



# LINXX ACADEMY OF MARTIAL ARTS

January 2011

December 2010 Muay Thai Smoker • Black Belt Graduation • Exercise and Nutrition Tips

## December 2010 Muay Thai Smoker

There was an air of composure on the mats as the founder of LINXX Academy Martial Arts addressed competitors on that brisk Saturday morning. The LINXX Academy Smoker was the first in over ten years and the fervor of all the competitors was a grand showcase of bridled talent. Each bracket was carefully deliberated to provide every individual an even bout. One by one Muay Thai disciples were called on deck and one by one the fighters stepped into the ring to put themselves to the test. Contenders calmly faced their opponent and gave respects prior to the given sound to meet their match.

Three rounds at two minutes each was more than enough time to set the stage for an onslaught of victories from the home corner. Five LINXX fighters were matched up for the challenge; Kyle Windley, James Garrett, Josiah Snipes, Jeremy Wicker, and Chris Cappa. Training started about three months before when the smoker was announced. Diligently, aspiring contenders attended classes and continued the night into competition training.

The invite to join LINXX on the mats went out to Trident Marital Arts of Woodbridge, VA, MMA Institute and World Class Martial Arts of Richmond, VA, and Eastern Academy of Virginia Beach, VA. All respective schools sent amateur fighters of varying skills to apply techniques and combinations taught to them over months and, for some, years. A majority of registrants had yet to have the opportunity to participate in a competitive smoker and the excitement humbled them. The notice was presented months before and training was made a more demanding part of routine if one was to be ready for the anticipated day.

LINXX instructor Kyle Windley was first on the roster for the home academy. It was Windley's first fight and students surrounded the ropes in feverish excitement. Immediately, LINXX contender eyes the opposing competitor's inside knee and makes contact; sending the message that he was very much at home and this was his welcome. Halfway through the second round, the referee stepped in and stopped the fight in lieu of the opponent's inability to stay focused enough to continue.

As the flurry of proud fighters, friends, and family headed out the door, contented LINXX staff buzzed about the possibilities of the next smoker. More fighters, more competition, heavier hits; it will definitely be something big to look forward to. For now it was a dignified day for student fighters; they faced their challenge head on and made strong moves. LINXX would like to commend all participants for fights well done!

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### Questions, Comments, Concerns, or Recommendations?

Please contact Program Managers

Ryan Russo at 757-495-7070, Mike Paulson at 757-689-0680

or [linxxacademy.com](http://linxxacademy.com)

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# “LINKING PRACTICAL DEFENSE AND PERSONAL DEVELOPMENT”

## Black Belt Graduation

Curious music could be heard behind the double closed doors. Friends and family anticipated what they had in store. It has been six months in the vigorous pipeline. Everyone was proud to be here, it was black belt graduation time!

On December 18, 2010 at the auditorium of the Barry Robinson Performing Arts Center in Virginia Beach, sixteen LINXX students accomplished commendable goals. Proud supporters and staff gathered to celebrate the fine moment. The doors were opened and seats filled with eager spectators. LINXX founder and host, Frank Cucci Sr. regarded each celebrant, emphasizing the significance of the semi-annual event. Cucci greeted the crowd and welcomed them to “the most rewarding part of [his] role at the academy.”

Black belt graduation is a day that dedication and perseverance manifest their worth. Combinations exemplifying Muay Thai and its applications were set on stage and each discipline is demonstrated in a showcase of practical defense by staff and the graduates. A fine celebration of the achievements was put in production including a skit for comedic relief with guest actors Christianlee and Crishalee Monzaga. All together it became a rewarding presentation to commemorate the years of training and each student’s hard work.

The evening simply marks another milestone towards black belt excellence. Congratulations to Christopher Coll, Gabriel Coll, Gavin Corbe, Deandre Corbe, Ean Dizon, Jessica Dizon, Dylan Loughheed, Kyle Smith, Abdallah Daher, Randal Jones, Kenny O’ Connor, and Jacob Turpin for earning their black belts. Commendations to Alex Worret, Josh Worret, and Sam Worret for earning their First Degree black belts and further laudations to Mico Picardo for acquiring his Second Degree black belt!



## Exercise and Nutrition Tips - It's the Little Things that Matter

Exercise and good nutrition are the keys to long-term healthy living. The right combination of steady fitness activity and a healthy diet can lead to sustained weight loss and a healthy mind and body.

A 30-minute brisk walk on five days of the week is all most people need or you can do 25 minutes of more vigorous activity—jogging, gardening, or singles tennis, for example—three days a week. It doesn't take marathon training to see real health gains. Remember, getting any amount of exercise is better than none and the more you do so, the better. Also, don't feel locked into running or walking. Anything that gets you moving counts as an activity and exercise. Don't have the free time to go to the gym? Weave activity into your day by cutting back on "sit" time to increase "fit" time. Some ways to get you off your seat: Turn off the television, and catch up on chores or play with the kids. Stroll down the hall to chat with a colleague, instead of sending an email or picking up the phone. Walk or bike for errands instead of driving. Now for some healthy eating tips:

### Do's and Don'ts:

- Eat small meals/snacks every 2-3 hours it keeps your insulin levels steady.
- Eat lean protein and vegetables each time you eat.
- Eat carbs that are not fruits/vegetables AFTER you've exercised.
- Eat GOOD fat (monounsaturated: mixed nuts, olives & olive oil; polyunsaturated: flaxseed & fish oil)
- Eat whole foods. here are a few times where supplement drinks and shakes are useful. But most of the time, you'll do best with whole, largely unprocessed foods.
- Ditch the calorie containing drinks (including fruit juice). In fact, all of your drinks should come from non-calorie containing beverages. Fruit juice, alcoholic drinks, and sodas – these are

all to be removed from your daily fare. Your absolute best choices are water and green tea.

- Eat 10% foods. 10% foods are foods that don't necessarily follow the rules above – but food's you're still allowed to eat (or drink) 10% of the time. Just make sure you do the math and determine what 10% of the time really means. For example, if you're eating 6 meals per day for 7 days of the week – that's 42 meals. 10% of 42 is about 4. Therefore you're allowed to "break the rules" 4 meals each week.

Now work the calendar provided and you can count down the days to the new you! Look for February's newsletter for another great 4 weeks of daily fitness and nutritional tips. Remember it's the little things that matter:

January						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b> Avoid the scale instead evaluate with measuring tape!
<b>2</b> Journal your food intake & workouts	<b>3</b> Cut out junk food and take the stairs wherever you go today	<b>4</b> Eat more veggies and walk for 30 min after lunch or dinner	<b>5</b> Avoid refined sugars and do 50 sit ups in the am/pm	<b>6</b> Avoid fried foods and do 25 push-ups in the am/pm	<b>7</b> Avoid ALCOHOL and do 50 squats in the am/pm	<b>8</b> Avoid Sweets and Sodas (even diet) and set goals
<b>9</b> Eat organic as much as possible and jump rope (2- two minute rounds)	<b>10</b> Track your calories, need to burn off 3500 calories to lose 1lb of fat	<b>11</b> Go through your pantry and rid it of processed foods and do 3 sets of 10 tricep dips	<b>12</b> Eat High quality protein for breakfast and Lunch and do 3 sets of 10 bicep curls	<b>13</b> Snack on fruits and veggies instead of chips and walk for 30 min after lunch & dinner	<b>14</b> Drink water, 1.5 to 2 liters a day and 5 sets of climbing the stairs in your house (up/down is 1set)	<b>15</b> Create an action plan for each day of the week and keep improving one day at a time
<b>16</b> Always eat breakfast it kick starts your metabolism for the day. Don't forget to track your progress	<b>17</b> Eat 4,5,6 plus meals a day it keeps your insulin levels steady which increases your metabolism, do 75 sit ups in the am/pm	<b>18</b> Drink a protein shake right after a work-out, jump rope (3-two minute rounds)	<b>19</b> Eat good fats in your diet (omega-3, walnuts, coconut oil, palm kernel oil, fish oils, olive oil, and flax seeds), Go Dancing!	<b>20</b> Eat your biggest meal at breakfast or lunch, Go for a hike	<b>21</b> Try egg whites instead of the whole egg, less cholesterol and great protein! Jump on a trampoline for 20 minutes	<b>22</b> Try greek yogurt instead of traditional yogurt, less sugar with greater protein, do 2 sets of 50 jumping jacks in the am/pm.
<b>23</b> Check your portion sizes (size of your palm), do 3 sets of 15 walking lunges in the am/pm.	<b>24</b> Instead of a starch with dinner add an extra veggie, hold the plank position for 1:30, do 3 sets! hold in those abs!!	<b>25</b> Read labels on your food, if there is more than 5 ingredients and you can't pronounce them, you shouldn't eat it! Do 50 squats with a 5lb weight.	<b>26</b> Eat whole grain bread instead of white bread, Do 50 sit-ups with a 5lb weight.	<b>27</b> Substitute spaghetti squash for regular pasta and eat as much as you want! Go for a walk/jog. Jog for 5 minutes, walk for 5 minutes.	<b>28</b> Substitute Ground Turkey breast and have a turkey burger. Do 5 sets of stair climbing with a 5 lb weight.	<b>29</b> Have the salad, but have the dressing on the side. Do 30 push-ups
<b>30</b> Add avocado to your lunch, it's a good fat! Do 3 sets of 2 min. rounds jumping rope	<b>31</b> Document your great progress! Take your new measurements!					

## Student of the Month



**Christian Vieira**  
Kempsville Black Belt Club  
Course Student of the Month



**Dylan Esteban**  
Kempsville Black Belt  
Candidate Course Student of  
the Month



**John Ferguson**  
Red Mill Little Linxx  
Student of the Month



### January

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	29
30	31					

## Kempsville Calendar of Events

- 12<sup>th</sup> : **Buddy Day**- Permissions slips available at front desk
- 17<sup>th</sup> : **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
- 18<sup>th</sup> : **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
- 19<sup>th</sup> : **Jiu-Jitsu Graduation** @ 7:15pm-Normal class in session
- 21<sup>st</sup> : **Junior LINXX Graduation** @ 5:00pm- No Kids classes  
**Adult Thai Graduation and Class** @ 6:00pm



### January

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	29
30	31					

## Red Mill Calendar of Events

- 19<sup>th</sup> : **LL Buddy Day**- Permissions slips available at front desk
- 20<sup>th</sup> : **JL Buddy Day**- Permissions slips available at front desk
- 24<sup>th</sup> : **Junior Jiu-Jitsu Testing** @ 5:00pm-Normal class in session  
**Adult Thai Boxing Testing** White thru Green @ 6:00pm  
Blue-Black @7:15pm
- 25<sup>th</sup> : **Junior LINXX Testing**- White thru Green @ 5:00pm  
Blue-Black @6:00pm
- 26<sup>th</sup> : **JBjj Graduation** @ 5:00pm-Normal class in session  
**Adult Jiu Jitsu Graduation** @ 7:00pm-Normal class in session
- 27<sup>th</sup> : **JBjj Graduation** @ 5:00pm-Normal class in session  
**Adult Jiu Jitsu Graduation** @ 7:00pm-Normal class in session