



LINXX ACADEMY OF MARTIAL ARTS

December 2011

Jump Rope Training Routines • Team LINXX Jiu-Jitsu Tournament Success! • Healthy Diets for Healthy Lifestyles
• How to Improve Your Boxing Skills with Heavy Bag Training

Letter from the Editor



As you ponder over your holiday shopping list, please consider the wide variety of items available through our martial arts equipment catalogs. Hundreds of items are available including books, posters, DVD's, uniforms, and training equipment such as Thai pads, focus mitts, free-standing punching bags, and dummies. Many of these items are not available at local retail stores, and offer fun and unique gifts for the martial artist in your household.

In keeping with the spirit of the holiday season, for the month of December, LINXX Academy will donate 10 percent of all proceeds from equipment sales to the St. Jude Children's Research Hospital. The mission of St. Jude Children's Research Hospital is to advance cures, and means of prevention, for pediatric catastrophic diseases through research and treatment. They are committed to helping and treating children, regardless of race, religion, or a family's ability to pay.



Place your order early! All martial art equipment catalog orders must be placed by December 15th to arrive in time for Christmas.

Have a safe and happy holiday season!

You are invited to our Black Belt Graduation Performance!

Please join us at the Virginia Beach Convention Center on December 17th, in honor of this very special event, where 24 of our fellow classmates will receive their Black Belts.

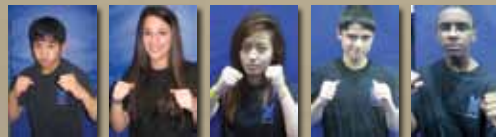
Junior Black Belt Graduates



Junior Jiu-Jitsu Black Belt Graduate



Adult Black Belt Graduates



December 17, 2011, 7:00 p.m.

Virginia Beach Convention Center
1000 19th St
Virginia Beach, VA 23451



“LINKING PRACTICAL DEFENSE AND PERSONAL DEVELOPMENT”

Jump Rope Training Routines

One of the most useful, and most affordable, training aids for any martial artist is the jump rope. Whether you are just starting out, or you are preparing for competition, jump rope training will help improve your footwork, timing, and conditioning. It also provides a good warm-up before moving on to more vigorous drills such as hitting the heavy bag, Thai pads, or sparring.



There are many types of workouts that can be done with a jump rope, depending on what your objective is. Here are a few routines to consider during your next workout:

1. Timed Rounds – Timed rounds are great for cardio conditioning. Start with three, two-minute rounds with one minute of rest between rounds. As your cardio and conditioning improves, increase the time of each round to three to five minutes. The next progression would be to eliminate the rest period and jump rope continuously for 10 to 15 minutes.

2. Interval Rounds – Interval rounds help improve both aerobic and anaerobic conditioning. Spin the rope as fast as possible for 60 seconds without stopping. You should be doing almost a full-speed run in place while jumping over the rope. Rest for 20 to 60 seconds in between intervals. The amount of rest will depend largely on your level of conditioning and proficiency with the rope. Strive to improve your work rate per round, while decreasing the rest required between intervals. A sample interval round might consist of six one-minute intervals, each separated by 30 seconds of rest.

3. Cross-Training – Cross-training combines strength building exercise with cardio conditioning. With this type of training, you will complete a certain number of jumps with the rope and then incorporate some calisthenics into your workout. This will help develop your endurance as well as your power. A sample workout might include: 100 jump rope turns, 10 burpees, 10 pushups, and 10 body weight squats (repeat the circuit 10 times).

Team LINXX Jiu-Jitsu Tournament Success!

The Team LINXX Jiu-Jitsu competition teams successfully represented LINXX Academy at two separate events the weekend of November 12, 2011. Our Junior LINXX Jiu-Jitsu competitors battled it out at the Junior Grappling Association (JGA) North American Championship Tournament held in Fredericksburg, Virginia, and the adult competitors squared off at the U.S. Grappling Submission Only Tournament held in Ashland, Virginia.



Representing our Junior LINXX Jiu-Jitsu competition team was Deandre and Gavin Corbe. Deandre and Gavin competed in various divisions to include Gi, No-Gi, and advanced levels. Deandre (106 lbs) won 8 gold medals as well as 1 bronze medal in an exhibition match against a 160 lbs opponent. Gavin won 2 gold medals, 4 silver medals, and 2 bronze medals. The two brothers were the only competitors from LINXX Academy, but they earned enough points to take home a first place team trophy! In addition, Deandre was awarded a plaque for earning first place in season points. Kai Lockhart was also recognized for earning second place in season points for his age group. Great job Deandre, Gavin, and Kai!

The adult Jiu-Jitsu competition team also had some impressive results. Khristopher Gonzalez, Kris Moe, Patrick Trinidad, and Lisa Phillips competed in various divisions, to include Gi and No-Gi, at the intermediate and advanced levels. In this particular competition, no points were scored and there were no time limits. The only way you could win was by making your opponent tap-out! Khristopher Gonzalez brought home a gold medal in the advanced No-Gi division and a silver medal in the Gi division; Kris Moe won a silver medal in the advanced No-Gi division; Patrick Trinidad won a gold medal in the Purple Belt Gi division; and Lisa Phillips won a gold medal in the intermediate No-Gi division, a silver medal in the Gi division, and a silver medal in the absolute Gi division. Great job Team LINXX!



Holiday Equipment Orders

All martial arts equipment retail orders must be placed by December 15 to ensure delivery before Christmas. Choose from hundreds of quality items available at the LINXX Academy Pro Shop. See a LINXX representative for your holiday catalog today!



How to Improve Your Boxing Skills with Heavy Bag Training

- 1. Focus** – Remember to keep your eyes on the bag without staring into it. You want to have a general awareness of the bag, including how far the bag is from you at all times.
- 2. Keep Your Balance** – Always maintain a strong stance. Don't throw yourself at the bag, or fall into the bag. Keeping your balance makes for better punching power and better footwork.
- 3. Punch, Don't Push** – Relax your arms and throw quick snapping punches at the bag. Commit some power, but as soon as you make contact, return that fist and throw the next punch.
- 4. Ground Your Feet When You Punch** – Plant your feet firmly on the ground when you punch or elbow. This will give you more balance, power, control, and mobility to move away after the punch.
- 5. Move Your Feet When You Are Not Punching** – In between strikes, move with the bag and keep it within arm's reach at all times. If you are not making an offensive move, you are making a defensive move.
- 6. Don't Wait For the Bag** – You don't always have to punch hard, but you should continuously throw punches. Put in some light jabs as you move around the bag to catch your breath.

- 7. Less Power, More Breathing** – Power comes from good technique, while endurance comes from good breathing. Focus on explosive breathing, not explosive punches.
- 8. Throw 3-6 Punch Combos** – This is enough to do some damage, yet short enough for you to get in a defensive stance before your opponent fires back.
- 9. Be Active When you Rest** – The most important thing to remember is to keep moving. Catch your breath as you move around the bag.
- 10. Keep Your Hands Up** – Think of the bag as your opponent, and protect yourself at all times. Remember to cover your head and keep your elbows down to protect the body.



Leonard Trigg teaches western boxing at the annual Thai Boxing Association Instructor Camp

Healthy Diets for Healthy Lifestyles

We are bombarded on a daily basis with new diets that boast extreme weight loss and promise dramatic results. Unfortunately, some of these "diets" are unhealthy and can potentially pose serious risks to your health. The most successful and safest diets are ones that do not severely restrict calories or food groups. If you follow a very restrictive diet, you will deplete your body of vital nutrients.

A panel of experts recently reviewed the top 20 diets and assessed them based on nutritional completeness, typical meals, and scientific evidence. According to this panel, the three diets that ranked the lowest were the Paleo Diet, the Raw Food Diet, and the Atkins Diet. The low scores were a result of restricting food groups such as grains or dairy (Paleo), high total and saturated fat (Atkins), and restrictive cooking rules or undercooked ingredients (Raw Food).


The top ranked diets in sequential order were the DASH diet, TLC Diet, Mediterranean Diet, Mayo Clinic Diet, Volumetrics Diet, and the Weight Watchers Diet. The common theme between these diets was an emphasis on fruits, vegetables, whole grains, lean protein, and low fat dairy. The only limitations of these diets is that you are required to cut back or minimize saturated fats, sweets, sodium, and processed foods.

When choosing the diet that is right for you, use common sense. Eat healthy, unprocessed foods in moderation. Also, with all healthy diets, you can follow the 80/20 rule. Eat healthy 80 percent of the time and allow yourself discretionary foods 20 percent of the time. If a diet imposes too many restrictions, you may be setting yourself

up for failure. You will become unable to follow it and the result could even be additional weight gain. Improving your nutrition and diet regimen should be considered a lifestyle change rather than a quick fix.

JEFF CURRAN

Mixed Martial Arts Workshop



Jeff "Big Frog" Curran started his training at LINDX Academy and is an MMA icon. He has competed all over the world. With fights in Pride, the UFC, and the WEC, "Big Frog" is an experienced fighter and coach who is highly regarded throughout the MMA and grappling communities.

WHEN: Tuesday, December 6, 2011
7:30 p.m. to 9:00 p.m.
LOCATION: Kempsville
TIME: 7:30 p.m. to 9:00 p.m.
COST: \$35

Call (757) 495-7070 or (757) 689-0680 for Registration Information

Junior LINXX Students of the Month

Travis LaPraire (Kempsville)



Travis began his training at LINXX Academy a little more than four years ago. Travis has consistently displayed a positive and dedicated attitude in class. He always trains with a high level of intensity and has great work ethic. He currently holds the rank of Brown/Black Belt, which is one rank away from achieving his Black Belt. His outstanding attitude and persistent effort will certainly allow him to earn his Black Belt in the near future.

David Abernathy (Red Mill)



David has been training at LINXX Academy for nearly a year now. He recently made the commitment to achieving his Black Belt when he was inducted into the LINXX Academy Black Belt Club. On the mat, he continues to set an example for his classmates through his near perfect attendance, his constant improvement of form and technique, and his excellent attitude. David always remains respectful to his instructors and classmates alike.

Master LINXX Rising Stars

Ricky Acosta (Kempsville)



Ricky began his training at LINXX Academy about two years ago. Throughout his training, Ricky has been a standout student. Currently at the rank of Red-One Tip, Ricky's displays the form and technique of a fighter who has been training for many years. His exceptional performance and tremendous work ethic in class have allowed him to overcome any challenges that come his way.

David Mason (Red Mill)



Since David started his training at LINXX Academy over a year ago, he has demonstrated great interest and ability in the art of Muay Thai. He has remained consistent in his training and is always a positive influence on the mat. He sets a great example for his fellow students and continually encourages and helps others in class. Even when he sustained a back injury while training, David attended class to observe. David also motivates his two children, Niamh and Liam, who train in the Master LINXX program as well.

December Calendar of Events

Kempsville

- 12th : 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
- 13th : Junior Jiu-Jitsu Pre Test - All ranks @ 4:30pm
Junior Total Defense Pre Test : Blue - Red Tip @ 5:30 pm
Red One - Brown/Black @ 6:30pm
- 14th : Jiu-Jitsu Graduation @ 7:15pm
- 15th : Junior Jiu-Jitsu Graduation @ 4:30pm
Adult Thai Boxing Graduation @ 7:30pm - **Redmill**
- 16th : Total Defense Graduation @ 6:00pm - No classes
Adult Thai Boxing Graduation @ 7:30pm - **Redmill**

Red Mill

- 12th : 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
- 13th : Junior Total Defense Pre Test : White - Green @ 5:00pm
Blue-Black @ 6:00pm
Adult Jiu-Jitsu Pre Test @ 7:15pm
- 14th : Junior Jiu-Jitsu Graduation @ 5:00pm
Adult Jiu-Jitsu Graduation @ 7:15pm - **Kempsville**
- 15th : Adult Thai Boxing Graduation @ 7:30pm
- 16th : Total Defense Graduation @ 6:00pm - No classes



Black Belt Graduation December 17th
Closed for the Holidays: December 24th-31th



Questions, Comments, Concerns, or Recommendations?

Please contact Ryan Russo at 757-495-7070 or russor@linxxacademy.com
Mike Paulson at 757-689-0680 or mpaulson@linxxredmill.com