

LINXX ACADEMY MARTIAL ARTS

“Linking Practical Defense and Personal Development”

Monthly Newsletter

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VO2max

VO2max is how efficiently your body uses oxygen during any type of physical, aerobic exercise. It also can be a predictor of your potential as an athlete. Of course, there are other factors that come into play; for example, your training, genes, body weight, and muscle volume, to name a few. Your age is also a factor, as most people see a decline of 1 percent per year in VO2max after the age of 50. Still, VO2max is a commonly accepted measure of cardiorespiratory fitness.

Improving your VO2max will increase the:

- Duration for which you will be able to train
- Level at which you will be able to compete
- Recovery time you will need between rounds and training intervals.

So, how do you increase your VO2max?

Interval training. Interval training involves bursts of high-intensity work followed by periods of rest or low-intensity activity (active rest). The duration, intensity, and frequency of the intervals depend on the particular characteristic you are targeting. Rest

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Mackens Semerzier wins!

Linxx Academy instructor and Jiu-Jitsu Purple Belt Mackens Semerzier made his WEC debut October 10, drawing undefeated BJJ Black Belt Wagnney Fabiano, ranked third in the world, for the fight. Fabiano's record of twelve wins and just one loss led him to be favored in the match up, but Mack, who was cornered by Ian Alexander, Nestor Bayot, and Miguel Torres, the former WEC Bantamweight champion, never lost his cool.

Early on, the fight appeared to go to Fabiano, as he was able to get Mack onto his back and hopped to half-guard early. Unable to submit Mackens, Fabiano posted to his legs. This gave Mack the necessary room to pull Fabiano into a triangle choke that quickly led to the end of the fight, as Fabiano tapped out just 2:14 into the first round.

This win solidified Mack's claim to fame as the next up-and-coming star in the WEC featherweight division.

Questions, Comments, Concerns, or Recommendations?

Please contact Ryan Russo, Program Manager at 757-495-7070 or admin@linxxsecurity.com



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periods play a large role in this. The first thing that you should establish is a strong foundation in your sport's techniques and basic level of endurance. Adding some intervals once a week is a good start, regardless of where you are in the training process. You can always add more sessions as you adapt and improve.



The king of interval training is 30/30s; that is, 30 seconds of work followed by 30 seconds of rest. These are very powerful tools for all activities, including, but not limited to, Thai boxing, Brazilian Jiu-Jitsu, running, biking, and calisthenics. The explanation below is a good introductory guide to the technique:

- **2x10 minutes of any movement (pushups, kicks, punches, sprints, squats, etc.)**
- **30 seconds at an all-out level of effort**
- **30 seconds of active rest, which allows your heart rate to drop and the body to absorb the lactate**
- **3 to 4 minutes of rest and recovery between blocks**

Depending on how well you tolerate 2x10 minutes, progress to 2x15 minutes after a couple of workouts over the next 4 to 6 weeks:

- **2x10 minutes**
- **2x15 minutes**
- **1x20 minutes**
- **2x20 minutes**
- **1x30 minutes**
- **2x30 minutes**
- **1x45 minutes**

You will improve your VO2max with training, but there are limits to how much you can progress. Assuming your training is geared towards improving your vo2 max, one can expect to see improvement in roughly 6 weeks. Generally, an untrained individual may be able to achieve greater improvement—up to around 20 percent—than the already well-trained person, who may only improve 3 to 5 percent. That being said, even a three percent increase in VO2max is very noticeable.



By training at an all-out level effort in interval form, you will improve neuromuscular coordination, strength, and power. Your body will recruit a smaller percentage of muscle fibers to maintain a particular pace, thereby reducing energy expenditure and increasing efficiency.

Developing a higher overall VO2max will ensure that you fatigue slower, get more out of your workouts, and recover more quickly.

***Interested in finding out your VO2max?**

Contact Frank Cucci, Junior at fcucci@linxxacademy.com.

The LINXX Academy Capoeira group

The weekend of October 7 through 10 was a busy one for the LINXX Academy Capoeira group whose members participated in the 2009 Batizado and Troca de Cordas in Durham, North Carolina at Duke University. These students attended three days of formal and informal Capoeira classes, which consisted of dance, martial arts, games, and music—the traditional components of this Brazilian art form. The Batizado, which literally means baptism in Portuguese (the official language of Capoeira), culminated in a day-long Roda, or circle of people in which Capoeira is executed.



This Batizado was extra special for six of our students, who received their official Capoeira name, a sign of recognition that they now belong to the group.* The maestros, the masters of Capoeira, who travel from Brazil each year to execute the Batizado chose each student's unique name after observing their training styles, as well as physical characteristics. In addition, those in attendance were awarded their newest cord, which is a large honor because it takes many, many years of training to attain the highest level possible. In fact, it is typical to earn just one belt per year. Congratulations to all of our LINXX Academy Capoeira students on a job well done!

Name	Capoeira Name	New Belt Level
Summer Anderson*	Verano	White/Yellow
Martin Arriola*	Arroz	White/Yellow
Maria Arriola*	Feliz	White/Yellow
Blake Thomas*	Careca	White/Yellow
Craig Wiggins*	Tatu	White/Yellow
Chris Ovide*	Polar	White/Yellow
Rodrigo Nerys	Buffalo	Yellow
John Jones	Quilombo	White/Orange

* Received Capoeira name at the Batizado

Jiu-Jitsu and Problem - Solving Techniques



To improve in Brazilian Jiu-Jitsu, you must maintain enough awareness during grappling matches to figure out precisely what your problems are. The opponent with whom you are grappling will always present

you with numerous and varied sets of problems. As you progress in grappling, you will accumulate many techniques, which include counters and counters, that transform grappling from a mere strength and endurance contest into game of physical chess. No matter how knowledgeable and experienced you become, you will eventually

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run into problems to which you may not have a solution. This is normal because you simply cannot anticipate every move your opponent will make on the mat.

Sometimes, when faced with a problem, you can solve it right there in the heat of the battle. This on-the-fly problem-solving technique, if it works, is very gratifying but is generally not helpful in becoming a better Jiu-Jitsu technician. A more effective approach is to make a mental note of the problem and come back to it later. This will allow you to digest it, work on it, and try to solve it in a cool and systematic way in a different setting. Other approaches to finding a solution include:

- **Re-creating that position with a training partner and developing a technical solution together.**
- **Asking your training partners for input.**
- **Checking your DVD and book collections for ideas.**
- **Consulting your instructors or schedule a private lesson to focus on the problem area.**

Take your newly found information and apply it in your next grappling session. You may have to let your opponent start in a dominant position, or recreate the situation to work on your technique. Remember, practice makes habit, and good habits—or fundamentals—are the key to solving problems during the course of your Jiu-Jitsu training.



 November 2009 Calendar of Events						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 Veterans day Academy closed for Holiday	12	13 Buddy Day! Permissions slips available at front desk	14
15	16 Junior LINXX Testing White thru Green @ 5pm Adult Thai Boxing Review Review and Pretest @ 6pm Normal class in session	17 Junior LINXX Testing Blue-Red Tip @ 5:30 and Red One Thru Brown/Black @ 6:30 Normal class in session	18 Jiu-Jitsu Graduation Normal class in session	19	20 Graduation Junior LINXX @ 5pm Adult Thai Graduation @ 7pm No regular classes	21
22	23	24	25	26 Thanksgiving Day 	27	28
29	30	Academy closed for Holiday				