LINXX Academy of Martial Arts

"Linking Practical Defense and Personal Development"

Monthly Newsletter August 2009

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Sparring

Fight as you train. Train as you fight. Today, looking through the lens of modern sports medicine, we can see that this old military adage designed to best prepare warfighters for combat was based on the scientific fitness principle of specificity. This theory asserts that all athletes should train their muscles as closely as possible to the way that they are used in their respective sports. In addition to achieving greater mental, physical, and spiritual discipline, as a martial artist, your goal is to improve your combatives skills and ultimately win the fight. Consequently, incorporating sparring into your training regimen is a fundamental component to prepare for competition.

All competitors have been nervous at some point in their careers. Whether it is before a first fight or first title bout, all fighters have had to quell their nervous energy before entering the ring. Through experience, you will put this anxiety to rest. You will learn to rely on your skills and hard work in the gym, which is all a part of the development process. You must first learn the game and then develop confidence and experience. Martial arts is not a sport that can be mastered over night. It takes several years of dedication and repetition.

"Remember, the bag does not hit back."

These simple words speak volumes for the importance of sparring. No matter how hard you hit the bag, you must apply what you learn through live sparring.

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Speed up your Metabolism

Revving Your Engine

Metabolism is a process that breaks down carbohydrates, fats, and proteins respectively in the foods that you eat to make the energy your body needs to function and grow. The amount of calories you eat, your genes, and the amount of calories that you burn while eating and exercising determine your metabolism. The food that you eat makes up 5 to 10 percent of your metabolic rate. A combination of aerobic exercise and resistance training is best for melting away fat and boosting your metabolism, but eating the right foods also can speed up your body's ability to burn more calories.

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Mixed Martial Arts (MMA) Competition Team Training

MMA training will begin on Monday August 10th. Training will be held Tuesdays and Thursdays from 8:30pm – 9:15pm. MMA training is available to students who have had at least one year of Muay Thai and Jiu-Jitsu training. Exceptions will be made on a case-by-case basis for students with prior training.

LINXX Academy protégé, Jeff Curran

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Questions, Comments, Concerns, or Recommendations?
Please contact Ryan Russo, Program Manager at 757-495-7070 or admin@linxxsecurity.com

Sparring

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According to the specificity principle, you must move from general training to highly specialized training to achieve your final objective. You should first begin with physical conditioning to build a strong foundation. You should then progress to bag and mitt work with your trainer, which will prepare you for more specific, intense training—sparring.

You should approach each sparring session as an opportunity to improve some aspect of your game. You should work on your jab, counterpunching, leg kicks, and overall defense. You should ensure you spar with as many opponents as possible to give you experience fighting against individuals of varying styles and skill levels. Sparring will improve timing, reactions, and combination punching.

In addition to ensuring your body is physically in fight shape, sparring will teach you to overcome the nervous energy experienced on fight night. Nerves can play a major factor in the outcome of a match. Nervous feelings can leave you feeling out of gas before the fight begins—your legs tired before even stepping into the ring. The only way to overcome these feelings is through experience. The more you spar, the easier it will be to overcome prefight anxiety.

Sparring has numerous mental and physical benefits. It will not only improve your endurance, reaction time, and speed, it also will help give you the experience you need to overcome nervous energy and develop confidence in your abilities against any opponent. Without sparring, you will never truly be in fight shape.

MMA Team Training

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Training will be high-paced and consist of various skill development exercises and sparring drills. Even if you don't plan on competing, this is a great opportunity to turbo-charge your training with some of veteran competitors such as Mack Semerzier, Nestor Bayot, Scott Turner, Brett Thompson and Ian Alexander. Additionally, you'll become a part of training team that helps coach and mentor our up and coming fighters.

Uniform for MMA training consists of Linxx T-shirt or rash guard, and sprawl shorts. Necessary equipment includes; mouthpiece, groin protection (optional), 16oz sparring gloves, MMA gloves, and shin guards.

If you have any questions regarding MMA training, please contact your instructor or Ryan Russo at rrusso@linxxacademy.com. See you on the mat!

Left to Right: Ian Alexander, Mack Semerzier, Frank Cucci, and Nestor Bayot

Instructors Ian and Mack train at the Academy and are proud to be a part of the LINXX MMA Team.

Metabolism

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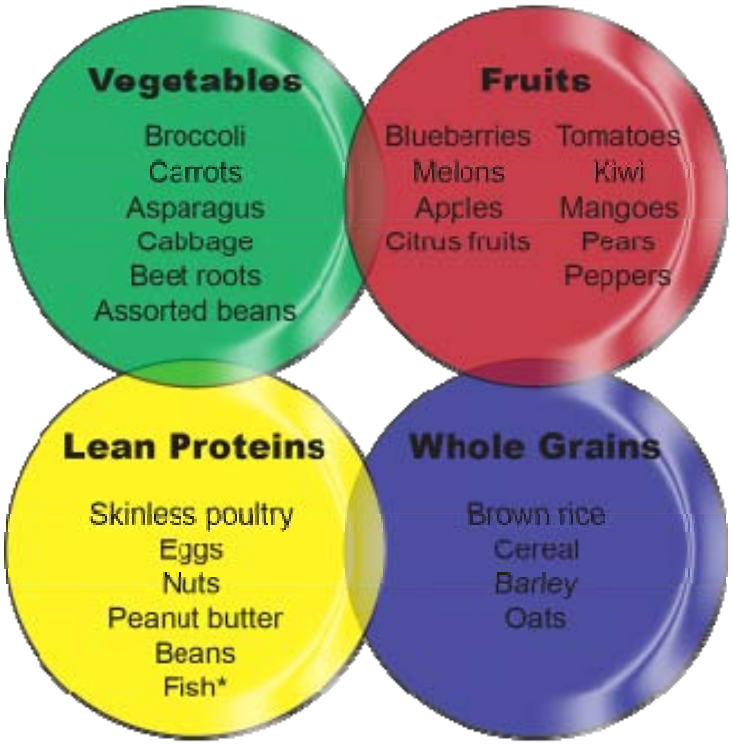
Stocking Your Cupboard

Foods that speed up your metabolism include vegetables, fruits, lean proteins, and whole grains. Items full of B vitamins, magnesium, and fiber will increase your metabolism. When shopping, look for the following:



**Fish – The omega-3 fatty acids will help you burn up to 400 calories a day. The enzymes in your body that burn fat will increase while those that store fat will decrease. If you are not a fish eater, take omega-3 capsules that contain a minimum of a total of 300 milligrams of EPA and DHA.*

Too Much of a Good Thing

Portion control is still important. Just because these foods are good for you does not mean that you can go overboard. Eat several small meals and healthy snacks throughout the day. A good habit to start is reading the nutrition facts label on food containers. These labels will tell you what a single serving size is, as well as the nutrients found in that serving.

Losing While You Eat

Know the caloric content of the foods that you eat. For most people, a healthy number of calories per day is between 2,200 and 2,800 depending on their sex and size. There also are negative-calorie foods, such as grapefruit and celery, which burn more calories during digestion than the foods contain themselves.

Balance It Out

Eat the right foods to speed up your metabolism and supplement your diet by incorporating other good habits: Drink plenty of water during the day; six to eight glasses is a good goal. Exercise at least three times a week. Make sure to get the proper amount of rest.

Birthdays in July

We would like to thank Emma Staicer for celebrating her birthday with us in July.

Special Offer to LINXX Members at Gold's Gym

FREE one week membership
FREE fitness assessment
FREE session with a personal trainer

This offer is redeemable at the Greenbrier Gold's Gym only. We are located next to Regal Cinemas across from Greenbrier Mall.

Gold's Gym Family Fitness offers a wide range of exercise programs and activities to help you accomplish your goals.

Some of our activities and programs include:

- Cardio Cinema
- Fast Fit Circuit Training
- Lady's Gold's (ladies only area)
- Basketball and Volleyball Courts
- Racquetball and Squash Courts
- Group Exercise Classes
- And much more...

600 Jarman Road • Chesapeake, VA. 23320 • For more information call Johnny at 424-1600

Calendar of Events - August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
			BUDDY DAY! Permissions slips available at front desk			
16	17	18	19	20	21	22
	Junior LINXX Testing White thru Green @ 5pm Adult Thai Boxing Review and Pre-test All Ranks @ 6pm *Normal class in session* LINXX Summer Camp - 9 a.m. to 3 p.m.	Junior LINXX Testing Blue thru Red Tip @ 5:30pm Red One thru Brown/ Black @ 6:30pm *Normal class in session*	Adult Jiu-Jitsu Graduation @ 7:15pm *Normal class in session*		Graduation for All Junior LINXX @ 5pm Adult Muay Thai @ 7pm *No regular classes*	
23/30	24/31	25	26	27	28	29