

# LINXX ACADEMY MARTIAL ARTS

"Linking Practical Defense and Personal Development"

Monthly Newsletter

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

January 2010

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## New Red Mill Location Opening Soon



### New Location

After 15 years of serving the Hampton Roads community, LINXX Academy is proud to announce the grand opening of our second location in the Red Mill Landing Shopping Center in Virginia Beach on February 22, 2010. The new 6,200-square foot facility, located on the corner of General Booth Boulevard and Nimmo Parkway, is conveniently located between the Dam Neck Naval Base and Red Mill Commons. The new facility will be equipped with top-of-the line training equipment, including ten heavy bags, a regulation-size boxing ring, a half-cage, and showers for both men and women.

In celebration, we will be hosting a grand opening event on Saturday, February 20, 2010 from 10:00 am to 5:00 pm. The grand opening is free to LINXX Academy students and their invited guests. Throughout the day, workshops will be conducted by **Jeff "Big Frog" Curren, Gracie Jiu-Jitsu with Professor Pedro Sauer, Sean "The Muscle Shark" Sherk, and renowned MMA Coach Greg Nelson.**

The new location will carry on the LINXX Academy legacy by offering both youth and adult programs in Muay Thai Boxing and Gracie Jiu-Jitsu. Long-

time student and competitor, Mr. Mike Paulson, has accepted the full-time position as the school manager. Mr. Paulson has been with LINXX Academy since July of 2003 and has proven himself as a dedicated student and successful competitor. In addition to his love for the arts, he also brings over a decade's worth of sales and public relations experience. Mr. Ian Alexander will serve as the head instructor, who will spearhead the adult Muay Thai program and children's Total Defense program, as well as our Red Mill Muay Thai competition team.

### ***Please help us spread the word!***

In preparation for our grand opening, we are featuring a pre-enrollment discount special. New students who enroll between now and the grand opening on February 20, 2010 will receive 50 percent off all required training equipment and a 10 percent discount on tuition. This can be a savings of over **\$300.00!** And for those of you who refer a new member, you will receive a \$25 gift certificate as token of our appreciation. Please call the LINXX Academy for more details. Thanks in advance for your support!

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Questions, Comments, Concerns, or Recommendations?

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

## Increasing Explosiveness



Did you know that when you see B.J. Penn's punches, or Anderson Silva's kicks, or Georges St. Pierre's takedowns, there is a unique combination of power

and four types of speed at work? To increase the speed and power—or the explosiveness—with which you execute your techniques as a martial artist, it is important to understand the various rates of motion that you can and cannot see.

- **Perception Speed:** The speed at which your eyes identify an opening in your opponent's defense.
- **Reflex Speed:** The amount of time it takes you to respond to a stimulus. This is an involuntary response; i.e., muscle memory.
- **Movement Speed:** The ability to transition quickly from one point to another. This is determined by your body's ability to contract and relax muscles efficiently.
- **Alteration Speed:** The ability to change directions during the middle of a movement, such as bobbing your head to the right after you dodged a punch to the left, or pulling your hand back quickly to defend after delivering a missed punch with that same hand.

With this theoretical knowledge, you can then begin incorporating strength drills and other tools into your martial art training workouts, which will help you develop lightning-fast, destructive punches, kicks, and takedowns.

The first and perhaps most important principle when developing speed is proper technique.

After that, it just takes repetition. To increase your strength, you have to do numerous repetitions of progressively heavier weight. Similarly, if you want to increase the speed at which you deliver a technique, you must continuously repeat the motion as fast as you can.

The plain and simple truth is this: if you want to sprint faster, you have to get your tail outside and sprint, day after day, week after week, and month after month. Just as advanced sprinters add resistance by using sleds or parachutes or sprinting uphill to increase their speed and explosiveness, martial artists can progressively add resistance to their exercises and drills.

### *Increasing Speed*

To increase your speed, try some of these drills:

**Shadowboxing Drill:** Dancing around a mirror and sparring an invisible opponent is one of the best exercises you can do to improve your footwork, punches, and kicks. The best part about shadowboxing is that you have a lot of freedom in this drill; you can practice just one punch or kick at a time, practice combinations, or act as if you were facing a real opponent. Practice shadowboxing in rounds, such as mimicking the rounds in a fight. Later on, for added resistance, you can add boxing gloves or very light dumbbells (no more than two to three pounds) to help develop that snap at the end of your punches.

**Red Line Drill:** This four-part drill will increase the speed at which you deliver leg kicks:

- **Part 1:** Do 10 repetitions of slow and controlled leg kicks, working mainly on warming up and using perfect form.
- **Part 2:** Rest for 1 minute and do 10 more repetitions at a little bit faster speed, still trying to maintain perfect form.

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*Increasing Explosiveness continued from page 2*

- **Part 3:** Rest for 1 minute and kick as fast as you possibly can with good form for 10 reps.
- **Part 4:** Rest for 1 minute and do 10 more repetitions even faster without any regard to form. The key is to really push your speed on this last one. You should attempt to make each kick faster than the last one. Practice this drill a few times a week.

**Hanging Paper Drill:** Bruce Lee used to perform this drill, and we all know how fast he was. The key is to



try to make every punch faster than the last. This is a mental exercise as much as it is a physical one. Simply hang a piece of paper by a heavy string or light chain so that the paper is hanging a little above shoulder level. Get in your fighting stance a little short of arms length away

from the paper. Practice snapping your jabs as fast as you can at the paper and back. Take your time between each punch and work on staying loose to develop quick and snappy individual punches. Work up to 100 punches each hand.

**Focus Pads:** If you have been involved in martial arts for any length of time, you know what these are. Get a partner who knows how to use them, for they are one of the best tools in the sport for developing all four types of speed, especially in combinations.

### ***Increasing Strength***

Relative strength is your strength-to-weight ratio. In martial arts terms, someone who can squat 275 pounds but only weighs 155 pounds will have more potential for quicker takedowns than someone who can squat the same but weighs 185 pounds. You can increase your relative strength by

either maintaining your current level of strength and losing weight, or increasing your strength and maintaining your current body weight. To do so, plyometrics, a type of exercise training designed to develop muscular power and strength, is your best bet. After you develop a good foundation of relative strength, it is a good idea to begin incorporating plyometric exercises, such as those described below, to move more explosively.

**Medicine Ball Power Exercises:** Medicine ball training is actually a form of plyometrics, but in the form of adding resistance instead of just using your body weight. Medicine ball power exercises, such as chest passes, allow you to exert maximum power in a full range of motion, whereas with barbells or dumbbells you have to actually decelerate your motion near the end; i.e., you cannot safely throw a barbell or dumbbell in the air while doing bench presses.

**Uphill or Bleacher Sprinting:** This is one of the best exercises you can do to develop the speed and power in your legs for shooting in for takedowns. Practice quick, 10-second sets of uphill or bleacher sprints several times. If you want, you can make it into a hardcore cardiovascular workout by training them in intervals.

**Agility Ladder:** An agility ladder is one of the best ways to develop foot speed, agility, and quickness.

These are just a few exercises and drills you can begin incorporating into your martial arts training workouts. Remember to do your speed and power exercises in the beginning of your workouts when you are fresh, otherwise you risk developing speed but with sloppy form. Try these out for a while, be consistent, and think progressively. Soon, you will notice that your punches, kicks, and takedowns will become more explosive.



## Black Belt Spectacular

On December 18, 2009 the LINXX Academy held its "Black Belt Spectacular." The event highlighted our Black Belt Candidates by showcasing the skills and techniques they spent the last four years perfecting through a series of demonstrations.

In addition, the LINXX Staff performed informative skits depicting the transformation of the arts of Muay Thai and Jiu-Jitsu from their humble beginnings to the magnificent arts they are today.



The event was such a hit that even Santa stopped by for a visit.

## Congratulations to



Hunter Abdow



Jacob Urps



Cameron Washington



John Thomas Valentine

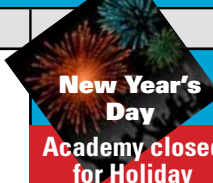


Jonathan Brunst



Dakota Baker

## January 2010 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					 <b>New Year's Day</b> Academy closed for Holiday	1 2
3	4	5	6	7	8	9
10 <div style="border: 1px solid blue; padding: 2px; color: white; font-weight: bold;">Martin Luther King Day</div>	11	12	<b>Buddy Day!</b> Permissions slips available at front desk	14	15	16
17	<b>Junior LINXX Testing</b> White thru Green @ 5pm <b>Adult Thai Boxing</b> Review Review and Pretest @ 6pm <i>Normal class in session</i>	<b>Junior LINXX Testing</b> Blue-Red Tip @ 5:30 and Red One Thru Brown/Black @ 6:30 <i>Normal class in session</i>	<b>Jiu-Jitsu Graduation</b>  <i>Normal class in session</i>	21	<b>Graduation</b> Junior LINXX @ 5pm Adult Thai Graduation @ 7pm	23
24	25	26	27	28	29	30
31						