

LINXX Academy of Martial Arts

"Linking Practical Defense and Personal Development"

Monthly Newsletter

September 2009

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Intensity - An Individual Factor

According to the Merriam-Webster Dictionary, an intense effort is one marked by great zeal, energy, determination, or concentration. Intensity certainly seems like a straightforward concept, but it is not something that is visible on paper. Not even the best book or website can illustrate intensity through text alone. It does not pass through osmosis, and it is not sold at the supplement store.

Training is like many things in life. You get back what you put into it. The intensity that is put forth is entirely up to you. Unfortunately, even highly motivated athletes with the best intentions tend to overlook this imperative yet simple fact. Intensity—marked with passion, perseverance, and dedication—cannot be located with even the cleverest Google search. It must be found internally, as external resources can only offer so much.

Taking Responsibility

You do not need anyone to create an intense workout for you. It is not that complicated, no matter what others would like you to believe. Creating new workouts also happens to be fun. It is a great way to stay personally connected to your training, ridding yourself of staleness and monotony. Many workouts will appear easy on paper but creep up on you as you begin to work through the session.

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Kickboxing Tournament: Competition Results

On August 16, 2009, 18 LINXX Academy competitors took part in a local kickboxing tournament, including 11 junior members, ranging from 8 to 14 years old, and 7 adult students. This was a first fight for the majority of the students; nevertheless, they all gave 100 percent and proved their abilities to perform under pressure.



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Cooking Healthy Foods in a Hurry

The task of cooking a big meal after a full day of work might seem kind of daunting. You might be tempted to make a side trip to the closest fast food restaurant, or order a pizza. While that might be okay once a month or so, making it a habit can be a detriment to your health. Those fast foods are loaded with saturated fats, sodium, sugar, and calories.

Does that mean you are doomed to spend an hour-and-a-half in the kitchen every night if you want to feed your family healthy meals? Nope. Not at all. Some tasty and healthy shortcuts can make cooking easy and delicious. All that is required is the right kitchen equipment and a little smart shopping at your grocery store to make healthy choices.

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Questions, Comments, Concerns, or Recommendations?
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www.linxxacademy.com

Intensity

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For example, suppose you and your training partner both have a print out of a workout regimen that includes a one-mile run. Your partner jogs and finishes the distance barely breaking a sweat. You, on the other hand, run the mile as if your life depended on it. You envision running away from a pack of hungry wolves and crank up the intensity. After the run, you, unlike your partner, are drenched with perspiration.

Seemingly, you and your partner have completed the exact same workout. You both ran one mile. What is not visible on paper, however, is the intensity at which each of you accomplished your workout. This should not come as a surprise, but even basic workouts, like a one-mile run, can be challenging if you bring the intensity.

How Much is Enough?

You cannot expect to become an extraordinary athlete without special effort. If your goals are to improve your general fitness, you can accomplish this task with a moderate level of intensity. If, however, you wish to become a champion, you must challenge yourself and dig down deep within. You cannot stroll through every workout and expect great results. You must raise the bar to separate yourself from the majority.

Paper is Never Enough

World champions separate themselves from the majority; they push the limits of the human body and continuously look for ways to improve. Running, sparring, hitting the bags, or hitting the mitts are all common activities for fighters. You cannot simply go through the motions during these activities and expect results.

Unfortunately, reading a workout on paper does not paint the full picture of how you should conduct your workout. For example, a few rounds on the heavy bag can be intense if you push yourself, throwing as many punches as possible throughout each round. Conversely, these same rounds also can be a light session if you tone down the intensity. It is up to you, but you can see that hitting the bag for certain number of rounds does not mean anything in and of itself. What you put into each round, however, is far more important.

Simplicity Trumps Complexity

Despite years of research and real-world experience, the most important ingredient to a successful training program comes from internal resources within each athlete. These individual factors outweigh even the most sophisticated means of exercise selection, periodization, and program creation. Often times, the most important task of the coach is to light the fire that ignites the passion and intensity within the athlete. Once that fire burns, the athlete will find success with almost any style of training, as no one system is paramount.

Training knowledge is imperative but not any more important than getting the athlete to believe in the system and then maximize his or her efforts. Many athletes have potential that currently lies dormant. An external search will never uncover the key to unlock this potential. The athlete must tap into these resources by first looking within. Great athletes find these resources on their own, just as great coaches find these resources in athletes who had previously failed in past searches. Ask yourself how bad you want it, look inward, and find the real secrets to success. The results will follow.



Healthy Foods

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Here are some tips for healthy, quick, and tasty meals:

Need dinner now because you are in a big hurry? Do not go the fast food route; stop at your grocery store instead. Most grocery stores have deli sections with lots of dishes that are ready to heat and serve. Be sure to choose foods that are not loaded with creamy sauces or gravies, and do not buy the fried chicken and greasy potato wedges. Instead, pick up a hot, fresh rotisserie chicken. These chickens are low in fat and often nicely seasoned. All you have to do is carve the bird and serve it with vegetables and a salad.

The freezer section of your store has several varieties of healthy vegetables. There are blends of vegetables with their own sauces (watch for fat and sodium), as well as brands that steam right in your microwave. In addition, you can make your own salad at the grocery store's salad bar, or grab some greens and pre-cut vegetables. Wash the greens and fresh vegetables, toss, and serve. Serve with low-fat salad dressing on the side.

What if you have a little more time to prepare dinner?

Choose fresh meats that are ready to cook in your oven. Go to the meat department of the grocery store and look for skinless, seasoned chicken breasts or healthy salmon fillets. Place them in a baking dish and pop it in the oven. There is virtually no preparation time and little clean up, so you have plenty of time to make your side dishes.

Use a vegetable steamer or rice cooker that can prepare two healthy side dishes at once. The steamer does the work while you relax or get your other errands done. Get a steamer with a built-in timer, so your vegetables will be ready when you get home.

Buy a slow cooker. Make your own hearty soup with some low-sodium broth, chunks of lean beef or chicken, potatoes, carrots, onions, garlic, and celery, or try an easy slow-cooker recipe. You can also buy dinner mixes meant for your crockpot, but read the labels because they usually are high in fat and sodium.



Competition Results

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The fighters trained for roughly five weeks to prepare for the event. In addition to their normal class sessions, they trained several additional times per week. A fighter must train to the point that they perform appropriate actions and responses automatically—in the ring, there is little time to think. On top of all this, they had to learn to fight under kickboxing rules, essentially handicapping themselves. For example, in kickboxing, clinch, knee, and leg kicks are not allowed.

Come fight day, all 18 fighters stepped in the ring and left nothing behind, showing great courage and commitment. What one learns in the ring cannot be substituted.

Please join LINXX Academy in congratulating all who competed: Corey Anderson, Deandre Corbe, Josh Worret, Malik Sheppard, Andrew Bone, Christopher Coll, Evan Micele, Jeremy Loughheed, Colby Swanson, Shannon Morris, Andres Jacque, Tak Inyoshi, Kenny O'Connor, Hilliard Sumner, Dustin Truster, Jacob Turpin, Eric McCount, and Natasha Olbes.

What about buying frozen meals?

When you go to the freezer section of your grocery store, you will find lots of frozen meals. Some are small and low in calories, while others are huge and high in calories, fat, and sodium. Lean Cuisine, Weight Watchers, and Healthy Choice offer frozen foods that are healthier than most other brands. Make them even healthier by adding some extra vegetables or salad and a slice of whole grain bread.

The best frozen meals are ones you make yourself. If you can devote a whole weekend in your kitchen (and you have a big freezer), you can try once-a-month cooking. As always, choose healthy recipes that are low in calories and high in nutrition. Look for recipes that use lean meats, poultry, or fish and lots of vegetables.

If you do not have a whole weekend to prepare meals, but you do have a few hours, find a meal preparation store, such as Let's Dish! These stores offer delicious recipes, high-quality ingredients, and helpful staff. Best of all, someone else cleans up! Look for a meal preparation store near you.

So you see, with a little preparation and a healthy grocery list, you can enjoy healthy, delicious, and easy-to-make meals at home.

Special Offer to LINXX Members at Gold's Gym

*FREE one week membership
FREE fitness assessment
FREE session with a personal trainer*



This offer is redeemable at the Greenbrier Gold's Gym only. We are located next to Regal Cinemas across from Greenbrier Mall.

**Gold's Gym Family Fitness
offers a wide range of exercise
programs and activities to help you
accomplish your goals.**

Some of our activities and programs include:

- Cardio Cinema
- Fast Fit Circuit Training
- Lady's Gold's (ladies only area)
- Basketball and Volleyball Courts
- Racquetball and Squash Courts
- Group Exercise Classes
- And much more...

600 Jarman Road • Chesapeake, VA. 23320 • For more information call Johnny at 424-1600

Calendar of Events - September 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
						Academy Closed
6	7	8	9	10	11	12
	Labor Day		BUDDY DAY! Permissions slips available at front desk			
	Academy Closed					
13	14	15	16	17	18	19
	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>	
20	21	22	23	24	25	26
27	28	29	30			