LINXX Academy Martial Arts

"Linking Practical Defense and Personal Development"

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Junior LINXX Sparring Tournament

On Saturday, May 15, 2010, LINXX Academy of Martial Arts at Redmill held its Junior Spring Intramural Sparring Tournament. Enthusiastic fighters and excited guests geared up as LINXX staff set the mat for the annual event. Over 50 students registered for the competition, ranging in ages from 6–14 years. LINXX was proud to welcome Tyler Baer of Renaissance Academy in Lynchburg, as well as Christopher Brideson of Trident Academy of Martial Arts to the roster of impressive junior competitors.

LINXX founder and head instructor Frank Cucci, Sr., welcomed guests and outlined the day's agenda. Students were placed in their respective brackets based on current rank and weight classes. This year's tournament included full-contact sparring beginning at the Intermediate level. Typically, full contact is reserved for advanced-level bouts, as well as the final rounds of each weight class. Full-contact sparring allows strikes to the head, body, and legs by using kicks and hand strikes. Simultaneous bouts were held in two separate rings, attended by three judges and a referee on the mat. This was a single-elimination tournament, so the loser of each match was ineligible to compete for first place in each bracket; however, several defeated competitors participated in subsequent matches to determine third place.

A noteworthy challenge between Deandre Corbe and Malik Sheppard capped off the memorable morning. First-place contender Jacob Urps succumbed to illness after securing second place, but Corbe and Sheppard, the other two advanced heavyweight pacesetters, were far from finished. They agreed to perform in an exhibition challenge in light of the defaulted match, which gave the audience an awe-inspiring showcase of form and technique.

Mr. Cucci commented, "The discipline of all parties involved deserves recognition from everyone here at LINXX. For some students, it was the first fight of their young lives and each one met the mat with true honor. My staff and I would like to extend the highest commendations to the Junior LINXX fighters. We look forward to helping them continue to grow in strength and character."

Tournament Results:

Girls Beginner 70-80lbs
1st place tie
Cayenne Perry/Madison Perry
3rd Angela Perotta

Girls Intermediate 50-60lbs
1st Haley Swank
2nd Paige Schneider

Girls Advanced 100+
1st Shannon Morris
2nd Megan Trieu

Boys Beginner 120+
1st Christopher Brideson (Trident Academy)
2nd Tyler Baer (Renaissance Academy)
3rd Ethan Rivera

Boys Intermediate 50-60lbs
1st Tucker Perry
2nd Nick Evancho
3rd Daniel Daher

Boys Intermediate 60-75lbs
1st Demetrius Banks
2nd Noah Mummert
3rd Bryce Boltze

Boys Intermediate 85-100lbs
1st Ryan Holt
2nd Pedro Daher
3rd Rory Domino

Boys Advanced 50-60lbs
1st Colby Swanson
2nd Max Mathews
3rd Isiah Umpa

Boys Advanced 60-70lbs
1st Dylan Loughheed
2nd Bodie Smith

Boys Advanced 70-80lbs
1st Gavin Corbe
2nd Seth Morris
3rd Noah Kantirakis

Boys Advanced 90-100lbs
1st Mico Picardo
2nd Jacob Garcia

The North American Grappling Association

On May 5, 2010, The North American Grappling Association (NAGA) rolled into Charlotte, North Carolina for the North Carolina Grappling Championship. An electric atmosphere filled the Grady Cole Center as hundreds of anxious grapplers and their support groups arrived for the nationally ranked tournament. The event, which was open to all grappling styles and experience levels, attracted about 400 grapplers overall. In the LINXX corner, coaches Nestor Bayot and James Gamble, along with LINXX father, Ron Lynch, gathered the team and gave the challengers a pep talk about strategies and game plans. An up-and-coming group of young and eager LINXX competitors were about to make their debut on the mats.

All NAGA events are part of the nationwide ranking system entitled RANKED. Victory for a competitor at a RANKED tournament is a successful step towards recognition on a national level. The system was put into effect by NAGA in 2002 and continues to be the largest submission grappling ranking system. It is designed to keep track of the best grapplers in the country and has helped grappling gain further recognition among other sports. First place competitors earn both a custom engraved Samurai sword and due credit on the NAGA RANKED website.

Six Junior LINXX competitors rolled on the mat that day, and together they rolled off with 11 placements in the top 3 spots for both Gi and No-Gi divisions. Kai Lockhart, 9, proudly earned 1st place in his Gi and No-Gi weight class. Troy Metcalf, Gavin Corbe, and Caleb Lynch were also honored with 1st place victories. Another notable match occurred when Deandre Corbe, 15-years-old and 95 lbs, took on Christian Clinton of Team ROC of North Carolina, who weighed in 30 lbs heavier than Corbe. After grappling with the considerably larger opponent, Deandre proceeded to take 2nd place in the Teen GI Intermediate Bantam Weight.

Five Master LINXX fighters grappled their way to seven top tier octagon medals at the tournament. Brandon Watts and John Lopez completed the selection of gold medal winners. Lopez secured the 1st place title for the Men's No-Gi Intermediate Welter Weight division, and the ambitious White Belt requested to roll with the Blue Belts; ultimately placing 3rd in the advanced division. Watts went home with the 1st place title for the Men's No-Gi Beginner Welter Weight division as well as the 1st place title for the Men's Gi White Belt Welter Weight division.

Each LINXX grappler was confronted with experienced competitors, daunting weight classes and ranks, and the pressures of tournament competition, and they met each challenge head-on. Their confidence and drive, along with the training and support from their LINXX family, helped bolster each student to strive for greatness, accelerate in experience, and compete with the ferocity and poise of seasoned fighters.

May Birthdays

We would like to thank
Chris Lawler
for celebrating his birthday with
us in May.

LINXX Academy's 2010 Summer Training Camp

School is almost out and LINXX Academy is eagerly preparing for the 2010 Summer Training Camp. The camp is open to kids 7-13 years old and will continue to maintain an emphasis on physical training and skill development. Camp starts at 9:00 a.m. and runs until 4:00 p.m., Monday through Friday. Kids will have the opportunity to condition with the full cadre of LINXX instructors in fun and engaging activities that promote self-confidence, teamwork, respect, and discipline.

The 2010 Summer Training Camp consists of morning runs, training sessions at Mount Trashmore, and rousing field trips to First Landing State Park and Rock Gym. Each student will be provided daily transportation from the Kempsville location to each destination, lunch (catered by Tropical Smoothie Café), and a camp T-shirt. Apart from the exciting itinerary, LINXX students will also be credited 16 hours of training. This is equal to approximately two months of regular classes, and will allow LINXX families to better accommodate other summer plans while keeping students eligible to test and progress on schedule.

The cost for the 2010 Summer Training Camp will be $350 for non-members, $299 for LINXX students, and $250 for LINXX students in the Black Belt Club. Additional family members can be registered at 25% off the initial camp fee. Running shoes, athletic wear, and an extra set of attire will be required for all participants. Each camp will be limited to 20 students and will be filled on a first come, first serve basis.

LINXX Academy will be offering two 2010 Summer Training Camp sessions: July 26-30 and August 16-20. For further details and questions, please do not hesitate to contact your respective school manager.

Healthy Alternatives for Summer Cooking

Summer is right around the corner—the grills are out and patios everywhere are filled with family gatherings and neighborhood barbeques. Hamburgers and hot dogs are probably the easiest and most economical foods to feed your hungry guests. But these days, people are looking for healthier items to heat up their menus without eating up their budgets. Before you dive into this summer season, consider these wholesome alternatives for guilt-free outdoor cooking.

For Starters

• Seasonal fruits like blueberries, mangoes, apricots, strawberries, and peaches are abundant this time of year. Mix your favorite fruit with a bit of olive oil and herbs to make a refreshing salad dressing or marinade.

• Now is an excellent time to try seasonal vinaigrettes, which can be found at most supermarkets. These appetizing sauces made from oil, vinegar, and seasonings can be used on salads, meats, and fish. Thousands of free recipes are available online and most can be prepared in 20 minutes or less.

• Add some zest to your meals with yogurt. This is an economical, healthy way to get protein and calcium into your diet. Add some whipped cream and fruit to flavored yogurt for a light, cool dessert on those hot summer nights. Use yogurt instead of sour cream to get the protein without the extra fat. Try yogurt instead of vegetable oil in baked goods like brownies and cake.

Spectacular Sides

• Asparagus is very low in cholesterol and sodium, and it's a great source of iron and protein. Grilled asparagus can be topped with a flavorful sauce or savory hummus. Roasted lemon asparagus takes about 10 minutes to cook, including preparation time.

• Take advantage of harvest season! From May until September, corn makes a bright appearance in supermarkets. Yellow corn has larger kernels and tastes sweet, even when cooked right in the husk. White corn consists of smaller, sweeter kernels.

The Other Types of Meat

• Turkey burgers are a tasty alternative to red meat burgers and hot dogs.

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Healthy Alternatives continued from page 3

• Marinated chicken breasts and lean cuts of meat are great on a kabob with a variety of vegetables. The kabob helps portion each serving and the combination of meat and veggies makes for an absolutely satisfying delicacy.

• Wrap salmon or grilled fish in foil and add a splash of fresh lemon juice with rosemary to make a tasty, aromatic dish at any cookout.

Tips and Tricks

• The "no-bun" burger – Here is a simple solution for dieting guests who might request it. Just wrap a full leaf of lettuce around a freshly grilled burger and you've got a great-tasting, low-carbohydrate hamburger.

• Cheese alternatives – Consider using onions, mushrooms, tomatoes, and avocados. You will find many surprising ways to enhance a meal with these garnishes.

This summer, bring your creative ideas to the picnic table and serve your family and friends the freshest summertime foods. Even if you want to serve standard picnic fare, try the healthy alternative and grill some turkey burgers and hot dogs. Add a touch of seasonal starters, mix in a few spectacular sides, and you've got a recipe for one deliciously healthy summer cookout!

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			

20- Father's Day*

Kempsville Calendar of Events

16th : **Buddy Day-** Permissions slips available at front desk

18th: **School Closed-** Black Belt Graduation

21st : **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

22nd : **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

23rd : **Jiu-Jitsu Graduation**

25th : **Junior LINXX Graduation** @ 5:00pm
Adult Thai Graduation and Class @ 6:00pm

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			

20- Father's Day*

Red Mill Calendar of Events

15th: **JL Buddy Day-** Permissions slips available at front desk

16th : **LL Buddy Day-** Permissions slips available at front desk

18th: **School Closed-** Black Belt Graduation

21st : **Junior Jiu-Jitsu Testing-** @ 5:00pm
Adult Thai Boxing Testing @ 6:00pm
Adult Jiu-Jitsu Testing @ 7:15pm

22nd : **Junior LINXX Testing-** White thru Green @ 5:00pm
Junior LINXX Testing Blue Belt and above @ 6:00pm

23rd : **Junior Jiu-Jitsu Graduation** @ 5:00pm
Adult Thai Graduation and Class @ 6:00pm
Adult Jiu-Jitsu Graduation @ 7:15pm

24th : **Little/Junior Linxx Graduation** @ 5:00pm