

LINXX ACADEMY MARTIAL ARTS

"Linking Practical Defense and Personal Development"

Monthly Newsletter

www.linxxacademy.com

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Red Mill Grand Opening



The most highly respected and quality martial arts academy in the Hampton Roads area has officially launched its second location. On February 20, 2010, LINXX Academy of

Martial Arts opened the doors to its highly anticipated Red Mill facility, located on the corner of General Booth Boulevard and Nimmo Parkway in the new Red Mill Landing complex. LINXX academy students will now be able to train at both facilities. The new 6,200 square-foot facility boasts top-of-the-line training equipment, including 10 heavy bags, a half cage with glide box, high quality Swain mats, and a regulation-size boxing ring. The boxing ring and mat area are set up with a video system that provides students the ability to review their training sessions.

The building was packed 30 minutes before the seminars began as students, parents, and guests eagerly prepared for a promising day. Mixed martial arts (MMA) enthusiasts and professionals from all over the east coast geared up to participate in workshops taught by prominent figures of the industry. The excitement began with the arrival of Pedro Sauer, Brazilian Jiu-Jitsu guru and professor of LINXX academy's own Frank Cucci, Sr. Jeff "Big Frog" Curran, World Extreme Cagefighting (WEC) superstar and former LINXX student, joined the gathering followed by Greg Nelson, owner of Minnesota Martial Arts Academy and coach of MMA stars Brock Lesner and Sean Sherk. Sean "The Muscle Shark" Sherk, former Ultimate Fighting Championship (UFC) lightweight champion, completed the collection of world class talent on the guest instructor list. "The roster of individuals getting ready to train under this

roof at this very moment is truly incredible," remarked parents as everyone gathered to begin the festivities.



Opening remarks were made by founder and head instructor Frank Cucci, Sr., highlighting LINXX Academy's heritage and mission. The Academy has proudly served the Hampton Roads community since 1992 and remains committed to the

task of providing students with the most practical and effective self defense skills, rooted in the principles of ethical-moral development. The Academy is proud to maintain black belt ready instructors and a top notch staff. Mr. Cucci humbly thanked the community and his staff for their support throughout the years, took the time to appreciate the attractive facility, and proudly introduced the guest instructors of the day, kicking off an exceptional set of workshops and seminars.

Professor Pedro Sauer was the morning's first instructor. Mr. Sauer is a certified 7th degree red/black belt Jiu-Jitsu instructor and is one of the most highly sought after instructors in the nation. For most, this was the chance of a lifetime. Students diligently listened to each instruction as Mr.



Sauer discussed Gi Jiu-Jitsu techniques. After each technique was demonstrated, students proceeded to practice on the mat under the supervision of the acclaimed instructors. Mr. Sauer's sincere personality earned him much admiration throughout the day from everyone in attendance. Professor Sauer currently resides in northern Virginia where he instructs at One Spirit Martial Arts and Jeff Gordon's Self Defense Academy in Gaithersburg, Maryland.

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**Questions, Comments, Concerns, or Recommendations? Please contact Program Managers
Ryan Russo at 757-495-7070, Mike Paulson at 757-689-0680 or admin@linxxsecurity.com**

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Greg Nelson was next on the fascinating line-up. Mr. Nelson is known as one of the top cornermen/coaches in MMA and Muay Thai and has worked with a number of champions. In 2002, he was awarded his black

belt in Brazilian Jiu-Jitsu under Professor Pedro Sauer and during the same year began his battle with non-hodgkins lymphoma; ultimately beating cancer twice after being diagnosed with a rare form of nerve cancer called neurolymphomatosis. Nelson has developed several fighters that hold title belts from the UFC, CMTF, USMTA, IKF, ISKA, WKA, NAGA, and a Bronze Medal in the 1996 Muay Thai World Championships. The valiant Mr. Nelson instructed the students at LINXX Academy on different variations of Muay Thai Clinch techniques. Greg Nelson is the owner and head instructor of the Minnesota Martial Arts Academy in Brooklyn Center, Minnesota.

Then came Jeff “Big Frog” Curran. Curran earned his black belt under Professor Pedro Sauer and is a former student of Frank Cucci, Sr. at LINXX Academy. At the age of 33, Curran has over 60 victories



and a range of MMA experiences from around the world that make the WEC contender and UFC veteran a force to be reckoned with in the ring. The Strikeforce superstar eagerly assisted students around the room on No-Gi grappling techniques that have helped him gain recognition in the MMA community. Curran is a technical pioneer and students were provided the privilege to learn several submission wrestling moves under his supervision. Jeff Curran established the Curran Martial Arts Academy in Crystal Lake, Illinois and continues to be one the most active and promising contenders in the game.

Last but far from least, it was Sean “The Muscle Shark” Sherk’s turn to share his expertise. As a former UFC lightweight champion, Sherk has become a well-respected name in the business. Fans from around the world remember the



“Muscle Shark” from his appearances at Extreme Challenge, King of the Cage, Pancrase, TKO, Extreme Challenge, The Ultimate Fighting Championship, and Pride Bushido. Even though most students in attendance had been in training for over five hours at this point, there was no sign of weariness as the crowd gathered to take a lesson from the Shark. The opportunity to work with the renowned fighter was too great to miss. Sherk quietly moved around the room observing and offering tips to students on MMA submission moves that have forged him into a champion. Sean Sherk continues to train at the Minnesota Martial Arts Academy under Coach Greg Nelson and looks forward to reinforcing his name as a MMA forerunner.

As masters of the martial arts industry graced the mats of the new LINXX Academy facility, spectators were joined by Shelley of FM 99. The radio station broadcasted on-site and hosted a UFC Unleashed video game competition. Ryan B, Mark A, and Lauren S’s knockout moves in the game ring earned him/her two tickets each to the Nickelback concert with Breaking Benjamin at the Hampton Coliseum on April 14, 2010. As the day came to an end it was clear that the opening day festivities had sparked fire into the LINXX community. Practice continued for a number of students, inquiries for enrollments were addressed by LINXX staff throughout the day, and everyone involved hesitated to leave the engaging event. Guest instructors were available for pictures and attendees took advantage of the chance to ask for all types of advice, from fighting techniques to diet regimens. Mr. Cucci and his staff facilitated finishing touches to the new location’s schedule and appeal. To everyone involved, the event was a smashing success and a bright beginning for LINXX Academy of Martial Arts in Red Mill.



Mr. Brook's Muay Thai Debut

Dressed in his blue LINXX Academy Gi, Dan Brooks extends a hand out to 5 year old Dylan. She's accustomed to this and happily gives him a high five. Mr. Brooks has been a part of the LINXX Academy family for over 15 years now and earned his place as the head Muay Thai Instructor. On February 13, however, Mr. Brooks entered Elite Fighting Challenge (EFC) 6's cage and emerged with a different title. Dan Brooks, instructor, was now a victorious fighter of EFC 6's MuayThai Bout.



Dan got wind of the competition six weeks before the event and began his training immediately. With the help of Frank Cucci Jr., Brooks followed a rigorous Gym Jones workout routine three days a week and continued to train with the LINXX Academy competition team in the evenings. He devoted his time out of the gym to 3-5 mile runs and sprint work. All the while, maintaining responsibilities to LINXX Academy and his students. This intense workout schedule contributed to Brook's final official weight at 158.4 qualifying the fighter for his 160 lb bout.

The first fight of his life became the first fight of the evening at Siegal Center in Richmond, VA. Mr. Brooks extended his hands out. His opponent, Tin Nguyen, did not receive a high five but a hard jab onto the head. Several hits later, he stumbled into Brooks' kicks and it became clear that it was to be a tough fight for the Mixed Martial Arts Institute fighter. As Nguyen brought Brooks into a clinch in the second round, he received several swift knees to the rib. Nguyen's attempts to back out of the clinch provided him a knee into the face. A few cut kicks into the leg and connecting jabs later, Nguyen is fluttering and out of breath. Dan's aggression drove Tin to the floor and he made his way back into the corner. It's the final round and clearly worn out, Nguyen approached Brooks only to find himself slammed into the cage and pummeled knee after knee. Dominance in the clinch earned Dan Brooks the win with a unanimous 30-26 decision.

Team LINXX was proud to welcome Brooks back home as an established Muay Thai victor of the ring. Brooks was happy to return to his students and diet. Jeremy Ridgeway, founder of the EFC, was asked what he looks for in a fighter. He responded, "Heart and proper training. If a fighter has those two things they can accomplish great things." LINXX Academy is glad to say that it is clear Mr. Brooks has plenty of heart and excited that the proper training has helped him win the first of, hopefully, many great fights.

LINXX Academy Juniors Intramural Thai Boxing Sparring Tournament

April 3rd 2010 10:00 am

**LINXX Academy's Redmill Location: 1253 Nimmo parkway,
Suite 110, Virginia Beach 23454**

It's time again to test your skills in this year's Junior LINXX Intramural Thai Boxing Sparring Tournament. The tournament will be held at LINXX Academy's new location in the Redmill Landing shopping center on April 3, 2010 beginning at 10:00am. The tournament will consist of Beginner, Intermediate, and Advanced divisions. Each division will be distinguished by rank and rules of contact and each division will be further divided into separate weight classes.

The Beginner division will consist of orange and green belts where the sparring contact for the bouts will be limited to kicking and punching to the body but no contact to the face and no use of the clinch, knee strikes, or elbow strikes.

The Intermediate division will consist of the blue thru red belts and the sparring contact in the preliminary bouts will be punching and kicking to the body. Kicking to the head and use of the clinch and knee strikes to the body will be allowed but no use of elbow strikes. The Final bouts in the Intermediate division will be full contact sparring with punches allowed to the head.

The Advanced division will consist of red one through black belts and the sparring contact for all bouts will be full contact. Punching and kicking to the head and body, use of the clinch and knee strikes to the body will be allowed but there will be no use of elbow strikes.

Any Beginner or Intermediate level students who would like to challenge themselves may enter one division up; placing them in either the Intermediate or Advanced divisions.

The required safety equipment that will need to be supplied by participants is a mouth guard, chest protector, gloves, and shin guards. All head gear and boxing gloves for full contact bouts will be provided by the Academy.

**Where to Register: LINXX Academy –
Kempsville location**

Contact Info: (757) 495 - 7070

\$10 per competitor

Deadline: Saturday March 27, 2010



Student Outreach Program

Did you know that LINXX Academy offers a student outreach program? The LINXX "Student Outreach Program" is designed to help families that are trapped by contracts at schools that are substandard or no longer address their needs.

Since its founding over a decade ago, the LINXX Academy has become the recognized leader in Martial Arts instruction in the tidewater area. Over the years, dozens of martial arts schools have come and gone, yet LINXX Academy continues to provide hundreds of young men and woman the unique opportunity to develop physically, ethically and intellectually.

As leaders in the martial art industry, we feel it is our responsibility to reach out to families that are, or have been, previously disappointed with their martial arts experience. That's where the "Student Outreach Program" comes into play. The Student Outreach

Program is designed to assist families that are trapped by contracts at schools that are substandard and/or do not fully address their needs.

Under the LINXX "Outreach Program", LINXX Academy will honor memberships from other schools based up to 12 months based on the following criteria:

1. Student must present a valid contract.
2. Students will be responsible to pay the difference in tuition rates (if applicable).
3. Student rank may be adjusted to meet the standards of the LINXX system.
4. Student may be required to purchase additional training and safety equipment.

If you know anyone who could benefit from the LINXX Academy Student Outreach Program have them contact LINXX Academy Student Services at 495-7070 for the Kempsville location or 689-0680 for the Red Mill location.

March 2010 Calendar of Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	Buddy Day! Permissions slips available at front desk	11	12	13
14	15 Junior LINXX Testing White thru Green @ 5pm Adult Thai Boxing Review Review and Pretest @ 6pm <i>Normal class in session</i>	16 Junior LINXX Testing Blue-Red Tip @ 5:30 and Red One Thru Brown/Black @ 6:30 <i>Normal class in session</i>	17 Jiu-Jitsu Graduation Normal class in session	18	19 Graduation Junior LINXX @ 5pm Adult Thai Graduation @ 7pm <i>No regular classes</i>	20
21	22	23	24	25	26	27
28	29	30	31			