

LINXX ACADEMY MARTIAL ARTS

"Linking Practical Defense and Personal Development"

Monthly Newsletter

www.linxxacademy.com

December 2010

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You're Invited

Come show your support!

LINXX Academy of Martial Arts
invites you to attend a
Black Belt Graduation Ceremony,
honoring our students for their
superior performance and
exceptional achievement.



When:

December 18, 2010

Time:

7:00 pm

Place:

**Barry Robinson Performing Arts Center
4552 Princess Anne Rd.
Virginia Beach Va. 23462**



1st degree



1st degree



1st degree



2nd degree



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



Our Military Kids

LINXX Academy of Martial Arts has always been an active supporter of our military community and continues to proudly work with our families to ensure their time with is positive. We understand that dedication to the service entails forms of sacrifice, and we strive to provide assistance and awareness to our service members and their families as much as possible. As part of our dedication, LINXX Academy has become a provider for the Our Military Kids organization.



Founded in 2004, Our Military Kids offers grants to children in order to help them have access to activities and support that helps families cope with the challenges that result from a parent's deployment or injury recovery. Since its inception as a pilot program within the Army National Guard, Our Military Kids has expanded nationwide to all branches of the Reserve and every component of the National Guard.

Our Military Kids provides tangible support to children of deployed National Guard and Reserve personnel as well as to children of

severely injured service members through grants for enrichment activities and tutoring. Such activities help these children cope with the stress of having a parent in a war zone or recovering from injury at home. Our Military Kids grants are made to honor the sacrifices that military families make and to ensure that their children have access to sports, fine arts, or academic tutoring programs.

As of October 31, 2010, the organization has awarded \$9.1 million in grants to 23,000 children. Their goal is to award each qualified child that completes an application for a grant, as long as funds are available. Gracious benefactors of the program include General Dynamics, Target, Lockheed Martin, as well as numerous organizations and individual donations.

The services provided by LINXX Academy of Martial Arts would be covered under the activities that the grants are approved for. Documentation required will be provided to families of qualified students and obtained at either location. Information regarding the program can be found at www.ourmilitarykids.org.



Holiday Fitness

The holiday season is upon us again, which means busier schedules, less time, and more holiday morsels. You may be thinking to yourself that taking a break from your fitness program until the New Year won't hurt. However, neglecting your fitness program during the holidays will only leave you with more pounds, more stress, and more work by the time the New Year comes along. Fitness experts recognize that this time of year is difficult for many people trying to stick to an exercise program, so here are some suggestions to keep you motivated and disciplined:

- Acknowledge that the holidays will affect your exercise program to some extent, and make some adjustments that will help you stay fit. Increase your time management skills over the holiday season by organizing your day the evening before and prioritizing your tasks beforehand so you can find time to exercise.
- Combine exercising and family commitments. For example, hauling the kids up the hill a few times can make a sledding trip as beneficial as a jog. Taking the family snowshoeing, cross-country skiing, or on a backpacking trip will provide exercise as well as quality time with loved ones.
- Start off healthy and stay small. When you go out for holiday

meals, don't fill your plate up with high calorie foods first. Instead, start with low-fat, healthier choices such as salads and vegetable dishes. Then move on to more filling options such as fish, skinless chicken, grilled meats, and whole-grains. Foods such as these are more filling, and if you decide to have a slice of cake or some other sweet desert, you're less likely to over-indulge.

- If you're given a choice, ask for and give health-related gifts to your loved ones. For example, workout videos, an exercise outfit, a magazine subscription for fitness, exercise equipment, or even a membership to a fitness club are all viable options.
- Have fun and enjoy yourself! It is a special occasion so just have fun and eat a little of everything and anything you want. Life is meant to be enjoyed and counting each and every calorie during the holidays is not necessary. One day will not ruin your progress if you are motivated to stick with your fitness routine. Eating whatever you want may also make you feel a little guilty, so you will be sure to visit the gym the next day.

Staying conscious of the holiday season and the tendency to over-indulge will help keep you on top of your exercise routine. Remember that moderation is essential, but eat, drink, and be merry, for tomorrow is another day for training!



Continued Success for LINXX Youth Jiu-Jitsu Team

Small rollers keep bringing in big packages to LINXX Academy of Martial Arts. Team LINXX continues to make their impact tournament after tournament, and everyone couldn't be more proud. Another big month in November resulted in a total of 23 gold medals, 18 silver medals, 8 bronze medals, and 3 trophies between our grapplers.

The Junior Grappling Association hosted its inaugural Brazilian Jiu-Jitsu and submission wrestling tournament in Woodbridge, Virginia on November 6, 2010. The day was testament to the dedication characteristic of Team LINXX and their families. Chaperones Cristina Corbe and David Lockhart headed north with young grapplers Gavin Corbe, Deandre Corbe, Kai Lockhart, and Malik Sheppard. The boys took to the mats and rolled out with 2 team trophies, 9 gold medals, 2 silver medals, and 1 bronze medal in over 10 divisions. In light of the impact the team placed on the event, the Junior Grappling Association featured LINXX Academy and its team on the event website.

The following weekend, Team LINXX was right back on the mats. On November 13, 2010, The Good Fight returned to Virginia Beach to host the 2010 championship tournament. 21 registered Team



LINXX fighters, 3 of which were grappling at their first tournament, rolled out with 14 gold medals, 16 silver medals, and 7 bronze medals. The dominant rollers rallied a total of 416 crowned points; surpassing the next school on the list by over 150 points!

An excited group of young LINXX teammates topped the day's successes off with a victory train around the mats, affirming the camaraderie the Academy is well-known for.

LINXX Academy congratulates everyone on a job very well done! The school continues to grow and the gold medals keep rolling in for our Jiu-Jitsu competitors. Another triumphant month for Team LINXX makes for more to be thankful about.

Gift Certificates available for Training and Equipment

For more information
Contact the front desk



STUDENT OF THE MONTH



Shannon Morris

Kempsville Black Belt Club
Course Student of the Month



Hunter Berry

Kempsville Black Belt Candidate
Course Student of the Month



Jason Zheng

Red Mill Little Linxx
Student of the Month



Manny Sanchez

Red Mill Black Belt Candidate
Course Student of the Month



December

S	M	T	W	T	F	S
	1	2	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	

31st/Jan 1st : **Closed**

Kempsville Calendar of Events

- 4th : **Muy Thai Smoker**
- 8th : **Buddy Day**- Permissions slips available at front desk
- 13th : **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
- 14th : **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
- 15th : **Jiu-Jitsu Graduation** @ 7:15pm-Normal class in session
- 17th : **Junior LINXX Graduation** @ 5:00pm- No Kids classes
Adult Thai Graduation and Class @ 6:00pm
- 18th : **Black Belt Graduation** @ 7:00pm
- 24th/25th : **Closed**



December

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	1	2	1	2	3	4
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19	20	21	22	23	24	25
26	27	28	29	30	31	

31st/Jan 1st : **Closed**

Red Mill Calendar of Events

- 4th : **Muy Thai Smoker**
- 13th : **Adult Thai Boxing Testing** White thru Green @ 6:00pm
Blue-Black @7:15pm
- 15th : **LL Buddy Day**- Permissions slips available at front desk
- 16th : **JL Buddy Day**- Permissions slips available at front desk
- 17th : **Adult Thai Graduation and Class** @ 6:00pm-Normal class in session
- 18th : **Black Belt Graduation** @ 7:00pm
- 20th : **Junior Jiu-Jitsu Testing** @ 5:00pm-Normal class in session
Adult Jiu Jitsu Testing @ 7:00pm-Normal class in session
- 21th : **Junior LINXX Testing**- White thru Green @ 5:00pm
Blue-Black @6:00pm
- 22nd : **JBjj Graduation** @ 5:00pm-Normal class in session
Adult Jiu Jitsu Graduation @ 7:00pm-Normal class in session
- 23rd : **Little/Junior Linxx Graduation** @ 5:00pm
- 24th/25th : **Closed**