



LINXX ACADEMY OF MARTIAL ARTS

November 2011

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Letter from the Editor



Recently, we decided to combine belt graduations from both LINXX Academy locations (Kempsville and Red Mill) into single events. We have had an enthusiastic and energetic response from students and parents alike. The combined graduation has created a new sense of camaraderie between students from both schools, who otherwise might not have an opportunity to interact with each other very often. We have already held combined graduation events for our Junior LINXX Total Defense and Master LINXX Thai Boxing programs. It was so successful, in fact, that we will now be combining graduation ceremonies for Jiu-Jitsu students from both Academy locations into one event as well.

As the Black Belt performance graduation ceremony continues to evolve and grow, the need for a new venue has become more and more apparent. To that end, the next Black Belt graduation ceremony, scheduled for December 17, 2011, will be held at the Virginia Beach Convention Center. This venue will allow for more guests, a larger stage, and plenty of parking for this very special event. We highly encourage all LINXX Academy students to attend our Black Belt graduation ceremonies to help celebrate our Black Belt recipients' hard work and dedication.

Have a great November and a happy Thanksgiving!

LINXX's Own, Mackens Semerzier, to Fight in UFC on Fox



On Saturday, November 12 at 4:45 p.m. (Eastern Standard Time), Mackens Semerzier of LINXX Academy will square off against Robert Peralto in the Ultimate Fighting Championship (UFC) event in Anaheim, California.

Mackens, or "Mack," has been a staple at LINXX for over six years. He is a tremendous athlete who aggressively pursues his goals. He trains hard in every class and continually strives to better his skills and technique in Mixed Martial Arts (MMA). His dedication and drive are what makes him such an asset to LINXX and a fierce competitor in the UFC.

Mack has a professional fighting record of 8 wins and 3 losses, with a fight history of 19 percent striking, 26 percent takedowns, and 54 percent submissions. This event marks Mack's second fight in the UFC, following his impressive UFC debut against Alex Caceres, who he submitted with a rear naked choke in the first round. Mack said, "I couldn't be more excited for this fight. My coaches and training partners at LINXX Academy have prepared me well." The event will also feature a heavyweight title fight between current champ

Cain Velasquez and top contender Junior Dos Santos, which will air live on Fox TV. The preliminary fights, including Mack's fight, will be streamed live on FoxSports.com and Facebook.com/UFC. LINXX instructor Nestor Bayot, along with Jeff Curran and Ian Alexander, will be in Mack's corner for the fight. Please tune in to support our LINXX contender!

"LINXX is not just a martial arts academy. It represents a culmination of the finest martial arts in the world, forged together to form a complete and comprehensive fighting system, that is second to none," said Mack. "It is an honor to represent LINXX Academy and I will unleash that fighting system on November 12."



“LINKING PRACTICAL DEFENSE AND PERSONAL DEVELOPMENT”

The Muay Thai Clinch



The clinch is one of the most distinct, yet also underappreciated, features in the art of Muay Thai. The Muay Thai clinch is so complex that it could easily be considered an art in itself. Generally, when fighters hear the word “clinch” they think of the type of clinch used in western

boxing. In boxing, the clinch is used to tie up an opponent as a defensive move or to simply catch a breather. Although the clinch can be used in that same aspect as a defensive move in a Muay Thai fight, fighters primarily use the clinch in an offensive manner to control their opponent. This method of control can be used to gain a serious advantage in a fight by manipulating your opponent’s body and delivering powerful knee strikes.

When working in class with your training partner or fighting with an opponent, the basic clinch position you need to have is two hands on top of your opponent’s head, with your arms inside your opponent or training partner’s arms, and making sure that the forearms are tightly squeezed on the side of your partner’s head. As far as head position goes, you need to make sure that your head is on either side of your opponent’s head, and not on top.

Once you are in the clinch, try to maintain the higher ground. Keep your hands on top of your opponent’s head while at the same time keeping the elbows placed on the opponent’s collar bone. This should give you further leverage to keep your opponent’s head down and deliver effective knee strikes to the mid-section or head. (*Note: Knee strikes to the head are only allowed in professional bouts. Amateur fighters are only permitted to deliver knee strikes to the body.) The clinch is a very useful tool that can give you a great advantage in any close-quartered combat situation and should be in every Muay Thai fighter’s repertoire.



Counting Calories to a Healthier Lifestyle



Nutrition and dieting can be a challenging concept for us all. On a daily basis, we are bombarded with advertisements of new diets that promise dramatic weight loss, pills that curb hunger, and dietary supplements that burn fat. Most of the information and claims that these products make are false. Whether your goal is to

lose weight or just be a healthier version of yourself, dedication to diet and exercise are the key components in accomplishing this. Quick fixes may work initially—mostly due to loss of water weight—but in the end, they create bad habits and usually cause you to pack on even more pounds than when you started.

The next hurdle is determining what, when, and how you should eat. The science of weight loss is, for the most part, calories ingested versus calories expended. If you burn more calories than you consume, you will create a calorie deficit. A calorie deficit is what makes weight loss possible because it forces your body to use fat stores for energy, which in turn, enables weight loss. In addition, consuming healthier and nutrient-dense foods will keep you fuller for longer and give you the vitamins and nutrients your body needs. Our bodies burn calories in three ways: 1) metabolism (which varies per person, but on average is 1,200 calories per day), 2) thermic effect of food (digestion), and 3) physical activity.

There are numerous online tools and resources available—for free—that can provide the personalized information you need to start a new and healthy diet. For example, My Calorie Counter (http://www.my-calorie-counter.com/calorie_counter.asp) provides a database with nutrition facts of over 45,000 different fast food, brand name, and generic foods. The website also includes free weight loss tools such as a Body Mass Index (BMI) calculator, body fat percentage calculator, customized nutrition report, and a calculator to determine calories burned from a particular activity. This is just one of the many free websites that contain knowledge and data to help you reach your diet and nutrition goals.

VETERAN’S DAY MESSAGE

In honor of Veteran’s Day on Friday November 11th, please give special thanks to the men and women of the U.S. military. In particular, honor the 66 Navy SEALs who have given their lives in support of the global war on terror since 2002. Keep in mind those who continue to fight on our behalf so that we can enjoy the freedoms that we have today.



Junior LINXX Sparring Tournament Results



LINXX Academy hosted an exciting Junior LINXX Sparring Tournament on Saturday, October 15, 2011 at our Redmill location. Altogether, we had over 50 competitors ranging from 7 to 13 years old. Fighters were divided into two divisions, Intermediate and Advanced, and then matched up by gender and weight class in the single-elimination tournament.

Before the tournament began, Mr. Cucci explained the rules for each division. Intermediate division competitors were allowed to punch the body, clinch, and kick the legs, body, and head. Advanced division competitors were also allowed to punch the head. Each of the two rings accompanied a referee, two corner men, a timer, and a three-judge panel. Top fighters were awarded 1st, 2nd, and 3rd place trophies and all competitors received a commemorative medal. All of the competitors put in a tremendous effort using their Thai Boxing skills.

Special thanks to our sponsors who helped support the event: Bounce House, Dairy Queen, China Dragon, Skate Dojo, AMF Lynnhaven, Key West Chillin' Yogurt, and Quiznos. Mr. Cucci concluded the tournament by praising their efforts and reminding all of the competitors of the importance of winning with humility and losing with honor. As expected, all of the students embodied the values and traditions of LINXX Academy.



LINXX Students Compete in Thai Boxing Smoker

Congratulations to Demetrius Williams and Johnny Chacon for successfully competing in their first Thai Boxing smoker event on Saturday, October 29 at Bushido Martial Arts Academy in Portsmouth, Virginia. Both Demetrius and Johnny fought hard and made a great representation for LINXX Academy. Instructors Dan Brooks and Khristopher Gonzalez were in their corner for support. Thanks to Bushido Academy for hosting a great event. (From left to right: Khristopher Gonzalez, Demetrius Williams, Johnny Chacon, Dan Brooks).

Results

Intermediate Divisions

Girls

Bracket 1

1. Summer Bronco
2. Paige Schneider
3. Emma Pangan

Bracket 2

1. Jessie Riley
2. Emily Segarra
3. Carissa Ferguson

Bracket 3

1. Pamela Blas
2. Amber Wilson

Boys

Bracket 1

1. Ryan Cason
2. Connor McCord

Bracket 2

1. Jake Janota
2. Reign Hammett
3. Tyler Petrie

Bracket 3

1. Corey Meyer

2. William Ferguson
3. A.J. Argante

Bracket 4

1. Liam Olsen
2. Lucas Olsen
3. Giovanni Giraud

Bracket 5

1. Ian Keller
2. Jared Janota

Bracket 6

1. Logan Reardon
2. Michael Champion

Bracket 7

1. Rex Diaz
2. Chris Bradford
3. Chris Evans

Advanced Division

Boys

Bracket 1

1. Brody Abdow
2. Rylan Helm
3. Manny Sanchez

Bracket 2

1. Alex Maldonado
2. Travis LaPrairie
3. Isaiah Umpa

Bracket 3

1. Dylan Loughheed
2. Gavin Corbe
3. Noah Mummert

Bracket 4

1. Miles Picardo
2. Christianlee Monzaga

Bracket 5

1. Jeremy Loughheed
2. Ryan Holt
3. Jesse Labell

Exhibition Matches

1. Johnny Chacon vs. Brian Polk
2. Mico Picardo vs. Joey Ruiz



Students of the Month

Tyler Gay - Total Defense (Kempsville)



Tyler began his training at LINXX academy 3 years ago in the Little LINXX class. As a Student in the Little LINXX class he showed a great hard working attitude. When Tyler turned 7 years he moved up to the Junior LINXX program. Making his way through the ranks, Tyler showed great dedication to his training by receiving private lessons on the weekend and training in class on a regular basis. Tyler's dedication has earned the honor of the LINXX academy student of the month.

Hudson Wilkinson – Total Defense (Red Mill)



Hudson has been a student for nearly a year and a half at LINXX Academy. He is a graduate of the Little LINXX program, and he continues his training in the Junior LINXX program, where he has just achieved his Red Belt. Even on the hardest days of training, Hudson still remains energetic and enthusiastic about class. He cooperates and works well with all students and is always respectful to his instructors. Hudson has done a great job earning the Student of the Month award, and we look forward to seeing him one day achieve his Black Belt.

Rising Stars

Katelyn Schneider – Jiu-Jitsu (Kempsville)



Katelyn began her training in the Junior LINXX program in 2007. Through her dedication, she progressed through the ranks and earned a volunteer spot helping and assisting with the Junior LINXX class. In November 2010, Katelyn took on the challenge of cross-training in Jiu-Jitsu. In the past year, Katelyn has consistently attended more than three classes per week and is now a 3-Stripe White Belt. Recently, she applied her skills in competition and competed in her first Brazilian Jiu-Jitsu tournament and placed second.

Keoni Nery – Thai Boxing (Kempsville)



Keoni began his training at LINXX Academy in 2009. Keoni has been a standout student since he first stepped foot on the mats at LINXX. With a Black Belt already in Taekwondo, Keoni focused all of his efforts on a new martial art, Thai Boxing. He currently holds the rank of Red Tip in the Thai Boxing program, putting him a year and a half away from earning his second Black Belt. Keoni displays dedication and good work ethic in class. With his hard working attitude, Keoni is well on his way to becoming an excellent role model for others to follow.

Chase Lassiter – Thai Boxing (Red Mill)



Chase has been training in the Master LINXX Thai Boxing program for a little over a year. In his time training, he has only become more and more enthused and interested in the art of Muay Thai. He achieved his Blue Belt in the recent testing and plans to achieve his Black Belt in the future. He is at LINXX Academy on the mat nearly every day, whether it be regular class, competition training, or just an extra bag round. He is the epitome of a stand-out and developing student, and we are proud to recognize him as a Rising Star.

November Calendar of Events

Kempsville

- 14th : Little Linxx Graduation @ 4:00pm
Total Defense Pre Test- White - Green @ 5:00pm
Adult Thai Boxing Pre Test @ 6:00pm
Adult Jiu-Jitsu Pre Test @ 7:15pm
- 15th : Junior Jiu-Jitsu Pre Test @ 4:30pm - All ranks
Junior Total Defense Pre Test - Blue - Red Tip @ 5:30
Red One Thru Brown/Black @ 6:30pm
- 16th : Jiu-Jitsu Graduation @ 7:15pm
- 17th : Junior Jiu-Jitsu Graduation @ 4:30pm
Adult Thai Boxing Graduation @ 7:30pm
***Graduation at Linxx Redmill**
- 18th : Total Defense Graduation @ 6:00pm - No classes
***Graduation at Linxx Redmill**

Red Mill

- 14th : Little Linxx Graduation @ 4:00pm
Junior Jiu-Jitsu Pre Test @ 5:00pm
Adult Thai Boxing Pre Test - White - Green @ 6:00pm
Blue-Black @ 7:15pm
- 15th : Junior Total Defense Pre Test - White - Green @ 5:00pm
Blue-Black @ 6:00pm
Adult Jiu-Jitsu Pre Test @ 7:15pm
- 16th : Junior Jiu-Jitsu Graduation @ 5:00pm
Adult Jiu-Jitsu Graduation @ 7:15pm
***Graduation at Linxx Kempsville**
- 17th : Adult Thai Boxing Graduation @ 7:30pm
- 18th : Total Defense Graduation @ 6:00pm - No classes

Both Academies are closed Thursday the 24th thru Sunday the 27th for Thanksgiving. We will reopen on Monday the 28th.

Questions, Comments, Concerns, or Recommendations?

Please contact Ryan Russo at 757-495-7070 or russor@linxxacademy.com
Mike Paulson at 757-689-0680 or mpaulson@linxxredmill.com