



# LINXX ACADEMY OF MARTIAL ARTS

May 2011

The NCAA Weekend's Biggest Winner • "Governing" the Ring • Master Chai Seminar

## Students, Parents, and Friends,



**From time to time, I run across an article that I find truly inspiring. As you know, at the end of each class, we reflect on the Black Belt principles. This month's feature is about a courageous young wrestler, Anthony Robles, who exhibits that abominable spirit we are all trying to harness.**

**Anthony, who only has one leg, refused to give up on his dreams of becoming a wrestler. Through hard work, determination, and perseverance, he not only participated but excelled in the sport and eventually went on to defeat a defending national champion. His story shows us that we can control our own destinies by ignoring negativity and pushing for what some say may be impossible. This month at the Academy, push for your impossible—you'll be amazed at what you can accomplish.**

**—Frank Cucci, Founder and Head Instructor of the Linxx Academy of Martial Arts**

The NCAA Weekend's Biggest Winner

By Jason Gay



A few hours before the most important wrestling match of his life, Anthony Robles walked out on crutches into a near empty Wells Fargo Center in Philadelphia. He wore a white winter hat and gray shorts, and he carried a plastic gallon jug of water. Reaching the

elevated mat at the center of the arena, Robles stretched. He talked with his Arizona State teammates. He sipped his water. He ran—yes, ran—tight, dizzying circles around the border of the mat, planting his crutches ahead of his body, thrusting his left leg forward, bouncing his foot twice and repeating, a furious whirl. These are rituals of wrestlers. That was all Robles wanted to be, since he tried out for his Mesa, Ariz., high-school team, a 90-pound freshman born without a right leg.

### 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)

"Terrible," is how Robles described his early wrestling.

But he became great. Robles won state high-school championships, then a national one. Ignored by many big wrestling colleges, he had gone to nearby Arizona State, where he'd become an All-American and win three Pac-10 titles. To many people, Robles wasn't just an athlete, but something more—a symbol of perseverance, of a refusal to quit. The stories of Robles's training took on a mythical quality—charging up hills with his Sun Devils teammates, bench-pressing 305 pounds, a 125-pound wrestler with upper-body power sculpted by a lifetime on crutches.

"I didn't get into the sport for the attention," Robles humbly said. "I wrestle because I love wrestling."

In the final, Robles was pitted against Iowa sophomore Matt McDonough, the defending national champion at 125 pounds. The two had never met. During the national anthem, McDonough restlessly paced back and forth, as if he couldn't wait another second. A few feet away, Robles stood still on his crutches, jaw fixed, expressionless.

So much of Robles's last wrestling season had been dedicated to sharpening his mental strength, to relaxing under duress and slowing the match down. But as the arena announcer goosed the crowd—"We're going live on ESPN in 20 seconds!"—that inner calm seemed to be deserting him. Robles briefly thought he was going to throw up. "I was scared," he admitted later.

When the match began, Robles's jitters evaporated. Body contact does that—adrenaline takes over. Robles dropped to his knee, as is his style, and quickly gained an advantage over the rangy McDonough, taking him down. Robles's clench is ferocious—"Like a vice grip," said his coach, Shawn Charles—and McDonough, who had lost only twice in his college career, soon looked helpless underneath. Robles surged to a 7-0 lead, more than he needed. McDonough would manage only one point.

When it was over, Robles knelt on the ground, seemingly stunned. Backstage, someone told him they thought his victory would be the sports story of the weekend, bigger even than the NCAA basketball tournaments and the NFL lockout nonsense.

He said, thank you, and reminded that he didn't get into wrestling for the attention. It was appreciated, but Anthony Robles was a national champion, and on Saturday night, that was all he wanted to be.

Check out this and other articles by Jason Gay at The Wall Street Journal Online: <http://online.wsj.com/article/SB10001424052748704433904576212721437205698.html>

# “LINKING PRACTICAL DEFENSE AND PERSONAL DEVELOPMENT”

## “Governing” the Ring

In the octagon, the audience is focused on the two competitors facing off. Every swift punch combo thrown is followed by anxious eyes. Points are allocated by judges on the sidelines, impact is assumed by spectators, and blow after blow is measured by each fighter's body; however, the person who is closest to the action and critically examines it all is the referee.

A Mixed Martial Arts (MMA) referee has the primary duty of ensuring the safety of the competitors, according to the MMA Referee's Code of Ethics. Each referee is required to strive for fairness, integrity, and uniformity in each match. With these standards in mind, qualifying to be an MMA referee involves a lengthy certification process. Each potential referee has to be familiar with a comprehensive database of basic MMA techniques. One also must be able to identify over 25 takedowns and 30 types of submissions, not to mention the countless positions and sweeps in any given fight.

Our very own Mr. Todd McGovern serves as an MMA referee. He began his competition career as a wrestler-turned-boxer in 1979, and in 2005, he joined the LINXX Academy of Martial Arts to grapple. Since then, he has developed an affinity for Brazilian Jiu Jitsu and Muay Thai. His knowledge, passion, and respect for the arts qualify him to be a part of the competition that takes a much more meticulous approach than just a reaction to your opponent. He is required to advocate for both fighters simultaneously and impartially.

McGovern is certified through the Global Combat Alliance Amateur Sanctioning Body and the State of Virginia for MMA fights. He has entered the ring with prominent challengers from King of the Ring, Brawley, Barbarian, Spartyka and Team Predator. The Ultimate Fighting Championships, Ultimate Warrior Challenge, Elite Fighting Challenge, Modern Gladiators, and Operation Octagon top the list of promoters that McGovern has had the chance to represent.

“This is how I get my front row seat,” McGovern says.

During his four years of active refereeing for the MMA industry, McGovern has stood side by side with numerous champions. He notes the advantages of dedication and being multidimensional.

“A true champion is well rounded, all the way around. There is no part-time training if you expect to go anywhere—no weekend warriors. This is a lifestyle, and you have got to fight from the heart.”

McGovern continues to train on the mats at LINXX Academy as a four-stripe blue belt while he looks forward to contributing to the growth of the MMA industry. He plans to further his career by expanding around the world, but for now, he simply just enjoys every single round.



## Master Chai Seminar

Our Kempsville location hosted the 17th Annual Thai Boxing Seminar featuring Master Chai Sirisute, the founder and president of the Thai Boxing Association (TBA) of the United States. Master Chai, known to his disciples as Ajarn Chai, is credited with bringing the art of Thai Boxing to the United States. For over 40 years, he has continued to define the rhythm, technique, and form of Muay Thai.

The son of a prominent Bangkok lawyer, Surachai "Chai" Sirisute was encouraged to follow in his father's footsteps, but young Ajarn Chai had natural athletic abilities and was more interested in kicking his father's heavy bag. Apparently, the rambunctious youngster taunted neighborhood Karate school kids and boasted that he could beat any of them. Observing this, the school's instructor organized a sparring match where the precocious, untrained, six-year-old Ajarn Chai actually defeated the older students. Determined to teach the boy a lesson in discipline, the instructor gave a mind-over-matter demonstration that some say inspired Ajarn Chai's mantra of discipline and respect.

"I couldn't believe it. I got so scared. After that, I just shut up and got into line and started throwing punches with the rest of them," recalls Ajarn Chai. He began training in Muay Thai and Karate at the tender age of six. He officially started taking lessons in Thai Boxing when he was eight years old. By the age of 12, he earned his black belt and began fighting in the ring. Ajarn Chai has fought competitively in over 70 Muay Thai contests and a multitude of Western boxing bouts.

Ajarn Chai chooses roughly only a dozen of his association schools for his seminars each year. Our Kempsville location hosted this year's seminar on April 16 and 17, 2011. The first day began with over 40 intermediate and advanced adult students in attendance. Some were attending for the first time, while others knew what was to come.

The first half-hour focused on perfecting each student's Thai Boxing stance by practicing footwork and timing. The remainder of the day was spent on various combinations; however, if close attention was not paid to hand and foot placement, the entire class was back to practicing the basics of footwork, hand placement, and timing. After lunch, Ajarn Chai selected individuals to come into the ring with him to showcase the combinations they had been taught earlier. The youngest student selected was seven-year-old Brody Abdow. Terrified of what was to come, young Brody showcased his three-plus years of training superbly.

Saturday afternoon Ajarn Chai hosted a seminar specifically for younger students. Twenty junior LINXX students eagerly geared up for training with the experienced instructor. Ajarn Chai covered clinch work, lean back jabs, and kick stances over the next several hours. Each student was reminded of the discipline and respect expected from Muay Thai disciples, which are the stepping stones to success.


On Sunday, Jeffrey Villanueva, Deandre Corbe, and Hunter Abdow tested for their Apprentice instructorships. Testing to become Apprentice Instructors under Ajarn Chai required these three disciples to demonstrate proper form while completing a demanding endurance round. Villanueva, Corbe, and Abdow each executed 60 kicks and 35 knees during 2 three-minute bouts with opposing TBA instructors. They also had to perform the Wai Kru, which literally means to pay respect or

gratitude to the teacher. Ajarn Chai awarded Apprentice instructorships to all three under TBA USA. Of special note, Corbe became the youngest person at the LINXX Academy of Martial Arts to ever test for and earn his instructorship. Congratulations to all!

It is always an honor to have Ajarn Chai visit our school, and we look forward to many more years of receiving his knowledge and training.

Khob khun krub and sawatdee, Ajarn Chai.




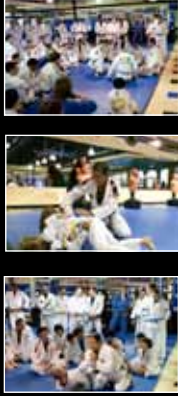


**Professor Pedro Sauer**


## Gracie Jiu-Jitsu Seminar

**Date: June 11<sup>th</sup>**  
**Location: Linxx Academy - Red Mill**

**Adults Seminar: 12:00 pm - 3:30 pm**  
**Cost: \$65.00**



For more information, please contact

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## Student of the Month



**Ashton Russo**  
Red Mill Little Linxx  
Student of the Month



**Gabriel Staicer**  
Kempsville Total Defense  
Student of the Month



May						
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

- 11<sup>th</sup> : **Buddy Day**- Permissions slips available at front desk
- 16<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
- 17<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
- 18<sup>th</sup> : **Jiu-Jitsu Graduation @ 7:15pm**- Normal class in session
- 20<sup>th</sup> : **Junior LINXX Graduation @ 5:00pm**- No Kids classes-Normal class in session  
**Adult Thai Graduation @ 6:00pm**- Normal class in session

\* Closed for Memorial Day Holiday



May						
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

- 18<sup>th</sup> : **LL Buddy Day**- Permissions slips available at front desk
- 19<sup>th</sup> : **JL Buddy Day**- Permissions slips available at front desk
- 23<sup>rd</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
- 24<sup>th</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
- 25<sup>th</sup> : **Junior Jiu-Jitsu Graduation @ 5:00pm**- Normal class in session  
**Adult Jiu Jitsu Graduation @ 7:00pm**- Normal class in session
- 26<sup>th</sup> : **LL/JL Graduation @ 5:00pm**- No Kids classes
- 27<sup>th</sup> : **Adult Thai Graduation @ 6:00pm**- Normal class in session

\* Closed for Memorial Day Holiday