



LINXX ACADEMY OF MARTIAL ARTS

April 2011

Linxx Junior Sparring Tournament • Champions Collide in Richmond, VA • Junior Grappling Association • Mackens Semerzier's UFC Debut • Understanding the Anaerobic energy system

Linxx Junior Sparring Tournament

Mr. Frank Cucci, founder of the LINXX Academy of Martial Arts, welcomed over 75 participants from across the state to our largest Junior Sparring Tournament to date on Saturday March 26, 2011. After going over the rules and regulations, the students, ranging from the ages of 7 to 14, were divided into two divisions, Intermediate, and Advanced, by sex and weight class to compete in the one-day, single-elimination tournament.

In the Intermediate division, the junior competitors showcased their Total Defense Training skills by performing body punches; clinches; and leg, body, and head kicks during unscored, individual exhibitions.

The Advanced Division participants took to the mats in two separate rings during concurrent, full-contact sparring matches. The competitors tested their learned techniques, dealing their opponents hand strikes and kicks to the head, body, and legs. Our referee and three judges presided over high-energy, fierce fights throughout the afternoon. Of note were two particularly close bouts between well-matched opponents: Tucker Perry versus Isaiah Umpa and Jacob Martin versus Cassius Nathaniel.

Perry and Umpa, both of the Linxx Academy of Martial Arts, gave their all during a grueling semifinal match. Perry defeated Umpa and then went on to battle for first place in the 55-to-64-pound weight class against Parker Hill, also of the LINXX Academy of Martial Arts. At the end of the day, Perry proved victorious, taking the top seat in his category within the Advanced Division.

Another notable fight was between Martin, of the LINXX Academy of Martial Arts, and Nathaniel of the Trident Academy of Martial Arts in Woodbridge, Virginia. Martin, who admitted that he prefers traditional self-study over hyped sparring tournaments, came into the competition strong, confident, and poised to enter the ring. He defeated two notable opponents during intense fights, making it to the final round in the 39-to-55-pound weight class. He squared off against Nathaniel, and the two went back and forth throughout the match, throwing a blur of kicks, jabs, and strikes. Bloodied, both fought until the bitter end in true warrior fashion. Martin conceded to Nathaniel by a narrow margin, but both wowed the crowd with their stamina and proficiency.

All participants in this year's sparring tournament gave commendable performances. Each took home a goody bag filled with coupons from Lendy's, The Rockwall Gym, Chili's, Bounce House, China Dragon, and Laser Quest. Mr. Cucci, the event's host, concluded the tournament by praising their efforts and reminding all of the competitors of the importance of winning with humility and losing with honor. As expected, all of the students embodied the values and traditions of the LINXX Academy of Martial Arts.



Tournament Results

Girls: 50 to 65 Pounds

1st Place – Summer Bronco
2nd Place – Emma Pangan
3rd Place – Paige Schneider

Girls: 65 to 75 Pounds

1st Place – Carissa Ferguson
2nd Place – Haley Swank

Girls: 85 to 100 Pounds

1st Place – Crishalee Monzaga
2nd Place – Jessie Riley
3rd Place – Diadra Hill

Girls: 115 to 120 Pounds

1st Place – Alexandria Riker
2nd Place – Pam Blas

Boys: 39 to 55 Pounds

1st Place – Cassius Nathaniel
(Trident Academy of Martial Arts)
2nd Place – Jacob Martin
3rd Place – Velan Shamuganathan
(Trident Academy of Martial Arts)

Boys: 50 to 64 Pounds

1st Place – Jacob Jonata
2nd Place – Alex Ramos
(Trident Academy of Martial Arts)
3rd Place – Mychal McNeill

Boys: 65 to 75 Pounds

1st Place – Trey Anderson
2nd Place – MJ Doyle
3rd Place – Lucas Johnson

Boys: 85 to 100 Pounds

1st Place – Joey Ruiz
2nd Place – Randy Riker
3rd Place – Ian Keller

Boys: 101 to 115 Pounds

1st Place – Willy Blas
2nd Place – Kyle Hanes
3rd Place – Hunter Ray

ADVANCED

Boys: 55 to 64 Pounds

1st Place – Tucker Perry
2nd Place – Parker Hill
3rd Place – Travis LaPrarie

Boys: 70 to 85 Pounds

1st Place – Colby Swanson
2nd Place – Gavin Corbe
3rd Place – Barrett Ratzlaff

Boys: 90 to 105 Pounds

1st Place – Mico Picardo
2nd Place – Jeremy Loughheed
3rd Place – Pedro Daher

Boys: 106 to 120 Pounds

1st Place – Dylan Glover
2nd Place – David Hill
3rd Place – Jaxon Dick

Questions, Comments, Concerns, or Recommendations?

Please contact Program Managers

Ryan Russo at 757-495-7070, Mike Paulson at 757-689-0680

or linxxacademy.com

“LINKING PRACTICAL DEFENSE AND PERSONAL DEVELOPMENT”

Champions Collide in Richmond, VA



It all went down on March 5, 2011 at the Showplace Predator Fight in Richmond, Virginia. Kristopher Gonzalez of the LINXX Academy of Martial Arts in Virginia Beach, Virginia, squared off with his opponent, Ben Allen, of the Fighter Fitness Club in Midlothian, Virginia. This match-up, which was the ninth amateur mixed-martial arts fight for Gonzalez, was

supposed to consist of three rounds; however, Gonzalez's vast array of skills proved too much for Allen. Under the constant coaching of Jiu-Jitsu black belt, Nestor Bayot, and Muay Thai black belt, Mackens Semerzier, Gonzalez placed Allen in a triangle choke hold, and he submitted just two minutes into the first round. With this win behind him, Gonzalez says he hopes to pursue a professional career in the Ultimate Fight Championship league.

Junior Grappling Association



The Junior Grappling Association held its annual Virginia State Championship in Fredericksburg, Virginia, on March 12, 2011. Brody Abdow, Trey Anderson, Cade Brewer, Deandre Corbe, Gavin Corbe, Kai Lockhart, and Joey Ruiz represented the LINXX Academy of Martial Arts.

These young grapplers participated in the various divisions, including the Lion (Gi), Tiger (No Gi), and Dragon (Gi). Of note, Deandre finished the day with the most submissions. Overall, our young grapplers earned 14 gold medals, 5 silver medals, and 2 bronze medals. In addition, for the second time, we placed in second place with a team total score of 70 points! Congratulations to all for a job well done. For complete results, please visit <http://www.jrgrappling.com/results/>.

Mackens Semerzier's UFC Debut

Over the course of 18 years, the Ultimate Fighting Championship (UFC) has grown into the largest mixed martial arts promotion company in the world. On Saturday, March 26th 2011, long time Linxx Academy student and instructor, Mackens Semerzier got his first shot in the UFC's Octagon.

In his first UFC bout, WEC veteran Mackens faced off against Alex "Bruce Leeroy" Caceres, one of the premier young fighters in the UFC's featherweight division. "Bruce Leeroy" made a name for himself as a contestant on the Ultimate Fighter reality show, where he was known for his antagonizing personality and unorthodox fighting style; however, neither of these were enough to overcome Mackens' superior technical abilities and preparation.

On Ultimate Fight Night 24, Caraces stayed true to his character on the Ultimate Fighter, walking up to the cage with the actor who played the real Bruce Leeroy in the Last Dragon. Mackens quickly humbled his opponent by winning via rear-naked choke after little more than three minutes into the first round.

After the opening bell sounded, Mackens scored several powerful takedowns, bringing the fight into his realm of expertise. Once the fight hit the mat it was clear that Semerzier was in his element. When Caceres



**LINXX Academy Proudly Presents the
18th Annual Thai Boxing Seminar Featuring:**

MASTER CHAI SIRISUTE

**Saturday, April 16 and Sunday, April 17
10:00 a.m. - 4:00 p.m. at the LINXX Red Mill Location**

Registration:
Please contact LINXX Academy of Martial Arts

Red Mill
253 Nimmo Parkway, Suite 110
Virginia Beach, VA 23454
(757) 689-0680

Kempsville
1320 Kempsville Road
Virginia Beach, VA 23464
(757) 495-7070

Cost:
Linxx Members - One Day \$75, Two Days \$125
BBC Members - One Day \$65, Two Days \$100
Non-Linxx Members - One Day \$85, Two Days \$150

A \$50 deposit is required at the time of registration.
Credit Card payments are accepted.

finally managed to get up to his feet with 3:30 remaining in the round, Mackens immediately dragged him back to the canvas, directly into the mount position. From his superior position Mackens hammered "Bruce Leeroy" with punches, which signaled the beginning of the end for his opponent. In a desperate attempt to avoid further punishment, Caceres gave up his back and attempted to buck Mackens off in order to slip out from under him. As a brown belt in Gracie Jiu Jitsu, Mackens was easily able to bring him back down to the mat and apply the finishing choke.



Photos courtesy of Josh Hedges, UFC

Understanding the Anaerobic energy system

While running up several flights of stairs, have you ever noticed that your explosiveness has subsided, or that your speed has slowed? When continuing to push through to the top, have your muscles started to burn? Have you just stopped running all together? There are many systems at work in your body that contribute to these events. Just like the systems in a vehicle that make your car perform better, the human body has its own set of systems that aid in our physical activity.

Energy Systems that Drive Our Bodies

Our bodies store a compound known as adenosine triphosphate (ATP) in our muscle cells, which fuel physical activity. Depending on the intensity and duration of physical activity, our body may use one or more of our three systems, or sources, of energy:

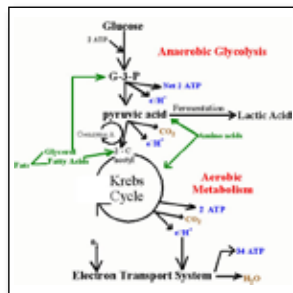
- **ATP-PC (Phosphagen System):** Used only for short durations of physical activity of up to 8 to 10 seconds.
- **Anaerobic System:** Used for physical activity that lasts more than 10 seconds but fewer than 3 minutes.
- **Aerobic System:** Used for long-duration physical activity.

These three energy systems do not work independently of one another. From very short, very intense exercise to very light, prolonged activity, all three energy systems make a contribution. Two systems, however, will usually predominate.

For example, in one 3-minute Thai-boxing round, a fighter will receive approximately 30 percent of his energy from the ATP-PC, or phosphagen system; 65 percent from the anaerobic; and only 5 percent from the aerobic system. The amount of training in each system should closely reflect these percentages.

Replenishment of ATP

Because the body only stores a limited amount of ATP, it must be replenished or resynthesized on an ongoing basis. A chemical reaction occurs in the muscle that adds a phosphate group back to ADP to create ATP. This process is called phosphorylation. If this occurs in the presence of oxygen, it is labeled aerobic metabolism or oxidative phosphorylation. If it occurs without oxygen, it is considered anaerobic metabolism.



Warm-ups

Warming-up is important to physically and psychologically prepare the participant for the increased demands about to be placed on the body. There are two types of warm-up, dynamic and specific. A dynamic warm-up consists of calisthenics, stretching, and other activities that do not necessarily relate directly to the upcoming activity. Specific warm-ups occur when the individual simply performs the actual activity in a light, easy manner.

Training

The anaerobic systems need to be trained at 90-100% of MHR (max heart rate). To determine your MHR the easy way is to subtract your age from 220. So for a 40 year old fighter MHR would be 180. How often should the systems be overloaded to gain strides? The anaerobic systems need a minimum of 3 days per week and can be trained on the same days as the aerobic system. It is recommended that the anaerobic work precedes the aerobic training. Other days can be spent developing skill and techniques. Now when your first tip test rolls around you have

the tools to get you ready. As with any exercise program make sure you are cleared by your doctor. Also, because carbohydrates are the only macronutrient that is used in an anaerobic process be sure to get plenty of carbohydrates prior to and after your work out. So that means beef up on your fruits and vegetables!

Rest and Recovery

The rest interval is very important. Rest periods should depend on the duration of the work. Three to ten minutes will allow for the removal of most of the lactate produced. If the rest period is too brief, the ATP and PC will not be sufficiently replenished, and the accumulated lactate will not be adequately removed. This means that the next bout of exercise will have to be performed at a lower level of intensity. If the rest period is too long, the body will recover, and the training effect will be lost. The optimal rest-to-work ratio should be 2:1.

During the recovery period of training, the ATP-PC must be built up and replenished, and the accumulated H⁺ ions must be removed. If these needs are not met, the systems will be unavailable for further activity. While resting after an anaerobic workout, oxygen consumption will increase because of the increased depth and rate of breathing. This extra oxygen will turn the lactate and H⁺ ions back into pyruvic acid. Within 20 seconds, 50 percent of the ATP and CP will be restored. In 40 seconds, 75 percent will be restored, and in 60 seconds, 87 percent will be restored. Almost all of the ATP and PC will be replenished within three minutes.

The removal rate of lactate can be sped up through light activity performed during the recovery period. This is because some of the lactate and H⁺ ions are metabolized aerobically during the light activity. This is why a good cool-down is necessary. The cool-down is post-activity exercise done in a continuous, easy, and relaxing manner. The cool-down helps the body return to a normal resting state.

Anaerobic Conditioning Activities to Increase Performance in Muay Thai

In addition to actually performing Muay Thai moves at the academy, there are numerous other methods of training. Students should mix up their workout routines by adding running (especially sprints), heavy bag, speed bag, sparring, jump rope, shadow-boxing, plyometrics, kettle bell, medicine ball, and focus mitt training.

Sample Anaerobic Workout

Now that you understand how the body provides us with the energy we need to fuel physical activity, how to warm up properly, and the importance of resting, you are ready to try this sample anaerobic workout. With that in mind, grab a partner, some Thai pads, and a stop watch.

- Perform a four-minute round of kicks
- Rest for four minutes stretching or holding the pads for the previous holder. Workouts are ideally started and finished by one individual before holding for the partner.
- Perform a two minute round of form. Kicks, knees, and elbows are thrown light and easy. Emphasis is on proper form. The two minute rest prepares the body for accelerations, which help prepare the body for high intensity work.
- Acceleration rounds last 16 seconds. The first 8 seconds is done at an easy pace and the last 8 seconds is done at full speed. Two consecutive kicks are thrown with the same leg before switching. The rest period is 24 seconds between each of the rounds.
- Allow a one minute rest before "Gut buster" rounds which consist of 4 rounds lasting 10 seconds each, one kick per side is thrown at full intensity. These rounds train the ATP-CP system.

Student of the Month



Keegan Swanson
Red Mill Black Belt
Candidate Course
Student of the Month



Alex Carmen
Kempsville Little Linxx
Student of the Month



Amber Wilson
Kempsville Black Belt
Candidate Course
Student of the Month



April						
S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16*
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Kempsville Calendar of Events

- 6th : **Buddy Day**- Permissions slips available at front desk
- 18th : **Junior LINXX Testing**- White thru Green @ 5:00pm - Normal class in session
Adult Thai Boxing Testing @ 6:00pm- Normal class in session
Adult Jiu-Jitsu Testing @ 7:15pm- Normal class in session
- 19th : **Junior Jiu-Jitsu Testing @ 4:30pm**- All ranks- Normal class in session
Junior LINXX Testing- Blue- Red Tip @ 5:30 and
Red One Thru Brown/Black @ 6:30pm- Normal class in session
- 20th : **Jiu-Jitsu Graduation @ 7:15pm**- Normal class in session
- 22nd : **Junior LINXX Graduation @ 5:00pm**- No Kids classes-Normal class in session
Adult Thai Graduation and Class @ 6:00pm
- 16th/17th **Master Chai Seminiar-No class on the 16th**



April						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16*
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Red Mill Calendar of Events

- 13th : **LL Buddy Day**- Permissions slips available at front desk
- 14th : **JL Buddy Day**- Permissions slips available at front desk
- 25th : **Junior Jiu-Jitsu Testing @ 5:00pm**- Normal class in session
Adult Thai Boxing Testing- White thru Green @ 6:00pm
Blue-Black @7:15pm- Normal class in session
- 26th : **Junior LINXX Testing**- White thru Green @ 5:00pm
Blue-Black @6:00pm- Normal class in session
Adult Jiu-Jitsu Testing @ 7:15pm- Normal class in session
- 27th : **Junior Jiu-Jitsu Graduation @ 5:00pm**- Normal class in session
Adult Jiu Jitsu Graduation @ 7:00pm- Normal class in session
- 28th : **LL/JL Graduation @ 5:00pm**- No Kids classes
- 29th : **Adult Thai Graduation and @ 6:00pm**- Normal class in session
- 16th/17th : **Master Chai Seminiar-No class on the 16th**