



LINXX ACADEMY OF MARTIAL ARTS

August 2011

Jumping Rope • The Value of Shadow Boxing • Grapplemania • Summer Cookout • LINXX Academy Graduation

Letter from the Editor



I hope you are enjoying your summer and finding time to relax with your family and friends. I am pleased to report that our first consolidated graduation went very well. The entire LINXX staff was present and students from both academies demonstrated their skills and techniques in front of a full house of family members and friends.

We pride ourselves on being a dynamic learning organization, and to that end, we are going to make a few changes to improve the quality of our testing and graduation events. These changes will also address a few logistical concerns, such as the need for increased parking and the overall comfort of our spectators.

1. Little LINXX Graduation – The Little LINXX program will have its own monthly graduation event. This will allow us to give ample time and full attention to our Little LINXX students who are receiving a stripe or new belt. Graduations will be held at respective locations during regularly scheduled class time. Please see the monthly calendar for dates.
2. New Adult Thai Boxing Testing and Graduation Procedure – The Adult Thai Boxing program will have its own monthly consolidated graduation event. The current testing process will be replaced by a “pre-test” whereby students will be evaluated, but not promoted. Promotion will occur at the graduation event, where students will perform their techniques in front of an evaluation board of instructors. This will also include students who are tip testing, which requires the completion of an endurance round. Please see the monthly calendar for dates and times of pre-tests and graduations.
3. New Youth Total-Defense Fitness Requirements – LINXX Fitness Coordinator, Sarah Saunders, is helping us refine our youth physical fitness requirements to more closely align them with this specific age group and fitness level. The latest research shows that up until the age of 10, boys and girls have similar strength levels. This has allowed us to reduce the discrepancies between the requirements for boys and girls. We will also be putting a greater emphasis on proper exercise form and technique, which increases strength without the need for increasing repetition. We will send you our updated youth fitness requirements in a separate email. They will also be listed on the test requirements form, which you can obtain from your instructor or at the front desk.



Thank you for your cooperation as we continue our commitment to quality and customer service. Please feel free to contact us at admin@linxxacademy.com if you have any questions, comments, or recommendations. We're always open to suggestions on how to improve our student and customer service.

Have a great August!
Frank Cucci

Workout Spotlight: Jumping Rope

With all the new technology in fitness and exercise equipment, jumping rope has become less of a mainstream workout. We still incorporate jumping rope in our classes at LINXX because we understand the benefits of doing this exercise. This portable and versatile tool can help you shed the pounds and get in excellent physical condition. Many people shy away from jumping rope because they were not taught proper technique, or they are not comfortable with their abilities.

The jump rope acts as a tool to keep you from having bad form because every time the exercise is done improperly, the rope gets stuck around your foot. Jumping rope reinforces three basic movement

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“LINKING PRACTICAL DEFENSE AND PERSONAL DEVELOPMENT”

The Value of Shadow Boxing

Shadow boxing (or kickboxing) is one of the best training exercises you can use to develop such things as ease of movement, good form, and economy of motion. It can also help develop your cardiovascular capacity, increase your speed and agility, develop ideas and identify weak areas. It also helps you loosen up before engaging in more strenuous activity.



Other than actual sparring, shadow boxing is probably the most important technique in the acquisition of a martial artist's fighting skills. But the best thing about shadow boxing or shadow kickboxing is that you don't need training partners or any type of equipment in order to be able to do it. You don't even need a lot of space in which to do it. The only thing you really need is your imagination.

The options available for you to use when shadow boxing are endless. For example, you could work on isolating your footwork, or your punching and elbow skills, or your kicking and knee skills. You can practice attacking, counterattacking, or defensive skills, choosing to either concentrate on one particular facet, or combining all of them. You can shadow box long-range motions or work in-tight, close-quarter motions. You can concentrate on single actions, or work compound actions. You can fight against multiple opponents. You can even get suddenly overwhelmed by an opponent, and have to evade, cover up or defend yourself against the opponent's barrage of blows.

An important thing to remember about shadow boxing is that it is as much mental as physical. You literally use your mind to create the most dangerous opponents, and then you go out and fight him and beat him. This requires that you use your imagination and your visualization skills to the utmost. For example, how does the opponent react to your attacks and counters? Does he retreat and cover up, or try to evade while continually advancing on you? You must see his reactions as clearly as if a real opponent were in front of you.

Novice students may have difficulty visualizing for extended periods of time, so when you first start shadow boxing on your own, it's best to begin with shorter periods of work (30 seconds to 1 minute) and gradually increase the time. It's also very important to rest adequately between rounds so you can maintain proper form (practice makes habit). It may also be helpful to use a static object as your imaginary opponent. This could be anything from a common household object, a small tree and its branches (arms), to a heavy bag or a training partner in the gym.

Another training method is to write down a particular combination of techniques you want to practice, and stick it on the wall so you can see it while you're working out. Be sure the writing is large enough so you don't have to keep stopping to go over and look at it. Also, many people like to use a mirror when shadow boxing however, this has both advantages and disadvantages. Mirrors can be a definite aid when you want to refine very specific actions or correct flaws in your movements, as they give you immediate feedback. The downside to using mirrors is that sometimes a person can get so caught up in watching themselves, that it limits footwork and mobility. So, to recap, keep these things in mind when training on your own:

- Learn to use your imagination and visualization skills to the utmost.
- Begin with shorter periods of time (30 seconds to one minute) and gradually increase the time.
- Start shadow boxing easy and gradually increase speed and intensity as your muscles warm up.
- Be un-rhythmic in your movements – breaking the rhythm, adjusting speed, etc.
- If you're working on a particular fine skill, work on it while you're fresh, not when you're tired.
- Use something static as a focus point if needed.
- Rest adequately between rounds.

Chris Kent, "Knowing Is Not Enough", 1998



Grapplemania



Team Linxx- Head Coach Nestor Bayot

After a successful performance at the North American Grappling Association Virginia Beach Championship in late June 2011, Team LINXX was back on the mat preparing for U.S. Grappling's most popular event, Grapplemania. On July 9, 2011, nine competitors, accompanied by Coaches Nestor Bayot and Chuck Isenhour, traveled to Henderson, North Carolina, to compete against other rival schools. The LINXX Academy of Martial Arts finished with seven gold metals, six silver metals, and three bronze metals. Congratulations to the following participants, who represented our school proudly: Caitlin Massie, Christian Diaz, Deandre Corbe, Gavin Corbe, Kris Moe, Lisa Phillips, Patrick Trinidad, Ryan Nugent, and Sean Day. For more information regarding the results of Grapplemania XII, please visit <http://www.usgrappling.com/events/grapplemania-jul-2011>.

(Jope Rope Continued)

patterns—the squat, hurdle step, and lunge—all while providing a calorie-burning, stamina-boosting workout. Efficiency is key to jumping rope.

5 Tips to improve your Jump Rope Ability:

1. Jump rope on the balls of your feet. Jump softly and try not to let your heels touch the ground.
2. Do not jump too high. Remember the jump rope is only an eighth-of-an-inch thick, so it does not take much to clear the rope.
3. Do not swing your arms too much. Keep your elbows close to your sides with your hands slightly above your waistline; use your wrists to create the movement of the jump rope.
4. Use a jump rope that is the correct length for you. If you bisect the jump rope by putting it under your feet, the handles should reach your sternum. The jump rope should tick the ground with each revolution. This will also help you to get into a rhythm.
5. Practice, practice, practice. The more you practice, the better your form and technique will become.

Variations:

- Boxer-style Jump Rope: Skip rope while alternating your feet, as if you are running in place.
- Double-jump Rope: Skip rope with both feet, but jump a little higher than usual, so you can get two rope turns in for each jump.
- Skier Jump Rope: Skip rope jumping a few inches to your right and then to your left. Alternate from side to side, keeping your feet together and your torso straight—just as if you were skiing down a mountain.

Summer Cookout



Summer is a perfect time to host or attend a cookout. We usually associate unhealthy foods with cookouts, but that does not have to be the case. There are many ways to slim down those usually calorie-packed dishes with healthy substitutions and additions to the traditional recipes.

The main event of a cookout is typically burgers and hot dogs. Great alternatives to these foods are chicken, turkey, or veggie burgers; grilled chicken breasts; and chicken or turkey sausages. Understandably, some people have a tough time passing on a delicious ground-beef hamburger or a yummy all-beef hot dog. If you cannot substitute the meat selection, you could try to dress it up with healthier condiments. For example, choose mustard and ketchup instead of mayonnaise. There are also numerous reduced- or low-fat options in lieu of full-fat options. You also can consider skipping the cheese entirely, or opting for a lower fat alternative.

Side dishes also can contain excessive calories and fat grams. Macaroni salad is a staple at most barbeques, but the mayonnaise and ham in most versions make this a calorie bomb! Make over this recipe by replacing the white pasta with a whole-wheat variety and substituting the mayonnaise with a vinaigrette-type mixture of flax oil, vinegar, and lemon juice. Be sure to load it up with healthy vegetables and herbs. For another healthy side, opt for sweet potato fries instead of regular ones. Sweet potatoes are delicious vegetables that are packed with vitamins, nutrients, and fiber.

Student of the Month



Ryan Gillespie

Ryan Gillespie started his Total Defense training in January of 2011 and currently holds the rank of green belt. He is a dedicated student that has near perfect attendance and always gives 110% effort in class. He also demonstrates respect towards instructors and other students. Ryan is a great example for other students to follow which has earned him Student of the Month! Congratulations Ryan!



Christianlee Monzaga

Christianlee began his training at LINXX Academy in February 2010 and currently holds the rank of Red Belt. Dedicated to his training, he averages an impressive 11 classes per month and has participated in every intramural tournament presented to him. His hard work, indomitable spirit, and dedication to his training earned him Student of the Month for July 2011.

Kempsville Calendar of Events

- 22nd : Little Linxx Graduation @ 4:00pm
 Total Defense Pre Test- White - Green @ 5:00pm
 Adult Thai Boxing Pre Test @ 6:00pm
 Adult Jiu-Jitsu Pre Test @ 7:15pm
- 23rd : Junior Jiu-Jitsu Pre Test @ 4:30pm - All ranks
 Total Defense Pre Test - Blue - Red Tip @ 5:30
 Red One Thru Brown/Black @ 6:30pm
- 24th : Jiu-Jitsu Graduation @ 7:15pm
- 25th : Adult Thai Boxing Graduation @ 7:30
***GRADUATION WILL BE HELD AT LINXX REDMILL**
- 26th : Total Defense Graduation @ 6:00pm - No classes
***GRADUATION WILL BE HELD AT LINXX REDMILL**

Red Mill Calendar of Events

- 22nd : Little Linxx Graduation @ 4:00pm
 Junior Jiu-Jitsu Pre Test @ 5:00pm
 Adult Thai Boxing Pre Test - White - Green @ 6:00pm
 Blue-Black @7:15pm
- 23rd : Total Defense Pre Test - White - Green @ 5:00pm
 Blue-Black @6:00pm
 Adult Jiu-Jitsu Pre Test @ 7:15pm
- 24th : Junior Jiu-Jitsu Graduation @ 5:00pm
 Adult Jiu Jitsu Graduation @ 7:00pm
- 25th : Adult Thai Boxing Graduation @ 7:30
- 26th : Total Defense Graduation @ 6:00pm - No classes

August						
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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			

Questions, Comments, Concerns, or Recommendations?

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