

# LINXX Academy of Martial Arts

"Linking Practical Defense and Personal Development"

Monthly Newsletter

July 2009

## In this Issue

[Guarana](#) • [Heavy Bag Training](#) • [Birthdays](#) • [Calendar](#)

### Guarana

Guarana comes from the Amazon basin, and has been used by the natives of the Amazon rain forest to treat conditions such as arthritis, fatigue and even to reduce hunger. It is named after the Guarani tribe of South America, where there is said to be a myth that when a child of the Guarana village was killed by an evil god, a more benevolent deity planted the child's left eye in the forest and the right eye in the village. The left eye gave rise to the wild form of the plant, and then the right eye cultivated its form. This likely came about because of the appearance of the fruit when it is split open: it has the appearance of eyeballs.



Guarana contains a single seed that contains around five times the amount of caffeine of a similarly sized coffee bean. However, what is true is that Guaranis made tea from the seeds, and also a bread known as guarana bread by mashing the powder into a dough and shaping it into a cylindrical bread. It is dry roasted and milled

to a fine powder, also known as Brazilian cocoa, but it has never quite managed to compete commercially against the coffee!

Benefits of the seed were recognized as early as the 17th century when Father Felip Betendorf introduced it into Western civilization, but over the centuries, it has been found that even in spite of the caffeine content it has been demonstrated to have brain-boosting properties and able to increase tasks requiring mental attention.

*Continued on page 2 - Guarana*

### Heavy Bag Training

Pop! Pop! Pow! Wham! Whoomp! As you walk into the gym, you hear the familiar sound of boxers hammering the heavy bag. Pop! Pop! Pow! Wham! Whoomp! Sounds like a double jab, straight right, hook, and uppercut combination.

Ah, the heavy bag! This intense activity not only is the ultimate guilt-free stress reliever but a great total-body workout!

Stress relief is undoubtedly one of the major benefits of working out with a heavy bag, which is an all-out anaerobic activity. The fast-paced punching combinations, which require extreme focus, will get your mind off negative thoughts. They also will pump you up and help eliminate the metabolic byproducts of stress. In addition to mental relaxation, heavy bag drills also will make you push through your lactate threshold, which will maximize oxygen consumption by your muscles and leave you feeling spent. However, as you recover, the tension in your muscles will ease, and you will feel rejuvenated. The intense pace also will release serotonin, a neurotransmitter that contributes to feelings of relaxation and satisfaction, creating positive changes in your brain.

*Continued on page 3 - The Heavy Bag*

### June Birthdays

We would like to thank **Ben Marden** and **Dylan Whitt** for celebrating their birthdays with us in June.



Questions, Comments, Concerns, or Recommendations?

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

## Guarana

*continued from page 1*

Extracts from the berry have been shown to possess strong antioxidant properties, and also act as bactericides and fungicide, few of which can be put down by the caffeine content. In fact the seed has been proposed for use in the food industry as a natural antioxidant and preservative.

However, it is for their energy-boosting properties that the guarana berries and seeds are most prized by many. The fact that it has been traditionally used as a stimulant and aphrodisiac, indicates that there is something behind these claims. It has been found to possess the two desirable properties (to some) of stimulating the nervous system and curbing the appetite.

Consequently, it is used in diet and weight loss pills, and also to maintain high energy levels. The high caffeine content of guarana allows its use as a stimulant that can boost not only energy, but also reduce appetite and act as an effective weight loss supplement. In fact weight loss pills are used by many people to maintain their energy levels while not eating. This is a definite bonus to those that want to lose weight, but dislike the lethargy that a strict diet can cause.

Although guarana has many beneficial qualities, the high dosage of caffeine has been known to make some people feel anxious and on edge. It is for this reason that you should consult a physician before introducing guarana supplements into your diet.

In conclusion, guarana is used to energize the body naturally, and is not only very commonly used for this purpose in South America, but also increasingly so in the USA and elsewhere with some very good results.

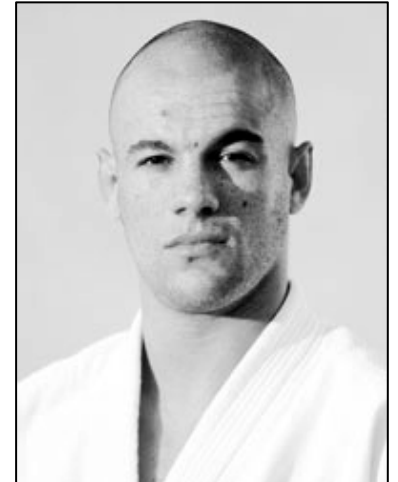
## RYRON GRACIE SEMINAR

*LINXX Academy and the Pedro Sauer Jiu-Jitsu Association is proud to present a Jiu-Jitsu training seminar featuring:*

# RYRON GRACIE

SATURDAY JULY 25<sup>TH</sup>

Ryron (pronounced Heeron), grandson of Master Helio Gracie and son of Rorion Gracie (co-founder of the UFC), was born December 1, 1981. He was awarded his black belt in February of 2002 after submitting all of his opponents in the 1st Annual International Gracie Jiu-Jitsu Federation Open Championship. Ryron recently competed in the 2005 Pan American Submission Grappling Tournament and submitted all of his opponents earning him the Gold and proving that he is effective with or without the Gi.



Ryron teaches full time at the Gracie Academy in Torrance, CA and also travels regularly to teach seminars to Gracie Jiu-Jitsu practitioners worldwide. Recently the U.S. Army invited Ryron to teach over 500 soldiers stationed at Camp Victory in Bagdad in recognition of his superb teaching skills.

To accommodate all skill levels and maximize personal attention, the seminar will be separated into two individual training segments. Class size is limited to first 25 students who register.

### Segment 1: White Belts

- 9:00 a.m. to 12:00 p.m.
- White Belts may attend Segment 2 upon completion of Segment 1

### Segment 2: Blue thru Black Belts

- 1:00 p.m. to 4:00 p.m.
- Blue thru Black Belts may also attend Segment 1

### Cost

- One Segment is \$100.00
- Two Segments is \$175.00

### Registration

- LINXX Academy Students or invited guests only may attend
- A \$50.00 deposit is required no later than Friday March 23rd
- Check, Cash or Credit Card is accepted.
- Please make checks payable to LINXX Academy.

**Register Early!**

**Class size is limited to first 25 students!**

## The Heavy Bag

Continued from page 1

In addition to managing stress, working out with the heavy bag is a fantastic total-body workout that will activate all major muscle groups and improve your functional speed, power, balance, timing, and coordination. Your arms, shoulders, back, gluts, hips, and legs all will work together as you punch the bag. To get the most out of your heavy bag workout, you will need to develop a plan.

Beginners should start out with one-minute rounds (work intervals), which include basic punching combinations, that are interspersed with 30- to 60-second rest and recovery periods. You will be amazed at how quickly your heart rate will accelerate and your arms, shoulders, obliques, and legs will run out of gas. As your anaerobic stamina increases and your skills improve over time, you can gradually increase the length of your rounds to three minutes and incorporate more complex punching combinations. Remember, as with other forms of intense exercise, the heavy bag workout may put stress on your joints, bones, and muscles.



It will test the resilience of your connective tissues, tendons, and ligaments, so be sure to start slowly, gradually increasing your intensity; avoid over-training; and allow plenty of time for recovery between bag sessions. To hone your skills and increase your fitness level, concentrate on your form and proper technique. With smooth technique comes power, and with power comes speed.

During any round—regardless of length—you should punch continuously. Controlled, uninterrupted punching is the key to optimizing the benefits of your workout. The variety of possible combinations in a heavy bag workout is virtually unlimited. Here are a few examples to help you in creating your heavy bag regimen:

1. **Speed Drill** – This drill will develop speed and anaerobic endurance. Remember to throw punches as fast as possible, with a minimum of four punches per combination.
2. **Outside Drill** – The outside drill will develop your footwork technique and increase your staying power. Try to throw your jab and straight power-punch combination, then circle, jab, throw your combination, and move. Ensure you circle in both directions.
3. **Inside Drill** – This drill will develop inside power and stamina. Practice getting in close and delivering hooks and uppercuts while slipping, bobbing, and weaving.
4. **Change Directions** – Changing directions frequently during your heavy bag workout will develop coordination, endurance, and change-up ability. If you usually circle left, circle right. Always throw jabs while mixing in combinations as you move.
5. **Jab** – The jab will increase your quickness, stamina, and coordination. Do an entire round with only the jab. Snap out single, double, and triple jabs. Mix in feints while moving in both directions.

There are an infinite number of possibilities in terms of round time, interval time, recovery time, work intensity, and punching combinations. For more information and additional ideas, check out *The Boxer's Guide to Performance Enhancement*.

# Special Offer to LINXX Members at Gold's Gym

*FREE one week membership  
FREE fitness assessment  
FREE session with a personal trainer*



*This offer is redeemable at the Greenbrier Gold's Gym only. We are located next to Regal Cinemas across from Greenbrier Mall.*

**Gold's Gym Family Fitness  
offers a wide range of exercise  
programs and activities to help you  
accomplish your goals.**

Some of our activities and programs include:

- Cardio Cinema
- Fast Fit Circuit Training
- Lady's Gold's (ladies only area)
- Basketball and Volleyball Courts
- Racquetball and Squash Courts
- Group Exercise Classes
- And much more...

600 Jarman Road • Chesapeake, VA. 23320 • For more information call Johnny at 424-1600

## Calendar of Events - July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
						<i>Independence Day</i>
					<i>Academy Closed for Holiday</i>	
5	6	7	8	9	10	11
			<b>BUDDY DAY!</b> Permissions slips available at front desk			
12	13	14	15	16	17	18
	Junior LINXX Testing White thru Green @ 5pm Adult Thai Boxing Review and Pre-test All Ranks @ 6pm <i>Normal class in session*</i>	Junior LINXX Testing Blue thru Red Tip @ 5:30pm Red One thru Brown/Black @ 6:30pm <i>*Normal class in session*</i>	Adult Jiu-Jitsu Graduation @ 7:15pm <i>*Normal class in session*</i>		Graduation for All Junior LINXX @ 5pm Adult Muay Thai @ 7pm <i>No regular classes</i>	
19	20	21	22	23	24	25
26	27	28	29	30	31	