



LINXX ACADEMY OF MARTIAL ARTS

February 2011

Mackens Semerzier • A Suitable Send Off for a Great Instructor • Jr. Grappling Association and Copa Nova Winter Championship • Exercise Motivation: How to get it and keep it

Linxx's Mackens "Da Menace" Semerzier wins spot for UFC



Calm and collected at every face off. The ring doesn't even seem to faze him one bit. On and off the mat, the man has an air of confidence that can only be respected and admired. He accumulates fans by the dozens on a daily basis yet stays grounded in his beliefs, motivations, and goals. These are the marks of Mackens Semerzier: The makings of one of the newest Ultimate Fighting Championship (UFC) fighters contracted right out of LINXX Academy of Martial Arts.

"I've always wanted to be great at something," Mack Da Menace confessed. "I didn't really care what, I just knew I wanted to be better than everyone else at some thing."

Who knew that aspirations for distinction would lead him right onto the fight cards of world renowned UFC?

The Miami native began wrestling at the age of 14 and started boxing at the age of 19. By 23, he had gotten into submission grappling with a Marine Corp Martial Arts program and at 25; he had met the mats at LINXX and quickly became a fixture at the Academy.

From sparring partner to teammate to instructor and coach, Mack's time with the LINXX family grew substantially and kept his mind sharp when it came to the MMA competition game. In 2009, after only four professional fights and victories, Mack received a contract with World Extreme Cage Fighting (WEC).

The Menace's debut in the limelight came with his first fight card versus former International Fight League featherweight champion Wagnney Fabiano. Mackens' stunned the distinguished fighter by submitting Fabiano in the first round via triangle choke, earning Mack da Menace Submission of the Night and Sherdog's 2009 Upset of the Year. The MMA world instantly set eyes on the newest contender.

The following matches for Mack were riddled with disappointment, injuries, and split decisions. Nevertheless, the Menace persisted and maintained composure; even receiving Fight of the Night honors in his latest bout against Cub Swanson in Vegas that left fans charging that Mack was robbed by the split decision.

"Hard work and dedication are my keys to success," Mackens affirmed. "Malingering and self-pity are the enemy."

Notably, the numbers on Mack's record were overshadowed by his performance, commitment, and knack for putting forth his best to produce a great show. When UFC merged with WEC, they took the

chance to bring the Menace along for the ride. In December 2010, Mack Semerzier received the ultimate offer to engage in the ring with some of the most respected and formidable opponents in the business. This was an offer that Mackens eagerly anticipated and was more than ready for.

Mack Da Menace's debut in the UFC will be against newcomer, and Ultimate Fighter 12 veteran, Alex Caceras at UFC Fight Night 24 in Seattle. Family, friends, and fans excitedly look forward to the show and Mack's rise in the ranks. Congratulations to Mackens "Da Menace" Semerzier for this latest opportunity for greatness. We expect only the best and know that the best is all you've got!

Mackens Semerzier Stats



Name	Mackens Semerzier
Nick Name	Mack da Menace
Records	5-3-0 (Win - Loss - Draw)
Wins	1 (t)KOs (20 %) 4 Submissions (80 %)
Losses	1 Submissions (33.33 %) 2 Decisions (66.67 %)
Association	Linxx Academy of Martial Arts
Height	5'10" (178cm)
Weight	145lbs (66kg)
City	Virginia Beach, Virginia
Country	United States

Questions, Comments, Concerns, or Recommendations?

Please contact Program Managers

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or linxxacademy.com

“LINKING PRACTICAL DEFENSE AND PERSONAL DEVELOPMENT”



A Suitable Send Off for a Great Instructor

On January 6, 2010, on behalf of the Pedro Sauer Association and LINXX Academy, James Gamble received his black belt in Brazilian Jiu-jitsu in the company of great close friends and a respectful gathering.

Gamble hit the mats at LINXX in 2002, picked up the jiu jitsu bug, and rolled eight years solid before acquiring his black belt. His passion for the martial art helped develop his technique and potency as a

teammate, instructor, and coach. Passion was the word of the night when each powerhouse started to describe their new black belt colleague.

“A lot of times students thought James was being tough on them,” Nestor Bayot, lead BJJ instructor and personal friend of Gamble said. “He just cared about the students’ growth and took it personally. Passion is the best way to describe it.”

A moment of respect and testament to the brotherhood of the guys was when Gamble offered Purple belt Christopher Gonzalez his old brown belt. There has been a custom for Brazilian Jiu-Jitsu disciples to offer their belts to lower ranking students and Gamble took this custom and combined it with a traditional procedure of a higher ranking officer to acknowledge the potential of another serviceman.

Gamble is also a commissioned warrant officer in the Navy. After ten years in service, Gamble was awarded the promotion in recognition of his hard work and dedication. After ten years in Virginia, he was transferred to Washington State to fulfill further duties for his position.

After ten years with LINXX Academy, the move will impact the jiu-jitsu program.

“With James, I felt like I was his student as well as his teacher,” Bayot reflected. The Academy will be missing a significant player but fondly wish Gamble the best of luck in Washington. We look forward to seeing him back on LINXX mats soon enough!



Jr. Grappling Association Tournament and Copa Nova Winter Championship

On January 8th 2011, Fourteen Linxx Academy, Jr. Jiu jitsu students along with their coaches turned out for the Inaugural Jr. Grappling Association Tournament in Hampton, VA held at the Boo Williams Sportsplex. Experience level of the students ranged from three months to three years. The jr.’s competed in No-GI, GI and then Absolute. In attendance representing Redmill were Colby and Keegan Swanson, Blake Griffith, Bela Szabo, Brody Abdow, Willy Blas, Joey Ruiz, Hunter Vancil and Zach Ness. Representing Kempsville were Kai Lockhart, Gavin Corbe, Jaxon Dick, Trey Anderson, Jacob Silva and Cade Brewer. Many first time competitors as well as seasoned competitors won their divisions, which helped the Linxx Academy team bring home Second Place in Team points. Notable for the event was Kai Lockhart bringing home the trophy for most submissions. All the students competed with heart and used the venue to display their talents which resulted in a total of eight Gold medals, five Silver medals and six Bronze medals. Meanwhile, in Ashland Virginia, Adult Jiu-Jitsu Blue Belt, Chad Metcalf competed in the Copa Nova BJJ Winter Championships and won the Gold. Congratulations to all competitors young and “experienced”.



Exercise Motivation: How to get it and keep it

Last month we touched on the 'little things that matter' to get on the road to long term healthy living. After four weeks of following last month's tips and calendar, it is time for further motivation.

We all know exercise is good for us so why do so many of us hate it? We may have had a bad experience in school or maybe we're afraid we'll hurt ourselves. Intimidation is a factor; experts say. When you're out of shape, it takes some courage to don workout duds and head for the gym.

Exercise Motivation Tip No. 1: Be Realistic

One of the biggest reasons for failure is that first-time exercisers often set unrealistic goals. Don't start off trying to work out an hour every day. Instead, begin with 20-30 minutes of your chosen exercise two to three times a week.

Exercise Motivation Tip No. 2: Keep Track of Your Progress

Don't forget to chart your progress, whether it's with a high-tech online tracker or an old-fashioned fitness journal. Seeing incremental improvements, whether it's in improved time, increased reps, or greater frequency of workouts, can boost your exercise motivation.

Exercise Motivation Tip No. 3: Don't Expect Perfection

Another pitfall is all-or-nothing thinking, a perfectionist way of looking at life that leads to giving up when you miss a day or two or your workout

doesn't go well. If you accept going in that there will be some sidesteps on your fitness journey, you'll be better mentally prepared to deal with setbacks.

Exercise Motivation Tip No. 4: Do Not Compare Yourself to Others!

We've all seen them; those toned fatless specimens who strut through the gym in their Barbie-sized shorts and sports bras.

Don't compare yourself to them, forget about them. Forgive them. But do not let them deter you from your goal.

Exercise Motivation Tip No. 5: Reward Yourself

Reward yourself for making the effort to exercise -- not with a piece of chocolate cake, but something that you enjoy, like a movie or flowers.

February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Start the month strong! Sensible breakfast and a 1-mile jog	2 Try Sweet potato fries instead of regular fries and do 55 sit-ups in the am/pm	3 Carry a refillable water bottle with you and do 35 push ups	4 Remember to continue to journal your food and exercise	5 Try using Turkey breast instead of ground beef in chili or spaghetti sauce and do 3 sets of 15 bicep curls with 10lb weights
6 Bake or grill everything! And do 3 sets of 15 tricep dips	7 Avoid ALCOHOL it changes your hormone levels and packs on the lbs. do 25 burpees in the am/pm	8 If you do drink alcohol, drink clear spirits with tonic and make sure your tracking your goals	9 Drink organic milk and jump rope (3- two minute rounds)	10 Rid your diet of empty calories (i.e. soda's) and do 3 sets of 10 kettlebell/dumbbell swings	11 Go through your pantry and rid it of processed foods and do 3 sets of 10 tricep dips	12 Use Organic, cage-free eggs in your next omelet and do 5 sets of stair climbing
13 Add fresh or frozen berries to your protein shakes gives extra antioxidants and go for a 1-mile run in 15 min	14 Eat 4,5,6 plus meals a day it keeps your insulin levels steady which increases your metabolism and do 3 20m walking lunges	15 Hit a plateau? Try lowering your calories 300-500 calories per day OR lower your carb intake	16 Always eat breakfast it kick starts your metabolism for the day. Don't forget to track your progress	17 Plan your meals the night before, so that you know what and when you will be eating, especially on those busy days and go for a 45 min bike ride.	18 Avoid weight-loss pills or fads and jump rope (3-two minute rounds)	19 Eat fresh guacamole and organic chips for a healthy snack, don't overdo though and learn salsa Dancing
20 Make sure you eat a protein at each meal and do 3 sets of 40 jumping jacks in the am/pm	21 Edamame's are a great snack and filled with tons of protein and try water aerobics	22 Cubed swiss cheese and an apple taste great together and do 3 sets of 15 walking lunges in the am/pm.	23 Use smaller dinner plate to help with portion sizes and do 5 sets of stair climbing	24 Avoid fast food joints, if necessary choose a grilled chicken without sauce. an extra veggie, hold the plank position for 1:30, do 3 sets! hold in those abs!!	25 Eat clear broth soups, others are heavy cream based and full of calories and do 50 squats with a 5lb weight.	26 Watch your sodium intake, stay in the 1500mg range and do 50 sit-ups with a 5lb weight
27 Center cut regular bacon eaten in moderation is actually better than Turkey Bacon, less processing and do 5 sets of 10m bear crawls	28 Eat fresh spinach in your salad instead of iceberg and do 5 sets of 10m crab walks.					

Student of the Month



Trey Anderson

Kempsville Black Belt
Candidate Course Student of
the Month



Elif Erdogan

Kempsville Little Linxx
Student of the Month



Carissa Ferguson

Red Mill Black Belt
Candidate Course Student of
the Month



February

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					

Kempsville Calendar of Events

- 9th : **Buddy Day**- Permissions slips available at front desk
- 14th : **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
- 15th : **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
- 16th : **Jiu-Jitsu Graduation** @ 7:15pm- Normal class in session
- 18th : **Junior LINXX Graduation** @ 5:00pm- No Kids classes
Adult Thai Graduation and Class @ 6:00pm



February

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					

Red Mill Calendar of Events

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