



# LINXX ACADEMY OF MARTIAL ARTS

March 2011

Judo • New Jiu-Jitsu Uniform Standards • WKA National Jiu-Jitsu Championships  
LINXX Birthdays • Kick the Habit of Skipping Workouts

## Judo

Judo was founded in Japan by Dr. Kano Jigoro dating back to 1882. Translated as "the way of gentleness," "gentleness" is characterized by the indirect application of force to defeat an opponent. More specifically, it is the principle of using one's opponent's strength against him and adapting well to changing circumstances. Kano saw judo as a means for governing and improving oneself physically, mentally, emotionally and morally.

In competition, the object of Judo is to score an ippon, or full point, immediately ending the match. There are three ways to earn an ippon; throwing or taking down of one's opponent to the ground, subduing the opponent with a grappling maneuver; or forcing your opponent to submit by joint locking or by executing a strangle hold or choke.



Ari Miller, Linxx Academy's Judo Black Belt Sandan and coach began his competition career at the University of Oklahoma. He wrestled and began studying Judo in 1994. Ari was the 1997 Pan American Sambo Champion as well as the 1997 American Sambo National Champion. He is also a National Judo Coach certified under USA Judo. Rounding out his martial arts skill sets, he currently holds a Blue Belt in Brazilian Jiu-jitsu.

Miller led the LINXX Judo team in Arlington, Virginia on February 19, 2011; coaching them through the 2011 Virginia Open Judo Championship, the first judo competition for the team. Representing Linxx Academy's Judo program in the Adult division were as follows: Green belts Jason Henderson, Chad Metcalf along with white belt Nick Bosch. Proudly lining up as representative for the Junior's team was Ari's own, Cami Miller:

After single losses in the early rounds, each of the Linxx adult competitors fought their way back up the brackets. Jason Henderson and Nick Bosch inevitably took home silver medals in their divisions. Chad Metcalf, with 13 competitors in his division, contended his way to a bronze. All three only losing from the victors of their respective weight classes.

### Questions, Comments, Concerns, or Recommendations?

Please contact Program Managers

Ryan Russo at 757-495-7070, Mike Paulson at 757-689-0680  
or [linxxacademy.com](http://linxxacademy.com)

Nine year old Cami Miller gave it her all in the first competition of her young Judo career. With over a hundred competitors from varying schools, Cami eagerly faced the challenge. Miss Miller valiantly toughed it out through both of her bouts and regardless of not placing in her division she had enjoyed the experience and appreciated her entry into the world her father had grown to love.



For further information regarding the practice of Judo, contact either LINXX Academy locations. Classes currently meet on Friday from 7:15-8:30 at Kempsville and Saturday from 12:00-1:00 at our Redmill Location.

## Junior's Thai Kick Boxing Tournament (Ages 7-14)

Hosted by Linxx Academy of Martial Arts (Red Mill location)  
Saturday, March 26, 2011

### Registration Information

- Deadline for Registration is Saturday, March 19, 2011 at 2:00 p.m.
- Entry fee is \$25 for each competitor and \$15 for each additional family member who competes.
- Students may register in person at Linxx Academy (Kempsville or Redmill), or by calling 757-495-7070 / 757-689-0680 or online at [www.linxxacademy.com](http://www.linxxacademy.com).



# “LINKING PRACTICAL DEFENSE AND PERSONAL DEVELOPMENT”

## New Jiu-Jitsu Uniform Standards

Our current team patch (worn on back) is silkscreened on canvas which has shown to fade quickly and tear easily. Therefore, we are introducing a new team patch that has been redesigned to feature our traditional academy logo, and embroidered to maintain its color and last longer.

Additionally, the Pedro Sauer Jiu-Jitsu Association has redesigned its affiliate patch to reflect the original “Academy Gracie” logo (worn on left chest). This new high quality, multi-colored patch is also embroidered and designed to withstand wear and tear.

Effective immediately, students planning to compete are required to have the new team and association patch on their Gi. All other students are required to replace their patches by May 1st.

The new patch set will retail for \$29.99, however for the next 30 days, students may purchase them at the wholesale price of \$17.99. For an additional \$10.00, we will remove your old patches and sew on your new ones.



## WKA National Jiu-Jitsu Championships



The World Kickboxing Association (WKA) returned to Hampton on February 18, 2011 to host the WKA North American Combat Sports National Championships in the Hampton Coliseum. Competitors travel from all over the U.S., Canada, and Mexico to be a part of the

annual event. The elimination style tournament is not only used to determine the best fighters in North America but as a way to select members for the WKA US National Team to represent the U.S. at the WKA World Championships, this year scheduled for Germany. This year, for the first time, BJJ/Submission Grappling will be featured at the WKA Amateur World Championships. A chance to represent the U.S. in Germany was presented and created enough incentive for Coach Nestor Bayot to support grapplers Chad Del Rosario, Raymond Duenas, Kris Moe, and Patrick Trinidad to roll in and take their shots at the National Championships.

It was business as usual as the small group made it onto the mats early that morning. After 9 divisions over the course of just 4 hours, LINXX came off the mats that afternoon with 3 Gold, 3 Silver, and 2 Bronze medals. Just a couple days later, news was received of 2 spots on the U.S. Team were reserved for Moe and Trinidad for earning first in their divisions.

As the team maintains its authority on the mats, other opportunities continue to present themselves. The strength of the LINXX Jiu Jitsu team continues to command attention locally and nationwide which makes the possibilities of world competition one to look forward to. Congratulations to all competitors to another job very well done! Special commendation to Kris Moe and Patrick Trinidad for securing their positions on the WKA National Team!

## LINXX Birthdays

LINXX Academy would like to thank John and Ella Ferguson along with Dominic Lawyer and Laura Lawyer for celebrating their February birthdays with us. Each student spent the afternoon in a special class with their favorite instructor and a good group of their invited friends.

Your favorite LINXX instructor's would like the chance to provide your family with a party to remember! Party packages include full use of our 5,000 square foot facility, two instructors, fun and games for up to 20 participants, and a special self-defense lesson featuring your number one student! Custom invitations will be provided and RSVP's will be managed by LINXX staff. To alleviate planning any further, the Gold package also includes drinks, pizza, and a personalized cake for all attendees.

Book your party for either Kempsville or Redmill by contacting the front desk at your preferred location. Please feel free to contact 757.495.7070 or 757.689.0680 with any questions, comments, or concerns. Information and details are also available online at [www.linxxacademy.com](http://www.linxxacademy.com).



## Kick the Habit of Skipping Workouts

It is human nature to stagnate in a comfortable spot. Breaking a bad habit, such as skipping workouts, may seem like a major mental obstacle but replacing that bad habit with a new one makes the task much simpler than it seems. By focusing on the following new tips, you can begin psychologically preparing for the new habits you will achieve.



1. Keep your eye on the prize. You must have a very strong reason why you are doing it. Always connect to that "why," especially when things get tough or you get busy. If your goal is to fit into old jeans or get in shape for the summer, then hang those pair of jeans or new swim suit somewhere in sight as a reminder of the end goal. If your cholesterol is too high make a progress chart and hang it on the fridge for a simple reminder to curb your appetites. People who use visualization techniques are six times more likely to achieve their goals.

2. Schedule a consistent workout time. Set a regular time that fits your body clock AND your daily and weekly schedule, prioritizing it just like you would a meeting. If your body clock is geared to the morning, follow that lead and train then. Start a fitness journal that records your daily progress you can keep visible so you can stay consistent with your fitness regimen. This not only helps keep you healthy but also manages your well of physical and mental energy so that you're more likely to be prepared and alert in jobs, relationships, family and other responsibilities.

3. Workout when you don't feel up to it. The mental edge you get and give to yourself when you beat the temptation to talk yourself out of fitness when you "don't feel like it" is a huge breakthrough. Some of the best workouts came when one didn't feel like it. Don't you have a sense of accomplishment and pride when a project around the house or at work is finished, especially when the chips were down?



In some cases you do have to "think your way and believe your way" through it and when you do the payoff is HUGE. Simply put, overcoming that mentality not only makes you feel good but it is good progress for you too.

4. Tell someone, and use a fitness buddy or trainer. Staying motivated on your own is pretty tough. When someone's there, waiting, and holding you accountable to your exercise commitment, then you have yourself a mighty motivator. Telling people in your life also motivates you to deliver on what you said you would do. It creates friendly accountability in your family, friendships and or workplace. Scheduling sessions with a personal trainer creates an especially powerful incentive to work out: You'll feel a natural desire to make your trainer proud, and to respect the time commitment he or she blocked out to work with you. That's powerful inspiration when you're mulling whether or not to slide in to those gym shoes!

5. Reward yourself. The most fundamental law in all of psychology is the "law of effect." It simply states that actions followed by rewards are strengthened and likely to recur. Continue to acknowledge and reward yourself for the "baby-steps" you take in kicking a bad habit. Let the people around you reward your success and cheer you on the next step. Now what are you waiting for? The most important part of starting a new habit is by doing it now! The best way to learn how to change those stubborn habits in your life is through practice. Make a change now and you can begin practicing a completely new way of living.



## Student of the Month



**Kaden James**  
Kempsville Black Belt Club  
Student of the Month



**Lucia Morant Marquez**  
Kempsville Little Linxx  
Student of the Month



March						
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

- 9<sup>th</sup> : **Buddy Day**- Permissions slips available at front desk
- 14<sup>th</sup> : **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
- 15<sup>th</sup> : **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
- 16<sup>th</sup> : **Jiu-Jitsu Graduation @ 7:15pm**- Normal class in session
- 18<sup>th</sup> : **Junior LINXX Graduation @ 5:00pm**- No Kids classes-Normal class in session  
**Adult Thai Graduation and Class @ 6:00pm**
- 26<sup>th</sup> **Junior's Thai Kick Boxing Tournament @ 10:00am-Red Mill Location**  
-Classes cancelled



March						
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

- 16<sup>th</sup> : **LL Buddy Day**- Permissions slips available at front desk
- 17<sup>th</sup> : **JL Buddy Day**- Permissions slips available at front desk
- 21<sup>st</sup> : **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
- 22<sup>nd</sup> : **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
- 23<sup>rd</sup> : **Junior Jiu-Jitsu Graduation @ 5:00pm**- Normal class in session  
**Adult Jiu Jitsu Graduation @ 7:00pm**- Normal class in session
- 24<sup>th</sup> : **LL/JL Graduation @ 5:00pm**- No Kids classes
- 25<sup>th</sup> : **Adult Thai Graduation and @ 6:00pm**- Normal class in session
- 26<sup>th</sup> **Junior's Thai Kick Boxing Tournament @ 10:00am-Red Mill Location**  
-Classes cancelled