transform Your Body

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Transform Your Body

Do you want to change your body and finally get fit for life? Here are 10 rules that if followed on a consistent basis, can transform your body to tip-top shape.

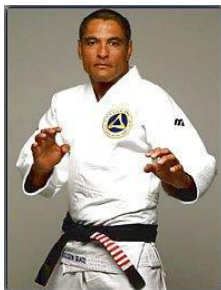
- 1. Perform cardiovascular/aerobic exercise 3-5 times a week** - To get a lean physique you need to be doing some cardiovascular exercise, shorts intervals work best to increase your metabolism and burn fat
- 2. Exercise at a high intensity** - If you can read a magazine while your doing cardio, you are not working hard enough! Imagine how fast you would run if you were being chased by a bear, thats how fast you should run.
- 3. Perform weight-training 3-4 times a week** - Every 2nd day works great for weight training to allow for rest and recovery.
- 4. Exercise for 30-60 minutes per session** - The shorter your workouts are the more compound movements you should be doing. Supersets are also great to get a good workout done in a short amount of time
- 5. Keep it real! Eat natural foods, avoid processed foods** - If it comes in a box or package think twice. Even if it says healthy on the package it's still not as good as a natural alternative. Real healthy foods don't need to have those labels, ever see an apple with low fat marked on it? Just think of it in these terms, if it's a food that a caveman had access to it, it's probably good for you (meats, berries, nuts, fruits and vegetables).
- 6. Don't skip breakfast** - It's called break-fast for a reason. It's breaking the fast your body undergoes during sleep. Start the day off right with a good breakfast.
- 7. Eat 3 nutrient dense meals and two small snacks each day** - Most people don't even eat 3 meals a day. Start working on 3 meals first, and then add two snacks in between the morning meals and afternoon meals. This will keep your caloric "furnace" burning steadily throughout the day.
- 8. Eat at least 3-4 servings of fruits and vegetables each day** - Again most people don't eat this much, so make this your minimum. You can't eat enough fruits and veggies
- 9. Drink at least 1 liter of water each day** - Have a glass of water with every meal and snack, as well as first in the morning and last at night.
- 10. Organize your time (exercise, work, family, friends) -**

Organize and prioritize your workout, work and family obligations to achieve those goals you have written down. You did write them down right?



Rickson Gracie Seminar

Rickson Gracie will come to Nashville, TN to offer his first open seminar in eleven years. The classes will be held on March 14th and 15th at McGavock High School. The seminar is open to students of all levels and will focus on the fundamental elements which make his techniques considered to be the finest in the world.



There will be five hours of training each day with a break for lunch. No spectators are allowed to attend, no video taping of any kind and no still photography during the seminar including cell phones pictures. The seminar will be sponsored by Zanshin Dojo which was Rickson's first affiliated school in 1994.

Certificates of participation will be given out at the seminar for students who are registered prior to March 5th. For more information about this event, visit:

<http://www.zanshindojonashville.com/RicksonSeminar.html>

Birthday Partees in January

We would like to thank **Zackary Thompson** for celebrating his birthday with us on January 17th.





Calendar of Events - February 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3	4	5	6	7
8 President's Day	9	10	11 BUDDY DAY!!! Permissions slips available at front desk	12	13	14
15	16 Junior LINXX Testing White thru Green @ 5pm Adult Thai Boxing Review and Pre-test All Ranks @ 6pm <i>*Normal class in session*</i>	17 Junior LINXX Testing Blue thru Red Tip @ 5:30pm Red One thru Brown/Black @ 6:30pm <i>*Normal class in session*</i>	18 Adult Jiu-Jitsu Graduation @ 7:15pm <i>*Normal class in session*</i>	19	20 Graduation for All Junior LINXX @ 5pm Adult Muay Thai @ 7pm <i>No regular classes</i>	21
22	23	24	25	26	27	28