

LINXX ACADEMY MARTIAL ARTS

"Linking Practical Defense and Personal Development"

Monthly Newsletter

www.linxxacademy.com

April 2010

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History of Muay Thai

Muay Thai, translated into English as Thai Boxing, is the national sport of Thailand. The origins of Muay Thai date back to ancient battlefield tactics used by the Siamese (or Thai) army. It evolved from the army's use of sword, baton, and hand-to-hand tactics. Early Muay Thai bouts pitted different companies within the Siamese army against each other, with few rules about weight divisions or time limits. These contests became quite popular and eventually were staged all across the country. By the early 20th century, a uniform set of rules was introduced to govern time limits and boxing gloves. Muay Thai was exported to many countries during the latter half of the 20th century; today, it is being practiced by hundreds of thousands of people all over the world.

In kickboxing circles, Muay Thai is known as "King of the Ring". These fights feature punches, kicks, elbows, knees, standing grappling and head-butts to wear down and knock out the opponent. Thai training methods develop power, speed and cardiovascular endurance, as well as fighting spirit. Muay Thai training is relatively safe, thanks to sophisticated pad training that evolved to keep fighters healthy between fights. Muay Thai has proven to be effective outside the ring, too. Today it is being used for a variety of self-defense, sporting, military and law enforcement activities.

The Thai Boxing Association of the U.S.A. (TBA-USA) was founded in 1968 by Ajarn Surachai "Chai" Sirisute (Ajarn is Thai for head instructor.) TBA-USA is the oldest and largest Muay Thai organization in the United States. Ajarn Chai came to the United States with a vision to spread the art of Muay Thai throughout the world. He is the first Thai boxing instructor to teach Americans this art, working tirelessly for 40 years in that endeavor. Those of us in the martial arts community are grateful to Ajarn Chai for sharing his knowledge of Muay Thai with us.

TBA-USA continues to establish affiliate organizations around the world, with representation in almost every state in America and in over 15 other countries. Linxx Academy represents the TBA-USA as an affiliate organization in Virginia and has certified over ten

instructors under Ajarn Chai's TBA-USA. Ajarn Chai continues to promote Muay Thai through teaching and hosting seminars. To date, LINXX has hosted 15 seminars featuring Ajarn Chai and we look forward to many more in the future.

**LINXX Academy Proudly Presents
the 16th Annual Thai Boxing Seminar
Featuring:**

MASTER CHAI SIRISUTE

**Saturday, April 17 and
Sunday, April 18**

10:00 a.m. - 4:00 p.m. at the LINXX Red Mill Location



Master Chai is the founder and president of the Thai Boxing Association of the United States and is credited with bringing the art of Thai Boxing to the U.S. in 1968.

During this two day intensive seminar, you will learn the latest techniques and gain a new insight into this devastating martial art developed over 1,000 years ago.

The seminar will be held at the new Red Mill location at 253 Nimmo Parkway, Suite 110 in Virginia Beach. Open to all adult and teenage students.

Registration:

Please contact LINXX Academy of Martial Arts

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.

Questions, Comments, Concerns, or Recommendations? Please contact Program Managers
Ryan Russo at 757-495-7070, Mike Paulson at 757-689-0680 or admin@linxxsecurity.com



Us Grappling's Ninth Submission Only Tournament

Imagine someone forcing your body into a joint lock or a choke hold. Imagine the pressure against your muscles straight down into your bones. How long do you think you could resist and how long could your energy bolster you until submission? Three minutes, maybe thirty seconds? Let's try three hours.

On March 6, 2010, over 300 grapplers gathered in Ashland, VA to test their skills at US Grappling's ninth Submission Only tournament. It had only been a month since the academy was notified of the event and five confident fighters walked into Patrick Henry High School, ready to roll. Apart from their individual obligations and training schedules, the group included tournament training into their regular routine. Sparring, conditioning, and drilling were enforced three times a week by Coaches Nestor Bayot and James Gamble. Each student also continued to persevere with the academy's jiu-jitsu program throughout the month. Although the team typically trains six weeks six weeks out per tournament, the rigorous regimen earned LINXX a placement in each team competitor's division.

Driven and dedicated, Caleb Lynch proudly placed 1st in his White Belt Gi division. Lynch was matched up against older opponents throughout the entire tournament and eagerly



Christian Diaz

scaled to the top of the ranks while Christian Diaz reinforced Team LINXX's presence in Ashland, VA. The LINXX contender successfully secured the top position in his weight class after three matches. Christian earned his blue belt in Jiu Jitsu in August 2007 and has been with LINXX Academy since April 2009. Diaz continues to improve his techniques off and on the mat.

Khristopher Gonzalez weighed in at 170 lbs and endured competition with 230 lb opponent, Firas Barzinji – de la Riva of Synergy MMA, for 65 minutes before placing 2nd in the Absolute purple belt Men's Gi division. Submission only tournaments have been famed for fighters with the capability to endure such matches. The longest fight ever recorded in history is credited to Helio Gracie, the celebrated innovator of jiu-jitsu, for three hours and 45 minutes nonstop.

As the brackets closed down and each fight finalized, Coach James Gamble rallied his team for the drive back home. They pensively reviewed the past afternoon and satisfied with their performance, the day passed. It had been an accelerated month full of hard work and excitement but each man knew, no matter what the result, this was just another stepping stone to being the best they can be.

Cortisol and its Effect on our Health

Cortisol, known as the regulator of immune response, is a hormone controlled by the Adrenal Cortex. Playing many different roles in your body, cortisol can have a negative impact on sleep, mood, sex drive, bone health, ligament health, cardiovascular health and athletic performance, potentially causing fatigue and inflammation. Its primary functions are to increase protein breakdown, inhibit glucose uptake and increase lipolysis (the breakdown of fats).

What does an increased cortisol level mean to me?

While cortisol in normal amounts is necessary for proper metabolic function, a chronic elevated cortisol level has adverse effects on your health, mood, body composition and performance. Elevated cortisol secretion is caused by physical or mental stress, and causes fat, protein and carbohydrates to be rapidly mobilized in order for you to take action against the stressor. A chronic elevated cortisol level causes your body to enter a state of constant muscle breakdown and suppressed immune function, increasing your risk of illness and injury while reducing muscle.

How can I modulate Cortisol?

Cortisol can be modulated through rest, nutrition and supplementation. First, since repeated bouts of exercise cause chronic elevated cortisol, it is key to get plenty of rest between workouts. Double workouts in one day are detrimental if there is not sufficient rest between the workouts. Next, depleted carbohydrates leads to higher levels of cortisol, so keep up on your low glycemic carbohydrate intake. Don't bonk! Make absolutely certain you have breakfast, which will help regulate your blood sugar and your cortisol prior to workouts. A recent study showed that a carbohydrate drink consumed during exercise (500ml per hour of a 6.4%) can reduce symptoms of overreaching during a period of high intensity, high volume training. Finally, there are a number of supplements that are also helpful in modulating cortisol. A blend of high levels of B vitamins, branched chain amino acids, glutamine and key adaptogens like ginseng, rhodiola and ashwaganda all help you adapt to 'stress' by helping regulate the body's endocrine hormones also known as the 'fight or flight' response to stress.

Nutrition for Winners—Part I

Proper nutrition for athletes is still one of the most hotly-debated topics in fitness today. It is generally understood that the first step to increased performance and weight loss is to develop a comprehensive nutritional program suited to your current physical condition, lifestyle, level of commitment, and fitness goals. This program must be followed to the letter to reach these goals. To understand why nutrition is so important to your win strategy, we must look at the components of food and how each one works throughout the body.

The Basics: Proteins, Carbohydrates and Fats

Proteins repair muscle fibers after they have been broken down through training. Carbohydrates fuel your body and give you energy. Fats are important too because they help transport the soluble vitamins which are all are needed to remain healthy. By fine-tuning your diet with the correct ratios of these elements, you will begin to see marked improvements in energy, general well-being, and increased strength and body composition.



Proteins

Proteins are the building blocks for our bodies. They repair muscle tissue after exercise. They play a vital role in enzyme and hormone production and utilization. Proteins are responsible for transportation of hemoglobin in the blood, growth of hair and skin, etc. Protein can

also be used as a source of fuel, even though carbohydrates are the body's preferred source. Protein can be broken into two basic types: complete and incomplete. Complete protein contains all 10 of the essential amino acids. For example, complete protein sources are chicken, fish, red meat, and dairy products. Incomplete proteins, such as beans and other plant sources, lack some of the essential amino acids. However, you can combine incomplete proteins together to form a complete protein (e.g. rice and beans).

Carbohydrates

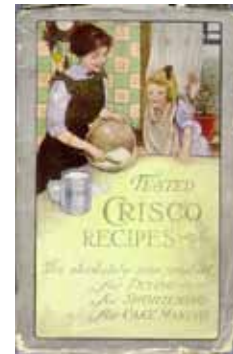
Carbohydrates fuel the nervous system, the brain, and the muscles. There are two types of carbohydrates: simple and complex. Simple carbohydrates are broken down quickly inside the body and complex carbohydrates



take longer to process. As you select carbohydrates for your nutrition plan, you should choose the whole, natural carbohydrates that have not been processed or refined.

Fats

Dietary fats are just as important as protein and carbohydrates. Fat is a major component for overall health and is frequently overlooked. Fat helps transport vitamins A, E, D and K, which are all needed to remain healthy. A diet exclusive of fats is very unhealthy!



Omega 3 is an important essential fatty acid. It has an anti-inflammatory effect on the body, which is obviously important for people in physical fitness and advanced training programs.

If possible, avoid anything with hydrogenated or partially hydrogenated oil or trans fats (see Crisco cookbook cover). These are synthetic fats the body cannot break down fully, which can lead to health issues such as obesity and high cholesterol.

Proper Hydration



Water is the most critical nutrient required to sustain life. Your body is comprised of 70% water. Even the slightest drop in hydration levels can affect your performance. Fluids are just as important as foods to sustain a robust exercise program.

Any advanced strength training exercise will cause water loss through sweating. By drinking enough water, you can prevent dehydration, improve digestion, and satiate your stomach to make you feel less hungry. Water also regulates your body temperature and lubricates joints, which are significant factors to consider in your training plan.

Nutrition for Winners—Part II

In the next Linxx Academy Martial Arts newsletter, we will delve into specific measurements and guidelines to follow as you create your own program of fitness, nutrition, and success!



Want to reduce your tuition?

Refer a friend within the first 30 days of your enrollment, and receive \$180 off your tuition when they enroll!



Simply here's how:

Give your guest a VIP Gold Card. This exclusive offer will allow them to take advantage of our free introductory program, which includes one complimentary uniform, one private lesson, and two group classes!

Kempsville

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

Red Mill

1253 Nimmo Parkway, Suite 110
Virginia Beach, Va 23454
(757) 689-0680

LINKING
PRACTICAL DEFENSE AND
PERSONAL DEVELOPMENT

April 2010 Calendar of Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 EASTER	5	6	7 Buddy Day! Permissions slips available at front desk	8	9	10
11	12 Junior LINXX Testing White thru Green @ 5pm Adult Thai Boxing Review Review and Pretest @ 6pm <i>Normal class in session</i>	13 Junior LINXX Testing Blue-Red Tip @ 5:30 and Red One Thru Brown/Black @ 6:30 <i>Normal class in session</i>	Jiu-Jitsu Graduation Normal class in session	15	16 Graduation Junior LINXX @ 5pm Adult Thai Graduation and Class @ 7pm *No regular Junior or Jiu-Jitsu Classes*	17 Chai Seminar No adult classes @ Kempsville No Classes @ Red Mill
18 Chai Seminar	19	20	21	22	23	24
25	26	27	28	29	30	