



LINXX ACADEMY OF MARTIAL ARTS

June 2011

Get Fit, Lose Weight, Feel Great • 2011 NAGA World Championship • Welcome to the Team • Mastering the Pushup
• Summer Camp

Letter from the Editor



Students, Parents, and Friends,

As summer approaches each year, people set goals to get in shape for bathing suit season. Although having incentives is a terrific motivator, it is important to make health and fitness a year round priority. It is estimated that two-thirds of adults are either overweight or obese. This epidemic is associated with many risk factors such as type II diabetes, cancer, heart disease, etc. Here at LINXX, we believe both diet and exercise are invaluable to a healthy lifestyle. We design our classes and the testing standards to challenge our students and keep them in good physical shape.


With the much appreciated help of our resident exercise physiologists, Sarah Saunders and Stacey Swanson, we continue to expand our services by offering more fitness options. We now conduct initial physical assessments for new students to determine the person's capabilities. Once we establish their baseline, we provide them with workouts to help achieve their goals and ensure successful belt promotion. We are also developing nutrition information handouts that will be made accessible to our students. In addition to these complimentary resources mentioned above, we will begin to offer fee-based personal training, group fitness classes, and nutritional counseling. Stay tuned for more to come on these programs. Have a great June and good luck with your training.

Questions, Comments, Concerns, or Recommendations?

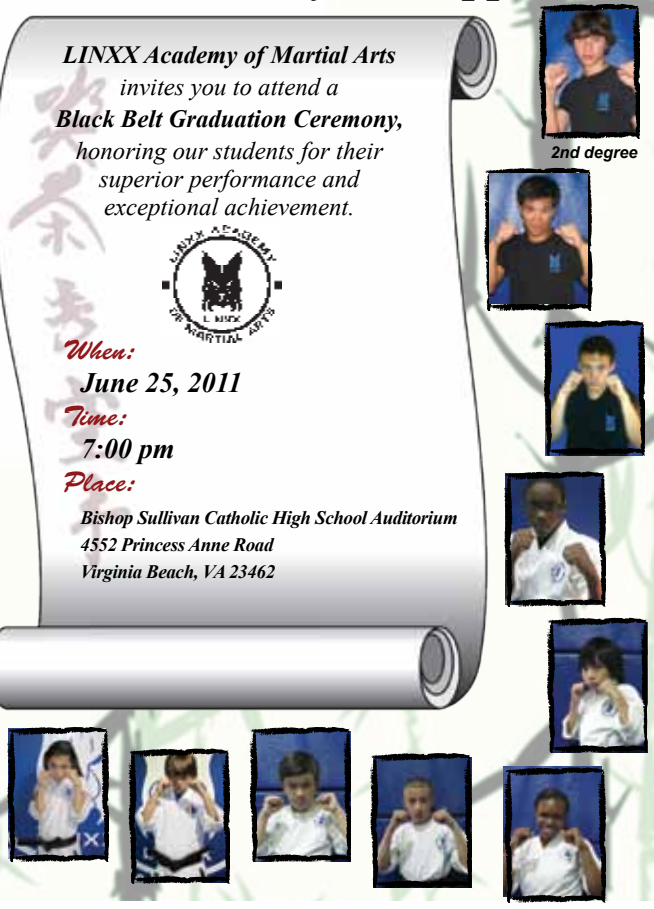
Please contact Regional Manager, Ryan Russo at 757-495-7070, Program Manager, Mike Paulson at 757-689-0680 or linxxacademy.com

You're Invited
Come show your support!

LINXX Academy of Martial Arts invites you to attend a **Black Belt Graduation Ceremony**, honoring our students for their superior performance and exceptional achievement.



When:
June 25, 2011
Time:
7:00 pm
Place:
Bishop Sullivan Catholic High School Auditorium
4552 Princess Anne Road
Virginia Beach, VA 23462



2nd degree

Summer Uniform



After Memorial Day weekend, kids can start wearing their summer uniform. The summer uniform replaces their Gi top with a t-shirt and can be worn up to Labor Day weekend. You can purchase summer t-shirts at either LINXX location.

“LINKING PRACTICAL DEFENSE AND PERSONAL DEVELOPMENT”

Get Fit, Lose Weight, Feel Great

Summer is upon us and that means bathing suit season! Join the LINXX Academy 60 Day Fitness Challenge to get in shape or to take your workout to the next level. This contest dares you to test how fit you can be by participating in our Thai Boxing classes. To be eligible to join the fitness challenge, you must be a team of two—one LINXX member and one guest—and at least 18 years old. Each team must pay an entry fee of \$150.00. This fee covers unlimited Thai Boxing classes for you and your guest and provides your guest with a free uniform. When you sign up for the competition, we will record your weight, body fat percentage and measure your muscular endurance with certain tests. Over the course of the challenge, we will have progress checks to keep you motivated to win the grand prize. At the end of the 60 days, we will test you for the last time. There are four areas that you can score points:

1. Percentage decrease of weight loss
2. Body Fat Percentage
3. Amount of pushups in two minutes
4. Amount of sit-ups in two minutes.



The team with the highest combined score will win \$1000! This contest will begin on June 6, 2011 so make sure to sign up soon at your respective LINXX location. We need a minimum of 6 groups to participate for the challenge to proceed.

2011 Naga World Championship



The North American Grappling Association (NAGA) is America's largest mixed grappling tournament circuit with over 120,000 competitors worldwide. On May 7th and 8th, NAGA returned to New Jersey

for the 17th Annual World Grappling Championship No-Gi & Gi Tournament. LINXX had quite a presence at this two day event with three of our students competing. Kai Lockhart, Gavin Corbe and Deandre Corbe participated in this nationally ranked tournament and each of them placed in their respective divisions. Gavin did an incredible job in both of his divisions. He received a gold belt in the Kids Gi Expert 60-69.9lbs and a silver medal in the Kids Gi Expert 60-69.99lbs 10-12 year olds. Deandre's continuous hard work paid off and he earned a bronze medal in the Teen Gi Expert Bantam Weight 14-15 year olds. Kai did an amazing job at the tournament. He received gold belts in both of his divisions—Kids Gi and Kids No Gi Expert 70-79.9lbs 10 years old. Congratulations to these tough LINXX competitors. They are proven examples that practice, dedication and commitment result in success.

Welcome to the Team!



Sarah Saunders is the Fitness Program Director at LINXX Academy. Sarah is a recent graduate of Old Dominion where she completed her Masters in Exercise Science. She is a certified group exercise instructor through the Aerobics and Fitness Association of America (AFAA). Fitness has always been important to Sarah. She was a competitive swimmer for 14 years. Currently, Sarah is an avid runner and also incorporates strength training into her workout routine. She has a passion for motivating people to be in their best physical shape and looks forward to making an impact at LINXX.



Chris Cappa is the Business Development Manager of LINXX Academy. He began his training at LINXX Academy last year and has excelled quickly, putting his Thai Boxing skills to the test by competing in numerous local Muay Thai tournaments. Chris graduated high school with football honors and went on to play outside linebacker at Christopher Newport University. He also brings his energetic personality to the mat as one of our Thai Boxing instructors.

Mastering the Pushup

Pushups are an integral part of our testing requirements because they are one of the best exercises that you can do for your body. Incorporating pushups in your routine strengthens your entire upper body muscles—focusing on back, chest, and triceps—as well as your core muscles. Pushups are also convenient because they can be done anywhere since no equipment is required. There are numerous benefits to this exercise as long as it is performed properly. Although the pushup looks like an easy exercise, incorrect form and technique can cause shoulders and/or lower back injuries as well as you not experiencing their advantages. To perform a perfect pushup, position your hands slightly wider than shoulder width; raise your toes so you are balanced on your hands and toes; keep your body in a straight line from head to toes while avoiding sagging or arching in your lower back; and tighten your abdominal muscles as you lower your body. Once your elbows are at a 90 degree angle, exhale while pushing yourself back into your starting position.

There are a number of variations to the classic pushup that you can incorporate into your workout. These exercises will not only improve your pushup form but also strengthen the recruited muscles you use to perform a proper pushup. The rotational pushup puts more of an emphasis on your obliques. After performing the classic pushup, rotate your body so your right arm lifts up and extends overhead. Your arms and torso should form a T. Lower your body back into the classic pushup and complete the rotation on the other side. Another modification to the pushup is the tricep pushup. In this exercise, bring your arms closer, with a narrow hand placement, and drive your elbows straight back rather than out to the side. The plank exercise is also a great alternative to the pushup. The plank can be performed by laying facedown, resting your weight on your forearms and toes, tucking your hips, and holding your body in a straight line from your ankles to your shoulders. For optimal results, perform 3 sets of 10-15 repetitions for the classic pushup or any of the variations listed above.



Classic Pushup



Rotational Pushup



Tricep Pushup



Plank

Summer Camp



Summer is fast approaching and that means it's time for our annual summer training camps. Two one-week camps will be offered. The first camp will be July 18th-July 22nd from 9-4pm. The second camp will be August 22nd-26th from 9-4pm. The camp will focus on physical training and skill development through a variety of fun and engaging activities that promote self-confidence, teamwork, respect, and discipline. Daily activities will include morning runs, martial arts technique development, training sessions at Mt. Trashmore, and field trips to First Landing State Park and Rock Gym. The cost for the camp is \$350 for non-students, \$299 for LINXX students and \$250 for LINXX students in the Black Belt Club. Each camp is limited to 20 kids so make sure and reserve a spot soon—they are filling up fast!

Student of the Month



Ryan Cason

Red Mill Total Defense
Student of the Month



Philip Hart

Kempsville Total Defense
Student of the Month



June						
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		

Kempsville Calendar of Events

- 11th : **Pedro Sauer Seminar**- No Adult Classes
- 13th : **Junior LINXX Testing**- White thru Green @ 5:00pm - Normal class in session
Adult Thai Boxing Testing @ 6:00pm- Normal class in session
Adult Jiu-Jitsu Testing @ 7:15pm- Normal class in session
- 14th : **Junior Jiu-Jitsu Testing @ 4:30pm**- All ranks- Normal class in session
Junior LINXX Testing- Blue- Red Tip @ 5:30 and
Red One Thru Brown/Black @ 6:30pm- Normal class in session
- 15th : **Jiu-Jitsu Graduation @ 7:15pm**- Normal class in session
- 17th : **Junior LINXX Graduation @ 5:00pm**- No Kids classes-Normal class in session
Adult Thai Graduation @ 6:00pm- Normal class in session
- 25th : **Black Belt Graduation @ 7:00pm**- Bishop Sullivan Catholic High School
- *No regular class*



June						
S	M	T	W	T	F	S
1	2	3	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		

Red Mill Calendar of Events

- 11th : **Pedro Sauer Seminar**- No Adult Classes
- 20th : **Junior Jiu-Jitsu Testing @ 5:00pm**- Normal class in session
Adult Thai Boxing Testing- White thru Green @ 6:00pm
Blue-Black @7:15pm- Normal class in session
- 21st : **Junior LINXX Testing**- White thru Green @ 5:00pm
Blue-Black @6:00pm- Normal class in session
Adult Jiu-Jitsu Testing @ 7:15pm- Normal class in session
- 22nd : **Junior Jiu-Jitsu Graduation @ 5:00pm**- Normal class in session
Adult Jiu Jitsu Graduation @ 7:00pm- Normal class in session
- 23rd : **LL/JL Graduation @ 5:00pm**- No Kids classes
- 24th : **Adult Thai Graduation @ 6:00pm**- Normal class in session
- 25th : **Black Belt Graduation @ 7:00pm**- Bishop Sullivan Catholic High School
- *No regular class*