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Black Belt Graduation Ceremony

The LINXX Academy of Martial Arts recently hosted the Semi-Annual Black Belt Graduation Ceremony in honor of five junior black belts, three first-degree black belts, and three adult Muay Thai black belts. On Friday June 18, 2010, both LINXX Academy locations closed their doors in honor of the event.

The Black Belt Preparation Course is an intensive four-month phase of final training, screening, and testing that consists of a variety of physical fitness and training requirements. Students must attend four classes a week, which includes a minimum of one black belt candidate class. The physical fitness requirements are challenging; if a student is unable to meet one of the requirements, they are given one opportunity to re-test. If a student fails the re-test, regardless of how far they are in their present cycle, they are rolled back to the next cycle to start from the beginning. There are only three scheduled training cycles each year. Students who complete the comprehensive program are honored at a graduation ceremony, where they showcase their acquired martial arts skills and receive their black belts.

The 2010 black belt recipients were Brendan Alvarez, Barrett Ratclaff, Grant Minor, Paul Sanchez, Jeremy Loughheed, Jaxon Dick, Zachary Parker, Michael Orwig, Charles McCallister, Brandon Pearce, and Jared Fanning.



The Master of Ceremonies for this year's event was Mr. Frank Cucci, Sr., founder of LINXX Academy. Mr. Cucci began by recognizing the hard work and dedication required of both students and parents to reach such an esteemed rank. He commented that martial arts was a powerful influence in the lives of students and he thanked the families for giving LINXX Academy the privilege of training their children.

"Beyond the obvious benefits of self-defense, physical fitness, and self-confidence, the martial arts lifestyle helps to develop a person's moral values and ethics," stated Mr. Cucci.

The first exhibition was Krabi-kabrong, the weapon-based martial art from Thailand that has been connected to the beginnings of the art of Muay Thai. Armed with swords, LINXX instructors Daniel Brooks and Evan Taylor confronted each other on stage with a clash of metal. Sparks flew and a realistic battle took place on stage, setting the tone for the rest of the demonstrations. Instructors then took the stage to showcase the practical art of Muay Thai. After familiarizing the audience about how training for each discipline may be utilized, candidates took the floor to demonstrate combinations they learned during their cycle.

Mike Paulson, General Manager of Linxx's Academy's Redmill location, and Scott Turner, LINXX instructor, engaged the audience in one of the most impressive displays of the day. After demonstrating a few basic grappling techniques, Paulson and Turner proceeded to show the tremendous athleticism required for great ground work. Paulson is currently a purple belt and Turner holds a black belt in Gracie Jiu-Jitsu. The execution of each hold and maneuver was so clean, it awed the entire assembly. The seemingly effortless roll was accentuated by the experience level of both grapplers, providing a memorable example of the skillful discipline.



Another highlight of the evening was the skit performed by LINXX staff. Along with Dan Brooks, Evan Taylor, and Jacob Turpin; Kyle Windley produced a hilarious show about how a little bit of bad training can be a dangerous thing. Brooks' raucous entry on stage as "Bruce Leeroy" established the troupe's presence and purpose. "Leeroy" introduced himself to a band of ardent new students as a 58th degree black belt in karate from the school of Cobra Kai. Laughter resonated throughout the auditorium as his demonstration about how to defend against nunchucks quickly proved to be a liability to the students and Mr. Leeroy himself.

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Black Belt Graduation Ceremony

The event culminated with the presentation of the black belts to each candidate. As everyone applauded, the students walked proudly across the stage to accept their new belts and awards. After the presentation, the distinguished disciples of the martial arts took center stage for one final bow to the audience as the curtains closed.

LINXX Students Compete in National Tournaments

LINXX Academy students recently competed in nationally recognized tournaments. Hampton's Boo Williams Sportsplex was the site of two action-packed weekends as the North American Grappling Association's (NAGA) nationally RANKED Virginia Beach Grappling Championship rolled into Virginia Beach and the World Kickboxing Association (WKA) USA hosted the North American Combat Sports Championship in Hampton, Virginia. LINXX's competition proudly graced the rosters alongside other well-known academies in the area.

On June 12, 2010, NAGA held its annual Virginia Beach Grappling Championship. 600 competitors from around the state gathered to rank and roll with some of the area's best grapplers. Eleven Junior LINXXers registered for the tournament and amassed 22 placements. This achievement placed the young LINXX Jiu Jitsu team first in their division. The adults also performed strongly, taking 3rd in the no-Gi division and 5th in Gi. Patrick Trinidad, 2nd-year student at LINXX Academy, placed first in intermediate no-Gi and blue belt Gi at



139.9 and below. Trinidad is finishing up high school at Bayside in Virginia Beach and plans to "kick it up in training" in Jiu-jitsu and Muay Thai.

"These results are all pretty respectable considering the number of schools entered in the competition," exclaimed Coach James Gamble. Brazilian Jiu Jitsu instructor Nestor Bayot of Linxx Academy was just as proud as any other coach there.

"The guys fought hard, they did awesome," said Nestor. "There's always some tough losses, but there's

A reception was held following the ceremony. Handshakes, hugs, and accolades filled the room. Portraits were taken, stories were told as people relived the past years, and future goals were discussed.

Mr. Cucci commented, "This is the most rewarding part of my role here at LINXX. Congratulations to the 2010 black belt graduates; the LINXX family is honored to be a part of your outstanding achievements!"

a lot of great competitors. Win or lose, I'm very happy with the way they fought," he added.

On June 18, 2010, WKA returned to Hampton to host the North America Combat Sports Championship. Coaches Mackens Semerzier (current WEC competitor) and Ian Alexander (WKA National Champion) led a group of four upcoming fighters into the Boo Williams Sportsplex. Fighters Corey Anderson, Abdallah Daher, and Radek Pilar showcased their training in the ring for the first time, while another accomplished competitor continued to valiantly brush off some ring rust.

Kristopher Gonzalez presently holds a 6-0 Amateur MMA record and was a solid competitor at both tournaments. Apart from his military obligations, Gonzalez simultaneously has held the World Kickboxing Association's Amateur MMA Lightweight title, the Global Combat Alliance Amateur Lightweight title, and the Total Cage Combat Lightweight title. He won first place for Advanced no-Gi at 150 to 159.9 lbs at the NAGA tournament and won his first bout at the WKA competition. Despite a pre-existing injury sustained while training, Gonzalez managed to tough it out through the day before humbly bowing out of his last match.

When asked what pushed him to get involved in two consecutive tournaments with an injury, Krystopher said, "I want to be a versatile guy. I'm taking it slow, but staying strong. That's why I single everything out."

According to Bayot, "Training in both styles is a given. You have to do both. If you want to do MMA, then you have to train in Jiu-Jitsu as well as Thai boxing. There is no separating one or the other."

LINXX competition has repeatedly been recognized by the intrepid contenders as a direct result of the Academy's resilient programs. Over the last six weeks, Team LINXX has won a number of honorable victories and bouts. Coaches, staff, and students are all looking forward to a bright season. It's only just begun!

America's Best & Worst "Health" Drinks

Excerpts from America's Best & Worst "Health" Drinks, Yahoo! Health

By David Zinczenko

May 24, 2010



What we drink is making us fat. We're consuming at least a quarter of our daily calories in liquid form—more than 450 calories a day—and that's a major factor in our nation's obesity epidemic. Watching what you drink is just as important, if not more so, than watching what you eat, especially if you're trying to shed belly fat. The trick, as always, is to distinguish between healthful drinks, and healthful sounding drinks. Listed are some of the worst "health" drinks in America. Steer clear of these bloating beverages and drink their healthiest alternatives instead. You can lose up to two pounds a week!

<p>Worst Water Snapple Agave Melon Antioxidant Water 1 bottle, 20 fl oz. 150 calories 0 g fat 33 g sugars (8 teaspoons!)</p>	<p>Sugar Equivalent: 2 Good Humor Chocolate Éclair Bars</p>	<p>Drink this Instead: Smartwater 0 calories 0 g sugars</p>	<p>Summary: While "Worst Water" may sound like an oxymoron, the devious minds in the bottled beverage industry have even found a way to besmirch the sterling reputation of the world's most essential compound. Sure, you may get a few extra vitamins, but ultimately, you're paying a premium price for gussied-up sugar water. Next time you buy a bottle of water, check the recipe: You want two parts hydrogen, one part oxygen, and very little else.</p>
<p>Worst Meal Replacement Drink Right Size Skini Vanilli 14 fl. oz. bottle 263 calories 5.5 g fat (2.5 g saturated) 30 g sugars</p>	<p>2 scoops of Breyers vanilla ice cream</p>	<p>Slim-Fast! French Vanilla 11 fl. oz. can 180 calories 6 g fat (1.5 g saturated) 18 g sugars</p>	<p>Whether it's weight loss, appetite control, or muscle growth you seek, look for shakes high in protein and fiber and low in sugar, like the Slim-Fast! French Vanilla. The classic weight-loss shake curbs hunger with a respectable 10 grams of protein and 5 grams of fiber.</p>
<p>Worst Frozen Fruit Drink Krispy Kreme Lemon Sherbet Chiller 20 fl. oz. 980 calories 40 g fat (36 g saturated) 115 g sugars (29 teaspoons!)</p>	<p>16 medium-size chocolate eclairs</p>	<p>Very Berry Chiller 20 fl. oz. 290 calories 0 g fat 71 g sugars</p>	<p>Imagine taking a regular can of soda, pouring in 18 extra teaspoons of sugar, and then swirling in half a cup of heavy cream. Nutritionally speaking, that's exactly what this is, which is how it manages to marry nearly two days' worth of saturated fat with enough sugar to leave you with a serious sucrose hangover. Do your heart a favor and avoid any of Krispy Kreme's "Kremey" beverages. The basic Chillers aren't the safest of sippables either, but they'll save you up to 880 calories.</p>
<p>Worst "Health" Drink in America Smoothie King Peanut Power Plus Grape 40 fl. oz. 1,498 calories 44 g fat (8 g saturated) 214 g sugars (54 teaspoons!)</p>	<p>Sugar Equivalent: 20 Reese's Peanut Butter Cups</p>	<p>Drink this Instead: High Protein Banana Small 20 fl. oz. 322 calories 9 g fat (1 g saturated) 23 g sugars</p>	<p>Who really needs a third of a gallon of sweetened peanut butter blended with grape juice, milk, and bananas? Sugar-and-fat-loaded smoothies like this should be served from 12-ounce cups, not mini kegs.</p>

And don't forget, you can still melt those extra pounds of belly fat without giving up your favorite foods. You just need to make smart substitutions wherever you are. You'll lose weight faster than ever—again, without ever dieting again.



Future Event

Professor Pedro Sauer. will be conducting a Linxx Academy Graduation/ Seminar on August 21st at Linxx Red Mill. We will be having significant belt promotions the day of the seminar. Professor Sauer will also be conducting an hour long kids seminar as well.



July						
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

- 21st : Buddy Day-** Permissions slips available at front desk
- 26th : 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
- 27th : 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
- 28th : Jiu-Jitsu Graduation @ 7:15pm-**Normal class in session
- 30th : Junior LINXX Graduation @ 5:00pm-** No Kids classes
Adult Thai Graduation and Class @ 6:00pm



July						
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

- 21st : LL Buddy Day-** Permissions slips available at front desk
- 22nd : JL Buddy Day-** Permissions slips available at front desk
- 26th : Junior Jiu-Jitsu Testing @ 5:00pm-**Normal class in session
Adult Thai Boxing Testing White thru Green @ 6:00pm
Blue-Black @7:15pm
- 27th : Junior LINXX Testing-** White thru Green @ 5:00pm
Blue-Black @6:00pm
Adult Jiu Jitsu Testing @ 7:00pm-Normal class in session
- 29th Little/Junior Linxx Graduation @ 5:00pm**
Adult Jiu Jitsu Graduation @ 7:00pm-Normal class in session
- 30th : JBJJ Graduation @ 5:00pm-**Normal class in session
Adult Thai Graduation and Class @ 6:00pm-Normal class in session