

LINXX ACADEMY MARTIAL ARTS

“Linking Practical Defense and Personal Development”

Monthly Newsletter

www.linxxacademy.com

August 2010

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Summer Camp Success



LINXX Academy of Martial Arts recently hosted the first of two summer camps for academy students. The five-day camp was designed to enhance their martial arts training through a variety of fun-filled activities and events. The itinerary for the week included workouts, team-building exercises, games, and field trips to Mount Trashmore, First Landing State Park, the Virginia Beach Law Enforcement Training Academy, and the Virginia Beach Rock Gym.

According to Ryan Russo, general manager at the Kempsville location, “Our instructors focused on activities that promote self-confidence, teamwork, respect, and discipline. We encouraged a relaxed yet animated atmosphere all week.”

Daily Activities

Each day started with a light morning run and ended with martial arts training and physical conditioning. Total Defense students received lessons in grappling techniques from guest Jiu-Jitsu instructors. The students were taken on daily excursions throughout the Virginia Beach area to provide relevant experiences outside of their normal training environment. The campers also enjoyed playing dodgeball and sparring with each other. For lunch, the hungry campers were served appetizing, healthy meals from Tropical Smoothie Café.

Field Trips

For the first field trip of the week, the students were taken to Mount Trashmore. When the van doors opened, a group of happy campers emerged, and the air was filled with lively conversation and camaraderie. Even after four hours in the sun, the camp attendees were still beaming with energy and excitement.

The next field trip was to the Virginia Beach Rock Gym, where students and LINXX instructors alike enjoyed almost two thrilling hours of rock-climbing. Energetic instructors assisted the LINXX team as participants rappelled off the practice tower and the facility’s 32-foot main wall. Large, obtrusive boulders were on site for the campers to practice endurance and technique skills without the belay and harness.

On the next day, the students were shuttled to both martial arts locations for clinch work, sparring, and boxing. This particular trip included more training sessions than any other day of the week and helped bring the focus back to the overall goal of enhancing the students’ martial arts skills.



After the morning run on day four, the students had a run-in with the police! The LINXX team arranged a special visit to the Virginia Beach Police Department’s Law Enforcement Training Academy. The campers were given the opportunity to navigate a real-life obstacle course that included:

- Running up and down stairs
- Scaling a six-foot wall
- Climbing a ladder
- Jumping over a four-foot hurdle
- Crawling through a trail
- Crossing a balance beam
- Jumping through a window and off a ramp
- Running a 50-yard sprint
- Scaling a chain-link fence

On the last day of camp, the students were taken to the First Landing State Park. After the morning run, which was held on one of the nine trails at the park, students hit the sand and surf for a training session on the beach.

All LINXX summer camp attendees were given a certificate of completion and credited 16 hours towards their classes. This helped to accommodate family vacation plans while maintaining eligibility to test and advance in rank. The first LINXX summer camp was clearly a success for everyone involved and the LINXX team is already preparing for the second summer camp in August.

There are still a few openings for the upcoming session. Registrations will be filled on a first-come, first-served basis. For further information, please contact Ryan Russo at 757.495.7070 or Mike Paulson at 757.689.0680.



Beach Workouts

There are plenty of beautiful beach areas that are prime opportunities for enhancing your fitness plans. Here are some creative workouts you can try the next time you are around the surf and sand.



Running Water

Even though it's warm at the beach, you still need to warm up your muscles and body. Depending on your level of fitness, start with a half-mile run or jog followed by some shuffles, lunges, and calisthenics. Then, go out into the water until it's a little less than knee deep. Try to stay at about this depth and run parallel to the beach while in the water. Start with 40- to 100-meter dashes. The added resistance from the water challenges your muscles and lungs while providing a great workout. Try four to six repetitions at various distances or shoot for 30 to 60 seconds.

Sandy Flip-Flops

At the beach, you're definitely going to get a little sandy. Here are some flip-flop exercises that are quick and easy to do right on the beach.

- 60 seconds of regular push-ups
- 60 seconds of sit-ups
- 45 seconds of wide push-ups
- 45 seconds of elbows-to-knees crunches
- 30 seconds of diamond push-ups
- 30 seconds fingers-to-toes crunches (legs bent up at 90 degrees)
- 25 three-count arm haulers and flutter kicks.

Hit the Surf

"Hit the Surf" will have everyone running into the water and plopping down until their head is under. Then they will immediately spring back onto their feet and run to shore. You will be amazed at how exhausting this is—a real leg and lung burner. Put your water bottle about 20 to 30 feet away from the waves. This is your starting and transition point. Ready?

Hit the Surf!

- Back out to your water bottle/marker (the equivalent of 30 mountain-climber steps)
- Hit the Surf
- 25 push-ups
- Hit the Surf
- 20 speed skaters
- Hit the Surf
- 15 starbursts
- Hit the Surf
- 10 burpees

Don't forget to spend five or ten minutes cooling down and another five or ten minutes stretching.

Students of the Month

Kempsville



Emily Segarra

Red Mill



Jessie Riley

The Art of Capoeira



Capoeira was developed in Brazil approximately 500 years ago. Also known as the "Dance of War," Capoeira combines martial arts, dance, and music. The origins and purpose of Capoeira have been debated for centuries. Some say that it is a unique Brazilian folk dance; others claim that it descended from ancient African battle techniques.

Nevertheless, the skills required of Capoeira practitioners, also known as capoeiristas, include agility, acrobatics, self-defense techniques, and strength of character.



Promotions in Capoeira are not just determined by years in training but also on the skill level of the student. Each student begins with the white cord, which is considered the corda cruda, or raw cord. It can take years before one is promoted to the next cord level; it can take over six years to reach the level of blue cord: graduado (graduated) or instruto (instructor).

The LINXX Academy Capoeira instructor is Evan Taylor, known to the Capoeira community as Dourado, or Golden. Evan has been training for 10 years in the art of Capoeira and earned his cord under Mestre Caxias, a black cord graduate with over 20 years of experience. Mestre Caxias has been regarded by students around the world as Mestre for almost five years. Based in New York City, his Capoeira classes have expanded to over 100 students, and he also offers workshops at the Vanderbilt YMCA. He has Capoeira groups in



several cities across the United States. Mestre Caxias currently devotes his time to teaching and performing around the world.

On July 9, 2010, LINXX hosted Mestre Caxias for a two-day seminar. LINXX capoeiristas had the pleasure of playing a physical game called Jogo de Capoeira with Mestre Caxias. During this ritualized combat, players exchange movements of attack and defense in a constant flow while observing rituals and proper manners. Both players attempt to control the space by confusing the opponent with feints and deceptive moves. Mestre Caxias proved to be a charismatic and effective mentor for the students.

For more information about Capoeira training, please visit our website: www.linxxacademy.com

Professor Pedro Sauer will be conducting a Linxx Academy Graduation/Seminar.

Kids Seminar:
11:00 am - 12:00 pm
Cost: \$25.00

Adults Seminar:
12:30 pm - 3:30 pm
Cost: \$50.00



Date: August 21st

Location: Linxx Academy Red Mil
1253 Nimmo Parkway, #110
Virginia Beach, VA 23454



The LINXX instructor staff recently participated at the 2010 Pacific Northwest Thai Camp in Oregon. During the 20th anniversary training camp, LINXX founder and owner was promoted to the title of Ajarn Frank Cucci by Ajarn Chai under the Thai Boxing Association. Mr. Frank Brown received his full instructor certification and Dan Brooks, Frank Cucci Jr., and Ryan Russo were promoted to associate instructors. Mackens Semerzier received the "Hard Worker's" award along with Deandre Corbe, junior assistant instructor, who was also handpicked by Master Chai to lead camp in a set of eight-count bodybuilder!



Ajarn Frank Cucci, Ajarn Dan Inosanto, Grand Master Chai, and Ajarn Greg Nelson



August						
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	31				

Kempsville Calendar of Events

- 11th: Buddy Day-** Permissions slips available at front desk
- 16th: Junior LINXX Testing-** White thru Green @ 5:00pm
Adult Thai Boxing Testing @ 6:00pm-Normal class in session
Adult Jiu-Jitsu Testing @ 7:15pm-Normal class in session
- 17th: Junior Jiu-Jitsu Testing @ 4:30pm - All ranks**
Junior LINXX Testing Blue-Red Tip @ 5:30 and
Red One Thru Brown/Black @ 6:30pm-Normal class in session
- 18th: Jiu-Jitsu Graduation @ 7:15pm-**Normal class in session
- 20th: Junior LINXX Graduation @ 5:00pm-** No Kids classes
Adult Thai Graduation and Class @ 6:00pm
- 21st: Professor Pedro Sauer -Linxx Academy Graduation/Seminar**
Kempsville location closed



August						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Red Mill Calendar of Events

- 18th: LL Buddy Day-** Permissions slips available at front desk
- 19th: JL Buddy Day-** Permissions slips available at front desk
- 21st: Professor Pedro Sauer -Linxx Academy Graduation/Seminar**
- 23rd: Junior Jiu-Jitsu Testing @ 5:00pm-**Normal class in session
Adult Thai Boxing Testing White thru Green @ 6:00pm
Blue-Black @7:15pm
- 24th: Junior LINXX Testing-** White thru Green @ 5:00pm
Blue-Black @6:00pm
Adult Jiu Jitsu Testing @ 7:00pm-Normal class in session
- 26th Little/Junior Linxx Graduation @ 5:00pm**
Adult Jiu Jitsu Graduation @ 7:00pm-Normal class in session
- 27th: JBJJ Graduation @ 5:00pm-**Normal class in session
Adult Thai Graduation and Class @ 6:00pm-Normal class in session