



LINXX Academy of Martial Arts

"Linking Practical Defense and Personal Development"



Monthly Newsletter

April 2009

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Roadwork for Fighters: A How To Article

It is known that if you fight, you run. So most fighters put on their jogging shoes and pump out a few miles every morning. However, why are you supposed to run? How do you know jogging a few miles is the right way to do it? Is there a better way to do it? I'm here to answer these questions. I am a retired Thai Boxer, and a trainer certified with the National Academy of Sports Medicine, and I am here to shed some light on why we do roadwork, and how to get the most out of it.

I will start by explaining why we do roadwork. The answer is obvious to most people... cardio. Jogging helps you improve the cardio and stamina needed in a fight. I am here to say that you are right, and you are wrong.

In order for you to understand this, you first need to understand that we have three different energy systems that we use in different situations. The first two, ATP-CP and the Lactic Acid System, are used for very fast bouts of activity like lifting a heavy weight or sprinting as fast as you can. The second system, the Oxidative System is used for low intensity activity like jogging, walking, typing, cooking, etc.

The first two systems are called Anaerobic and you only have enough fuel to last anywhere from 30 seconds up to 3 minutes for highly trained individuals. The third system is called Aerobic and can last indefinitely. When you fight, you are using both systems. You go back and forth as you battle between high intensity bouts of activity, like when you are throwing combinations, and low intensity activity like when you are circling your opponent. When you go jogging, you are only training your Aerobic stamina.

Now, if we take this a little further, you will see that in a fight, you are not really doing any Aerobic activity at all. You are doing ANaerobic activity, recovering, and doing more Anaerobic activity. So jogging a few miles in the morning, actually does not directly affect your stamina in a fight at all. What jogging does is make your body more efficient at recovering from activity. However, again, it only does so indirectly, because all jogging is doing is increasing the strength of your heart and lungs, and removing waste products through your circulatory system from your last training session.



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Belt Promotions

Congratulations to the following individuals for achieving their Blue Belt in Brazilian Jiu-Jitsu.

- Patrick Trinidad
- Seth Wall
- Michael Kelley
- Kit Phoutasen

March Birthdays

We would like to thank **Stradford Folkes** for celebrating his birthday with us in March.



Questions, Comments, Concerns, or Recommendations?

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

www.linxxacademy.com



Roadwork for Fighters

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With that understanding, jogging is good to do, but not the only thing to do. Your roadwork should resemble the Anaerobic/recovery/Anaerobic demands to more closely resemble what your body is going to do in a fight. How do you do that? Sprints, bodyweight or weight exercises, and jogging all mixed together. A note here, by weight I don't mean a leg extension or bicep curl machine. I mean heavy things like tractor tires, kettlebells, clubbells, sandbags, sleds, a heavyweight fighter, and other things that make you use every ounce in your body to move it.

The closer you get to a fight, the more your roadwork should resemble the ANaerobic/recover/ANaerobic program, and the further are you are from a fight the more jogging you should do.

The reasoning is very simple, jogging gets your body ready to do the intense stuff, and the intense stuff gets you ready for the fight.

To more concisely illustrate what I am talking about, below is a sample roadwork program for one month before your fight. Note, if your fight is going to last 19 minutes (5 rounds of 3 minutes, with 1 minute rest between rounds) you should have gotten yourself up to jogging at least twice that amount of time five days a week by now. You will be doing five days a week of roadwork with two days of rest in this sample program. Perform all exercises and sprints **AS FAST AS POSSIBLE!**

As you can see, this is no walk in the park. If you can do this, you do not have to worry about gassing in your fight as this is probably going to be harder than your fight. Remember, if you are training right, the fight is the easy part.

	Week 1	Week 2	Week 3	Week 4
M	Warm-up with a 10-minute jog Perform 10 squats, sprint 100 meters, perform 10 pushups, and sprint 100 meters back, rest 1-minute. Perform this routine for a total of 20 sets. Cool-down with a 20-minute jog	Warm-up with a 10-minute jog Perform 10 squats, sprint 100 meters, perform 10 pushups, sprint 100 meters back, perform 10 burpees, sprint 100 meters, perform 10 pull-ups, sprint 100 meters back, rest 1-minute. Perform for 10 sets. Cool-down with a 10-minute jog	Warm-up with a 10-minute jog Perform 20 squats, sprint 200 meters, perform 20 pushups, sprint 200 meters back, rest 30-seconds. Perform for 15 sets. Cool-down with a 20-minute jog	Warm-up with a 10-minute jog Sprint a half mile in less than 3 minutes, rest 1-minute. Do one sprint for every round of your fight. Cool-down with a 30-minute jog
Tu	Jog for twice the time of your fight.	Jog for twice the time of your fight.	Warm-up with a 10-minute jog Sprint a half mile in under 3 minutes, rest 1-minute. Do one sprint for every round of your fight. Cool-down with a 30-minute jog	Warm-up with a 10-minute jog Perform 10 squats and 10 pushups, sprint a half mile in under 3 minutes, rest 1-minute. Repeat for every round of your fight, plus one. Cool-down with a 20-minute jog
W	Rest	Rest	Rest	Rest
Th	Jog for twice the time of your fight.	Warm-up with a 10-minute jog Perform 10 squats, sprint 100 meters, perform 10 pushups, sprint 100 meters back, perform 10 burpees, sprint 100 meters, perform 10 pull-ups, sprint 100 meters back, rest 30-seconds. Perform for 10 sets. Cool-down with a 10-minute jog	Warm-up with a 10-minute jog Run one mile AS FAST AS POSSIBLE! Cool down with a 20-minute jog	Warm-up with a 10-minute jog Perform 10 squats, 10 pushups, 10 burpees, sprint a half mile in under 3 minutes, rest 1-minute. Repeat for every round of your fight, plus two. Cool-down with a 10-minute jog
F	Warm-up with a 10-minute jog Perform 10 squats, sprint 100 meters, perform 10 pushups, sprint 100 meters back, perform 10 burpees, sprint 100 meters, rest 1-minute. Perform for 15 sets. Cool-down with a 15-minute jog	Jog for twice the time of your fight.	Jog for twice the time of your fight.	Jog for twice the time of your fight.
Sa	Jog for twice the time of your fight.	Warm-up with a 10-minute jog Perform 10 squats, sprint 200 meters, perform 10 pushups, sprint 200 meters back, rest 30-seconds. Perform for 20 sets. Cool-down with a 20-minute jog	Warm-up with a 10-minute jog Perform 20 squats, sprint 200 meters, perform 20 pushups, sprint 200 meters back, perform 20 burpees, sprint 200 meters, perform 20 pull-ups, sprint 200 meters back, rest 30-seconds. Perform for 10 sets. Cool-down with a 20-minute jog	FIGHT
Su	Rest	Rest	Rest	Rest



Annual Junior LINXX Spring Intramural Sparring Tournament

On Saturday March 22, LINXX Academy held its annual junior's Spring Intramural Sparring Tournament. Over 50 students participated, ages 7 to 14. Competitors were divided into brackets by weight and experience level. Although many students were classmates and training partners, when the bell rang they gave it their all.

The tournament's high level of competition was a testament to the skill of our students. We are especially proud of our student's conduct on and off the mat. They won with honor and lost with dignity; but more importantly, they all fought bravely.

Thanks to everyone who competed in and supported this event. Our next sparring tournament is scheduled for September. Here are the final results of the tournament:



Boys	Place
50 – 60	
Gabriel Staicer	
Dylan Loughheed	
Parker Hill	
60 – 70	
Noah Kantirakis	
Gavin Corbe	
Colby Swanson	
60 – 70 Advanced	
Bodie Smith	
Grant Minor	
70 – 80	
Mico Picardo	
Derek Edmundson	
Sam Worret	
80 – 90	
Evan Micele	
Jack Shae	
Amari Lee	

Boys	Place
90 – 100	
Deandre Corbe	
Joshua Taylor	
Christian Dimapilis	
90 – 100 Advanced	
Josh Worret	
Jeremy Loughheed	
Jaxon Dick	
100 – 110	
Jacob Turpin and Troy Metcalf	
Andrew Bone	
110 – 120	
Corey Anderson	
Nicolas Jones	
Raekwon Bynum	

Girls	Place
70 – 80	
April Minor	
Serena Mazzurco	
90 – 100	
Megan Trieu	
Alegra Staicer	
Katelyn Schneider	
110 – 120	
Shannon Morris	
Summer Anderson	

Peewee Division	Place
Max Mathews	
Ethan Micele	
Haley Swank	

- Gold
- Silver
- Bronze

Spring Open House Saturday, April 11, 2009

We encourage parents and prospective students to visit our Academy. A personal visit is the most important part of the martial arts school selection process, and will help you to determine if LINXX is the school for you.

RSVP REQUIRED

Seating is limited. Please RSVP (495-7070 or e-mailing admin@linxxacademy.com). Indicate the number of people in your party. A confirmation letter will be e-mailed to you after your RSVP is received. Walk-ins will be seated on a first come first serve basis.

AGENDA

9:30-10:00	Meet and Greet (Coffee)
10:00-10:05	Program Manager's Welcome
10:05-10:10	Directors' Remarks
10:10-10:25	Children's Program Overview
10:25-10:40	Adult Program Overview
10:40-10:55	Questions and Answers
10:55 -11:00	Closing Remarks
11:00-11:30	Staff Available for Follow-up Questions and Discussions

Calendar of Events - April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
						OPEN HOUSE 9:30 - 11:30 No regular classes
12	13	14	15	16	17	18
EASTER	Easter Egg Hunt Monday April 13 th for Little LINXX students at 3:30		BUDDY DAY!!! Permissions slips available at front desk			
19	20	21	22	23	24	25
	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>	
26	27	28	29	30		