

# LINXX ACADEMY MARTIAL ARTS

"Linking Practical Defense and Personal Development"

Monthly Newsletter

www.linxxacademy.com

November 2010

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### Fall Junior Sparring Tournament



On Saturday October 2, 2010 over 50 LINXX Academy Total Defense students, along with Tyler Baer of Renaissance Academy in Richmond, competed in the Academy's Fall Junior Sparring Tournament. LINXX's Redmill location set the stage and it was a show of cultivated skill, bravery, and pure heart that had everyone in attendance proud to be a part of the family.

The single elimination tournament, allowing for several subsequent matches to determine third place, was open to students ages 7-14. Competitors were placed into two divisions - novice and advanced - while brackets were broken down further in accordance to weight and rank. The novice level was limited to body punches, clinching, foot jabs and leg, body, and head kicks. At the advanced level, as well as in every final round, competitors were allowed to employ full contact in the matches. 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, each attended by three judges and a referee on the mat. Competitors were allotted three rounds at two minutes each to bring their skills to the mat.

LINXX Academy founder Frank Cucci opened up the occasion with the tournament rules and regulations while also acknowledging the hardworking staff and generous donors for their contributions to the successful event. Each participant took home a nice goody bag filled with gifts and donations from Lendy's, Tropical Smoothie, Supercuts, Buffalo Wild Wings, Atlas Diner, Chuck E. Cheese, Cinema Café and China Dragon.



Once the sparring began, the crowd was shown plenty of impressive fights, several of which were remarked upon as especially noteworthy. In the novice 50-60 lbs weight class final

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### Tournament Results

#### Novice

##### **Girls 50-60 lbs**

1st Place Nikki Clark  
2nd Place Libby Madren  
3rd Place Paige Schneider

##### **Girls 100+ lbs**

1st Place Alexandria Riker  
2nd Place Chrishalee Monzaga  
3rd Place Natalie Yambo

##### **Boys 40-50 lbs**

1st Place Keegan Swanson  
2nd Place Christian Vieira  
3rd Place Kaden James

##### **Boys 50-60 lbs**

1st Place Nick Evancho  
2nd Place Brody Abdow  
3rd Place Mychal McNeill

##### **Boys 60-70 lbs**

1st Place Alex Maldonado  
2nd Place Bryce Boitze  
3rd Place David Maldonado

##### **Boys 70-80 lbs**

1st Place Noah Mummert  
2nd Place Daniel Daher

##### **Boys 80-90 lbs**

1st Place Monte Sanford  
2nd Place Randy Riker  
3rd Place Jesse Labell

##### **Boys 120+ lbs**

1st Place Tyler Baer  
2nd Place Pedro Daher

#### Advanced

##### **Girls 60-70 lbs**

1st Place Emily Segarra  
2nd Place Haley Swank  
3rd Place Tayler Figo

##### **Girls 100+ lbs**

1st Place Shannon Morris  
2nd Place Summer Anderson

##### **Boys 50-60 lbs**

1st Place Dylan Loughheed  
2nd Place Travis Laprarie

##### **Boys 70-80 lbs**

1st Place Gavin Corbe  
2nd Place Colby Swanson  
3rd Place Miles Picardo

##### **Boys 80-90 lbs**

1st Place Seth Morris  
2nd Place Ben Madren

##### **Boys 90-100 lbs**

1st Place Mico Picardo  
2nd Place Ryan Holt

##### **Boys 100+ lbs**

1st Place Deandre Corbe  
2nd Place Jeremy Loughheed  
3rd Place Malik Sheppard

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



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bout between Brody Abdow and Nick Evancho, Abdow was able to stand toe-to-toe with Evancho (who is 1 ½ years his senior). Both showed great form and technique as well as a strong determination to finish. At the advanced level, the match-up of red belt Ryan Holt versus first degree black belt Mico Picardo demonstrated the admirable dedication and endurance that was displayed by each competitor. Picardo was the victor, however, Holt persevered through all three rounds, showcasing his commitment to the fight.

Mr. Cucci concluded, "I am so proud of the display of character each student exhibited at this competition. Character is forged through overcoming adversity and is truly the foundation of the teaching philosophy at LINXX Academy. True character is what will carry these students through all diversities they shall face in life, the least of which is found during a martial arts tournament."



## LINXX Grapplers

LINXX Academy Jiu-Jitsu grapplers hit the mats against competitors at the beginning of this fall and rolled straight to the top. The month of October proved quite eventful for the competition team, resulting in an amassed total of 11 gold, 7 silver, and 6 bronze medals over the course of two weekends, two competitions, and 11 registered fighters.

Copa Nova's Fall 2010 Tournament in Ashburn, Virginia was the first destination for Coach James Gamble and students James Garrett, Kris Moe, and Patrick Trinidad. On October 9, 2010 LINXX rolled into Briar Woods High School to start the first of the consecutive Saturday tournaments. After a long drive into town that day, LINXX fighters immediately took to the mat with the guidance of Gamble on the sidelines. Even though matches were overlapping, Gamble did his best to manage each fighter as they rolled out on the mats. Each determined grappler performed admirably that day as their names were called on deck simultaneously, sometimes even while still in mid-bout. However, each fighter's perseverance and patience resulted in 5 total medals for the school, including a first place gold medal for white belt Garrett in the adult male G1 lightweight division.

U.S. Grappling hosted an adults-only tournament at Boo Williams Sportsplex the following weekend on October 16, 2010. A group of seasoned fighters supporting a new breed of beginners met

on the mats that morning to start what turned out to be an impressive showing of authority with each roll. Coach Nestor Bayot along with Gamble echoed across the floor, offering insight regarding which move would help progress each bout favorably for the team. Each competitor intently executed the orders calmly and without hesitation. Training almost every day for the past few months had established a sense of confidence in each grappler that became very apparent with each arm that was raised in victory.



Nickolas Bosch, Henry Chong, Abdallah Daher, Christian Diaz, Khristopher Gonzalez, Steven Stier, Forrest Swink, and Bud Trent, along with Garrett, Moe, and Trinidad completed the roster of indomitable

grapplers in Hampton that day. More than satisfied with each trained competitors' performance, the LINXX family rallied out of the arena with their heads high and the sound of medals resonating on their chests. Complimentary remarks continued out the doors and advice on further improvement began shortly after the event concluded. This month was simply another battle won; on November 13, the Good Fight will be rolling their mats back into Virginia Beach and the LINXX competition team looks forward to reasserting their talent on home mats.



## Ryron Gracie

Brazilian jiu-jitsu disciples gathered to LINXX Academy's Redmill location on Saturday, October 30th to welcome Ryron Gracie, grandson of world renowned Grand Master Helio Gracie. 39 grapplers, along with a couple out of town guests and LINXX founder Frank Cucci, surrounded the 5th degree black belt to take in techniques and learn from the Gracie jiu-jitsu fighter and certified professor.

It was Ryron's second seminar and visit to LINXX Academy and he honored, even a number of select junior rollers, with a comprehensive instructional on some of Gracie's innovative methods. Ryron Gracie travels worldwide to host seminars at

Gracie Jiu-Jitsu practitioners and can be found at his hometown in Torrance, California teaching at the Gracie Jiu-Jitsu Academy.



## VIP Contest



In August 2010, LINXX Academy issued a call for students to help support their school and share the benefits of martial arts with others. The challenge was set over a two month span and promoted

a chance to win up to \$500. LINXX Academy students were asked to distribute VIP Gold cards and extend an invite into the school to friends and family. The gold card provided each referral a free trial membership. For each referral that resulted in a new student registration, the sponsoring student received one point.

LINXXers eagerly set out to bring in potential self-defense fighters and grapplers. Once the final tally came in, LINXX administrators were proud to present Joshua Krogman with a \$500 check after Krogman succeeded in enrolling 11 new students. Steven Stier enrolled 6 new students and received 2nd place, earning him a \$250 check, and Bruce Hernandez came in at 3rd place, earning him \$100. Congratulations to the prizewinners and thank you to all participants for bringing new additions to the family.

## VIP 500 Punch Card

In light of the positive response to the recent VIP contest, LINXX Academy is excited to introduce the new VIP 500 Punch card.

The concept is similar in the sense that LINXX students can continue to offer the VIP Gold card for free trials at the school to those interested in learning martial arts. This time around, however, sponsor students will have 12 months to accumulate 10 new enrollments through referrals. After 10 punches, students will receive \$500!

Punch cards will be available at both locations and will be the sponsor's responsibility to maintain safekeeping of their cards. Further inquiries regarding rules and requirements can be directed to administrative offices at either location. We look forward to growing strong with all of you and to a prosperous year ahead for the LINXX family!





## STUDENT OF THE MONTH



**Monte Sandford**

Kempsville Black Belt Club  
Member Student of the Month



**Michael Champion**

Red Mill Black Belt Candidate  
Course Student of the Month



### November

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				

### Kempsville Calendar of Events

- 10<sup>th</sup> : **Buddy Day**- Permissions slips available at front desk
- 15<sup>th</sup> : **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
- 16<sup>th</sup> : **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
- 17<sup>th</sup> : **Jiu-Jitsu Graduation** @ 7:15pm-Normal class in session
- 19<sup>th</sup> : **Junior LINXX Graduation** @ 5:00pm- No Kids classes  
**Adult Thai Graduation and Class** @ 6:00pm
- 25<sup>th</sup>-27<sup>th</sup> Closed for Thanksgiving Holiday



### November

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7	8	9	10	11	12	13
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21	22	23	24	25	26	27
28	29	30				

### Red Mill Calendar of Events

- 10<sup>th</sup> : **LL Buddy Day**- Permissions slips available at front desk
- 11<sup>th</sup> : **JL Buddy Day**- Permissions slips available at front desk
- 15<sup>th</sup> : **Junior Jiu-Jitsu Testing** @ 5:00pm-Normal class in session  
**Adult Thai Boxing Testing** White thru Green @ 6:00pm  
Blue-Black @7:15pm
- 16<sup>th</sup> : **Junior LINXX Testing**- White thru Green @ 5:00pm  
Blue-Black @6:00pm  
**Adult Jiu Jitsu Testing** @ 7:00pm-Normal class in session
- 17<sup>th</sup> : **Little/Junior Linxx Graduation** @ 5:00pm  
**Adult Jiu Jitsu Graduation** @ 7:00pm-Normal class in session
- 19<sup>th</sup> : **JBJJ Graduation** @ 5:00pm-Normal class in session  
**Adult Thai Graduation and Class** @ 6:00pm-Normal class in session
- 25<sup>th</sup>-27<sup>th</sup> Closed for Thanksgiving Holiday