

LINXX Academy of Martial Arts

"Linking Practical Defense and Personal Development"

Monthly Newsletter

May 2009

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Kettlebell Basics for Fighters

Why is the Kettlebell so popular with fighters? Is it truly better for conditioning fighters than say, barbells? And if it is, why is it better? To answer the question of whether or not kettlebells (KB) are better than barbells, we need to first understand how they are different in structure and what that does to the body. The main difference that we are going to focus on is handle placement.

In a barbell, or dumbbell for that matter, the hand is placed between the weights. On the KB the handle is placed above the weight. This makes a very big difference. Basically what this does is cause the KB weight to change as it moves through the air. Barbell and dumbbell weight remains fixed because your hand is in the middle of the load and the lever arm never changes.

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Master Chai Sirisute Seminar Reminder

The seminar will be held May 16 and 17, from 10:00 a.m. to 4:00 p.m., with an hour lunch break.

SPACE IS LIMITED - RESERVE YOUR SPOT TODAY!



Please Contact:

LINXX Academy of Martial Arts
1320 Kempsville Rd.
Virginia Beach, VA, 495-7070

LINXX Members:

One Day \$75, Two Days \$125

BBC Members:

One Day \$65, Two Days \$100



Black Belt Spectacular

On May 1, 2009 the LINXX Academy held it's second "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 and Jiu-Jitsu from their humble beginnings to the magnificent arts they are today. Congratulations to Jeremy Loughheed, Reychel Sinchongco, Summer Anderson, Adam Mayhue, Dylan Lawlor, Jaxon Dick, Jack Matthews, Craig McKinnon, Jordan Baggett, and Andres Jacque on their recent success.

April Birthdays

We would like to thank **Meghan Valentine** for celebrating her birthday with us in April.



Questions, Comments, Concerns, or Recommendations?

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

www.linxxacademy.com

Kettlebell Basics for Fighters

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As the KB swings through the air and the load moves around your hand; the weight is constantly changing as the distance of the ball portion from your hand changes. This causes you to react to the changing weight by loosening at some points and contracting even more at others. This pattern of altering weight is more similar to fight conditions than a fixed weight could ever be.

If your opponent clinches you and then starts to throw knees, the strength of his grip on your neck is going to be constantly changing as it pulls you in for the knee, then relaxes, and repeats for the next knee.

The load pattern that the KB creates more closely resembles actual fighting conditions and trains your unconscious ability to react to those changing forces (proprioception) more keenly than a barbell or dumbbell can. This is the first, and best, argument that supports KB training and its superiority.

Another argument for the superiority of KBs over other modalities, or tools, is momentum. Most KB training movements require you to accelerate the KB, decelerate it, and then repeat as opposed to slowly lifting or "grinding" a barbell, dumbbell, or weight machine handle. This pattern of accelerating and decelerating more closely resembles actual fighting conditions. Cleaning a 44kg KB requires you to absorb the impact as you rack it. This absorption is, similar to what you have to do to absorb a punch, knee, kick, or elbow, or to stop a takedown.

A third KB superiority argument is stabilization. As you decelerate the KB, you must stabilize it. The machine won't stabilize it, the bar won't stabilize it, YOU must stabilize it. Just like when you miss a hook and have to stop the momentum from spinning you around, you have to decelerate and stabilize that arm and then accelerate it in the opposite direction quickly, before you get hit.

Now, to be fair, the second and third arguments are somewhat weak as you can train momentum and stabilization with barbells and dumbbells. Momentum can be trained with Olympic style lifts and stabilization can be trained in many, many ways with dumbbells.

However, the structure of the KB's handle being outside of the load is something that cannot be replicated by any barbell, dumbbell, or machine. In summary, kettlebells, barbells, dumbbells, machines, and many other tools like rubber tubing, sandbags, ropes, medicine balls, and suspension training devices have their own benefits and should be used depending on one's goals.



Diet and Nutrition

Countless diet programs claim to have found the secret to losing weight. Most of these programs provide people with advice and information claiming that eating fat makes you fat. However, this is not the case. It is easy to assume that foods which are “low fat” or sugar-free will help them lose weight, but this assumption is false. For example, numerous experiments have shown (intentionally or otherwise) that it is difficult to get fat even on a diet of butter and steak.

In his book *Good Calories, Bad Calories*, Gary Taube provides two case studies to highlight factors contributing to weight gain. In one case study he analyzes weight gain in rats. Experiments show that rats do not gain weight on a high-fat diet. Even those that are especially susceptible to weight gain get fatter on a high-fat, high-carbohydrate diet than on a high-fat, low-carbohydrate diet. A second case study on Sumo wrestlers shows that they use a high-carbohydrate, low-fat diet to intentionally gain weight. Taube’s lesson is simple: eat excessive carbs and you will gain weight.

A diet high in fat and high in protein does not promote weight gain, which makes it an obvious choice to reshape the body. However, it is important not to restrict carbs entirely because some carbohydrate intake is needed to fuel brain and nervous system functions. Without carbs, the body will, in turn, breakdown protein to fuel the brain thus hindering muscle growth and repair. Consequently, it is recommended that carbohydrates should be taken immediately following a workout.



Having a protein shake in-between meals is a great way to increase your protein intake while keeping your metabolism up.

Many have had great success reducing fat by following the Zone diet ratios of 40% carbs, 30% protein, and 30% fat. However for those who don't want to have a statistical relationship with their food there is a simplified way: eat all three macronutrients in roughly equal caloric values at every snack or meal. Mix your fuel sources. Whenever you eat anything balance between fat, protein, and carbohydrates. If you can't eat all three due to an availability issue, eat only protein, or a combo of protein and fat. That being said if your goal is to significantly reduce your body fat percentage, a diet of mainly fat and protein (with carbohydrate intake immediately following a workout to fuel recovery) is recommended.

It is also helpful to eat six small meals throughout the day, instead of three big meals. A very common mistake in trying to reduce body fat is not eating enough. This causes your metabolism to slow down to save nutrients, which reduces the body's ability to burn fat. Organize daily intake to make morning and lunch time meals the largest, and dinner lighter so digestion is more or less finished when you go to bed.

It is important to remember that everyone is their own experiment and the path is long. We must all go through a process of trial and error, but fortunately we have our entire lives to experiment.



Almonds, Avacados, and Olive Oil are a good source of fast-burning monosaturated fats.

Calendar of Events - May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Mother's Day 			BUDDY DAY! Permissions slips available at front desk			Master Chai Seminar 10 a.m. to 4 p.m. <i>No regular classes</i>
17	18	19	20	21	22	23
Master Chai Seminar 10 a.m. to 4 p.m.	Junior LINXX Testing White thru Green @ 5pm Adult Thai Boxing Review and Pre-test All Ranks @ 6pm <i>*Normal class in session*</i>	Junior LINXX Testing Blue thru Red Tip @ 5:30pm Red One thru Brown/Black @ 6:30pm <i>*Normal class in session*</i>	Adult Jiu-Jitsu Graduation @ 7:15pm <i>*Normal class in session*</i>		Graduation for All Junior LINXX @ 5pm Adult Muay Thai @ 7pm <i>No regular classes</i>	
24/31	25	26	27	28	29	30
	Memorial Day <i>Academy Closed</i>					