

# LINXX Academy of Martial Arts

"Linking Practical Defense and Personal Development"

Monthly Newsletter

June 2009

## In this Issue

[Good Fats](#) • [Congratulations!](#) • [Birthdays](#) • [NEW! Gold's Gym Membership Offer](#) • [Calendar](#)  
[10 Minute Muay Thai Ballistic Conditioning](#) • [The Importance of a Good Training Partner](#)

### Good Fats

Last month we discussed how increasing your fat intake in your diet can actually lead to weight loss. This month we will focus on the different forms of fats and how to incorporate the good fats into your diet while reducing your consumption of the bad fats.

#### "Faces" in the Fats Families

To understand good and bad fats, you need to know the names of the players and some information about them.

#### Monounsaturated Fat

- Liquid at room temperature and turn cloudy when kept in the refrigerator.
- Primary sources are plant oils like canola oil, peanut oil, and olive oil. Other good sources are avocados; nuts such as almonds, hazelnuts, and pecans; and seeds such as pumpkin and sesame.
- People following traditional Mediterranean diets, which are very high in monounsaturated fats like olive oil, tend to have a lower risk of cardiovascular disease.

#### Polyunsaturated Fat

- Liquid at room temperature as well as at cold temperatures.
- Primary sources are sunflower, corn, soybean, and flaxseed oils, as well as walnuts, flax seeds, and fish.
- This fat family includes the Omega-3 group of fatty acids which your body can't make and are found in very few foods.

#### Saturated Fat

- Usually solid at room temperature and have a high melting point.
- Primary sources are animal-based including red meat and whole milk dairy products. Other sources are tropical vegetable oils such as coconut oil, palm oil, and foods made with these oils. Poultry and fish contain saturated fat but less than red meat.
- Saturated fat raises Low-Density Lipoprotein (LDL) or bad cholesterol that increases your risk of Coronary Heart Disease (CHD).

*Continued on page 2 - Good Fats*

### Congratulations!

We would like to congratulate Nathan Charpentier and Mike Ybarra on receiving their Blue Belts in Gracie Jiu-Jitsu this month.

Also, congratulations to Nestor Bayot and Ryan Russo who received their instructor certification under the Thai Boxing Association of America on May 17th. Both of these accomplishments were the result of lots of hard work and dedication.



### May Birthdays

We would like to thank **Bryce Jones** for celebrating his birthday with us in May.



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

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

## Good Fats

*continued from page 1*

### Trans Fat

- Created by heating liquid vegetable oils in the presence of hydrogen gas, a process called hydrogenation. Partially hydrogenating vegetable oils makes them more stable and less likely to spoil, which is very good for food manufacturers – and very bad for you.
- Primary sources are vegetable shortenings, some margarines, crackers, candies, cookies, snack foods, fried foods, baked goods, and other processed foods made with partially hydrogenated vegetable oils.
- Trans fat raises LDL cholesterol that increases your risk of CHD, as well as lowering High-Density Lipoprotein (HDL), or good cholesterol.



### The Omega-3 Group: Super Healthy Fats

We should all be increasing our intake of healthy omega-3 fatty acids, which we need for body functions like controlling blood clotting and building cell membranes in the brain. The three key members of the omega-3 family are Alpha-Linolenic Acid (ALA), Eicosapentaenoic Acid (EPA), and Docosahexaenoic Acid (DHA). The best sources are fatty fish such as salmon, herring, mackerel, anchovies, and sardines, also some cold-water fish oil supplements. Canned (albacore) tuna and lake trout can also be good sources, depending on how the fish were raised and processed.

You may hear a lot about getting your omega-3's from foods rich in ALA fatty acids. ALA is the most common Omega-3 found in American diets and is found in abundance in flax seeds and flax seed oil, as well as walnuts, canola oil, and soybeans. While your body may be able to convert ALA into EPA and DHA, you can't be sure since only some people have the ability to do so. Thus, to insure you get enough of these vital nutrients, it's prudent to include fatty fish or fatty fish oil supplements in your diet. But, if you eat no fish or fish oil, getting just ALA is better than nothing – your cardiovascular protection may still go up, though not nearly as much as with fish oils.

Some people avoid seafood because they worry about mercury or other possible toxins in fish. Most experts agree that the benefits of eating two servings a week of these cold water fatty fish outweigh the risks.

### How Much Fat is Too Much?

This depends on your lifestyle, your weight, your age, and most importantly the state of your health. The simplest way to approach fats is to replace the saturated and trans fat in your diet with healthy monounsaturated and polyunsaturated fats, and to increase your intake of omega-3 fatty acids. Use this rule of thumb to your advantage by making sure the fat you do consume is healthy (monounsaturated or polyunsaturated).

### Healthy Fats are Essential to Good Health

The human body uses fatty acids to do everything from building cell membranes to performing key functions in the brain, eyes, and lungs. The functions of fats include:

- **Brain** – fats compose 60% of the brain and are essential to brain function, including learning abilities, memory retention, and moods. Fats are especially important for pregnant women since they are integral to fetal brain development.
- **Cells** – fatty acids help your cells stay moveable and flexible, as well as being responsible for building cell membranes.
- **Heart** – 60% of our heart's energy comes from burning fats. Specific fats are also used to help keep the heart beating in a regular rhythm.
- **Nerves** – fats compose the material that insulates and protects the nerves, isolating electrical impulses and speeding their transmission.
- **Lungs** – lung surfactant, which requires a high concentration of saturated fats, enables the lungs to work, and keeps them from collapsing.
- **Eyes** – fats are essential to eye function.
- **Digestion** – fats in a meal slow down the digestion process so the body has more time to absorb nutrients and help provide a constant level of energy and keep the body satiated for longer periods of time. Fat-soluble vitamins (A, D, E, and K) can only be absorbed if fat is present.
- **Organs** – Fats cushion and protect your internal organs.
- **Immune System** – Fats ease inflammation, helping your metabolism and immune system stay healthy and functioning.

### *10 Minute Muay Thai Ballistic Conditioning Program*

Here is a great conditioning program that only takes 10 minutes and compliments Muay Thai kicks and knees along with kettlebells to create a full-body ballistic conditioning circuit.

Set your timer for 10 minutes with 30 second intervals. Continue to run the following circuit with no rest until the buzzer sounds:

**Set 1:** Double hand kettlebell swings

**Set 2:** Muay Thai kicks on heavy bag (alternate legs with each kick or alternate leg with each round)

**Set 3:** Snatches (alternate right and left arm with each round not during each set)

**Set 4:** Knees on bag or clinching/grappling dummy if you have one. Perform various knees but be sure to emphasize technique and power over speed.

The circuit will consist of a total of 5 rounds (4 sets as listed above per round). Technique is critical and high volume repetitions are not. As you progress through the rounds you will begin to fatigue and the volume of repetitions per set will begin to shrink. DO NOT sacrifice technique to ensure maximum repetitions. This exercise will simulate the type of fatigue you will face in a fight during later rounds. You want to make sure your technique remains strong as you fatigue.

If this program seems a bit advanced for you, try cutting it down to only two rounds. Track and monitor your progress, especially your repetitions. Challenge yourself to increase your volume by increasing sets as long as it's not at the expense of your technique. Continue this process until you are able to complete all five rounds.



### *The Importance of a Good Training Partner*

Your training partner is there to be your eyes, to check for holes. Your training partner is there to push you. Your training partner is there to challenge you. Your training partner is there to pull you up from the depths when you're down. Your training partner is there to inspire and motivate you. Your training partner is there to help you believe in yourself.

A good partner isn't someone who just knows how to hold pads and is happy to run you into the ground. A partner should be watching your breathing and assessing your output. A good partner will make you work but will also pace you so that you don't gas out in the first few minutes of training.



A good training partner should always be testing your limits. They should be there to give you the motivation that is important to keep your spirits high during the ups and downs of your training. Without proper motivation training can become more like a chore, rather than a sense of achievement. You may have all your weapons, but if your training partner isn't challenging you it's really going to be difficult for you to grow. Most individuals thrive off of the sense of growth and accomplishment to get them through their training.

Training partners are an essential tool to becoming successful in Martial Arts. It is important to make sure that if you are someone's training partner that you are being a good coach. Making sure you are checking their technique, giving them constructive feedback and motivating them through any physical or mental challenges they may face. Remember that both you and your partner are in training with the same end goal in mind. Nothing is more fulfilling than successfully reaching that goal.

# 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 - June 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
			<b>BUDDY DAY!</b> Permissions slips available at front desk			
14	15	16	17	18	19	20
	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>	
21	22	23	24	25	26	27
Father's Day!				Special Guest Jiu-Jitsu Instructor: Jeff Curran		
28	29	30				