

# LINXX ACADEMY MARTIAL ARTS

"Linking Practical Defense and Personal Development"

Monthly Newsletter

www.linxxacademy.com

February 2010

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## Myth Busters

### The Seated Leg Extension

**The myth:** It's the safest way to work your quadriceps, or thigh muscles.

**The truth:** Physiologists at the Mayo Clinic determined that leg extensions place significantly more stress on your knees than squats. Why? Because the resistance is placed near your ankles, which leads to high amounts of torque being applied to your knee joint every time you lower the weight. What's more, Auburn University scientists found that people who squat long-term have tighter, stronger knee ligaments than those who don't squat at all.

**The alternatives:** Free weight squats, split squats, and lunges-performed with perfect form-are all better choices for working your quads and protecting your knees.

### The Behind-the-Neck Lat Pull-Down

**The myth:** The best way to perform the lat pull-down

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## The U.S. Army Combatives School



On January 20th and 21st the U.S. Army Combatives School hosted a symposium on the Modern Army

## Red Mill Landing Grand Opening

Saturday, February 20, 2010 from 10:00 am to 5:00 pm



### Itinerary for Grand Opening Seminars

- 9:30-10:00** Frank Cucci opening remarks
- 10:00-11:30** Pedro Sauer - GI Jiu-Jitsu
- 11:30- 1:00** Greg Nelson - Muay Thai/Pad Work/Clinch
- 1:00-2:00** Meet and Greet/Lunch
- 2:00-3:30** Jeff "Big Frog" Curran-MMA / No Gi Jiu-Jitsu
- 3:30-5:00** Sean "TheMuscle Shark" Sherk-MMA

### Registration

Linxx Members - Free

Non Members - \$30 per seminar or \$100 for the day

Please contact Student Services at 757 495-7070 for registration information.

Combatives Program at Ft Benning, Georgia, at the National Infantry Museum. The purpose of the symposium was to review and evaluate the revised Army Combatives Program modules. The symposium was presided over by Major General Michael Ferriter, the Commanding General of the Ft. Benning Maneuver Center of Excellence, who stated "Modern Army Combatives is an integral part of the development of leadership and the Army's Warrior Ethos in today's Soldiers." In attendance were numerous senior Army leaders, and select group of civilian subject matter experts, which included Mr. Frank Cucci. Other notable civilian guests included Rorian and Renner Gracie, and Greg Nelson (Owner of Minnesota Martial Arts Academy, and coach of MMA stars Sean Sherk and Brock Lesner).

Questions, Comments, Concerns, or Recommendations?

Please contact Ryan Russo, Program Manager at 757-495-7070 or [admin@linxxsecurity.com](mailto:admin@linxxsecurity.com)

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is to pull the bar behind your head, down to your upper back.

**The truth:** Unless you have very flexible shoulders, this exercise is difficult to do correctly, and can increase your risk for shoulder impingement syndrome -- a painful condition in which the muscles or tendons of your rotator cuff become entrapped in your shoulder joint.

**The alternative:** Simple -- just pull the bar in front of your head, down to your collarbone. You'll work your back just as hard, but with less risk for injury. Or Kipping style pull ups.



**The Pec Deck**

**The myth:** It's a super safe and very effective way to work your chest muscles.

**The truth:** This apparatus, also called the chest fly machine, can overstretch the front of your shoulder and cause the muscles around the rear of your shoulder to stiffen. The result: Doing this movement frequently can lead to shoulder impingement syndrome.

**The alternatives:** Forget the machine, and stick with exercises such as the pushup, dumbbell bench press and dumbbell incline press; they're easier on your shoulders and the best way to build your chest overall. In fact, Truman State University researchers found that

pectoral muscles are activated for 23 percent less time during the chest fly, compared with the bench press.



**The Seated Hip Abductor Machine**

**The myth:** This machine is the best way to work your out thighs, including your glutes.

**The Benefits of Flaxseed Oil**

**What is Flaxseed oil?**

Flaxseed oil is a blue flowering plant that is grown on the Western Canadian Prairies for its oil rich seeds. This natural oil (also known as Linseed oil) is highly recommended for the general well being and whole body nutrition and is considered to be nature's richest source of omega-3 fatty acids that are required for the health of almost all body systems.



Flaxseed oil contains omega-6 and omega-9 essential fatty acids, B vitamins, potassium, lecithin, magnesium, fiber, protein, and zinc and also provides approximately 50% more omega-3 oils than what you could get from taking fish oil, minus that horrible "fishy" after taste.

**Should you add flax seed oil to your diet?**

Some nutritionists, researchers, and scientists believe that it could be the most important health-promoting supplement next to a multi-vitamin. Nearly every system in the body can benefit from flaxseed oil's natural properties, including the cardiovascular system, immune system, circulatory system, reproductive system, nervous system, as well as joints.

**Below is a list of some of the benefits of Flaxseed oil:**

1. Helps protect the body against high blood pressure, inflammation, water retention, and lowered immune function.
2. Shortens recovery time for fatigued muscles after exertion
3. Accelerates the healing of sprains and bruises.
4. Increases the metabolic rate making it easier to burn fat.

Unfortunately, our current diets do not come close to meeting our daily EFA (essential fatty acids) requirements. The richest sources of EFAs such as flax

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**The truth:** Because you're seated, it trains a movement that has no functional use. And if done with excessive weight and jerky technique, it can put undue pressure on your spine.

**The alternative:** Work the same muscles, but while standing. Simply loop a resistance band around both legs, and position the band just below your knees. Now take small steps to your left for 20 feet. Then side-step back to your right for 20 feet. That's one set. This is much harder than it sounds, but you can do it anywhere, and it's also a great warm-up for any sport.

**The myth:** Twisting on this machine helps melt your love handles.

**The truth:** It works the muscles under your love handles, but will do little to reduce the fat that covers them. What's more, because your pelvis doesn't move as you rotate your upper body, this exercise can put excessive twisting forces on the spine.

**The alternative:** As long as you don't expect to shrink your love handles, you can use rotational exercises to work your obliques. But here's the secret to safety: Before you do any rotational exercises, brace your abs forcefully -- as if you're about to be punched in the gut -- and hold them that way as you do the movement. This limits your range of motion and helps to keep you from rotating excessively at your lower spine.



**The Smith Machine**

**The myth:** This machine -- which looks like a squat rack with a built-in bar that runs on guides-gives you all the benefits of squats, but none of the risk that comes from holding a heavy barbell across your back. That's because the bar can easily be secured at any point during the movement.

**The truth:** Because the bar runs on guides, you can only move straight up and down as you squat-instead of down and back, as you would in a free-weight squat.

The result: An unnatural movement that puts extra stress on your knees and lower back. Need another reason to skip the Smith? Canadian researchers found that traditional squats produced almost 50 percent more muscle activity in the quadriceps than squats done on a Smith machine.

**The alternative:** If you're not comfortable with barbell squats, simply do the exercise while holding dumbbells at arm's length next to your sides. You won't need a spotter, and your body will be free to move through the natural motion of the squat.

*The Benefits Flaxseed oil continued from page 2*

seeds, cold-water fish, and soy and canola oils are rarely found in our regular meals. In addition, more typical foods like red meats and egg yolks can actually encourage the body's production of bad prostaglandins. Flax Seed oil can help restore the body's natural balance of good and bad prostaglandins.

**How much do I take a day?**



The recommended daily dose for most people is at least 1,000 mg taken one to three times daily. Even better is adding flax seeds into your diet in breads, muffins or on salads. Scientific studies have used up to 30 grams of flax seeds a day safely and without side effects.

**What do I look for when buying Flaxseed oil?**

It's important to buy high-quality flax seed oil as it is prone to rancidity. Light and oxygen will slowly breakdown the essential fatty acids. Look for flax seed oil capsules (dark coated soft gels) or oil that is bottled in amber-brown bottles, as these are more resistant to the light and oxygen. Make sure you refrigerate your flax seed oil to help extend its shelf life.

Flax seed oil takes a bit of time to be absorbed into the body before the full beneficial effects begin, ranging anywhere from a few days to as many as six weeks, depending on your overall well-being.




Professor Sauer is Mr. Cucci's Jiu-Jitsu instructor, a black belt under Master Helio Gracie, and the founder and President of our Jiu-Jitsu Association. He'll also be conducting a workshop at our Red Mill Landing Grand Opening Saturday, February 20, 2010.

**Pedro Sauer Winter Training Camp 2010**  
**Special guest instructor: Vitor Shaolin Ribeiro**

- February 26, 27, 28
- Pre-register to reserve your spot
- Jeff Gordon's MMA Academy - [Jeffgordonmma.com](http://Jeffgordonmma.com)  
 200 Girard Street, Suite 205-207  
 Gaithersburg, MD 20877  
 301-330-5425

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February 2010 Calendar of Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 <b>Buddy Day!</b> Permissions slips available at front desk	11	12	13
14 	15 Junior LINXX Testing White thru Green @ 5pm Adult Thai Boxing Review and Pretest @ 6pm <i>Normal class in session</i>	16 Junior LINXX Testing Blue-Red Tip @ 5:30 and Red One Thru Brown/Black @ 6:30  <i>Normal class in session</i>	17 Jiu-Jitsu Graduation  <i>Normal class in session</i>	18	19 <b>Graduation</b> Junior LINXX @ 5pm Adult Thai Graduation @ 7pm  <i>No regular classes</i>	20 <b>Kempsville location closed</b>
21	22	23	24	25	26	27
28						