



# LINXX ACADEMY OF MARTIAL ARTS

October 2011

Parents as Coaches and Buddy Day Event • Balancing Training and Conditioning • Nutrition for Life  
• New Line of Equipment

## Letter from the Editor



### Junior LINXX Jiu-Jitsu Black Belt Club Membership Now Available

We're extremely proud of the evolution of the Junior LINXX Jiu-Jitsu program to date. From its introduction five years ago as an extracurricular class, to where it stands today with close to 100 dedicated students, the Junior LINXX Jiu-Jitsu program is a testament to the commitment, enthusiasm, and quality instruction that Mr. Bayot and his team provides on a daily basis. It is our intention to give the Junior LINXX Jiu-Jitsu program the same level of attention, organization, and professionalism as our Junior Linxx Total Defense program.

In April of last year, we instituted a new Junior LINXX Jiu-Jitsu ranking system that allows students to achieve a "Junior" Black Belt. Under the design of the traditional Gracie Jiu-Jitsu program, the highest rank that a student under the age of 16 can achieve is Blue Belt, regardless of the number of years the student has trained. Now, with the approval and permission of Professor Pedro Sauer (8th Degree Black Belt under Grand Master Helio Gracie), LINXX Academy students can work towards earning a Junior Black Belt in recognition of four years of hard work and dedication. So far, the response has been overwhelmingly positive.

The next step in the evolution of the Junior LINXX Jiu-Jitsu

program is to fold it into our Black Belt Club membership process, which all other LINXX Academy programs are structured under. Our school operates under the same premise as a conventional school, where the goal is to prepare students to graduate. Whereas college is broken up into associate, bachelor, and master's degree programs, our program is divided into the Black Belt Candidate Course and the Black Belt Training Course. The Black Belt Candidate Course is a 12-month entry-level program designed to introduce students to the values and benefits of the martial arts. Likewise, it allows our staff to determine the level of a student's aptitude, ability, and interest.

Upon successful completion of the Black Belt Candidate Course, students qualify for the Black Belt Training Course – also referred to as the Black Belt Club. The Black Belt Club is a highly specialized 36-month program where students learn the skills necessary for promotion to Junior Black Belt. There are many advantages to being a member of the Black Belt Club. Most importantly, students are continually strengthened and empowered by an association of like-minded students striving to achieve the same worthy goal.

Please stay tuned for more details on the Junior LINXX Jiu-Jitsu Black Belt Club. In the coming weeks, we will be reaching out to parents of student who are eligible to provide more information on the benefits of Black Belt Club membership.

## Parents as Coaches and Buddy Day Events a Success!

The instructor staff at LINXX Academy would like to personally thank everyone who participated in the Parents as Coaches and Buddy Day events. Both were a huge success!

Led by Mr. Frank Cucci, Parents as Coaches was an informative and interactive seminar with students and their parents. Parents learned the fundamentals of our system, including proper form, pad holding techniques, and basic strikes such as the jab, cross, and hook. The seminar, which had an impressive turnout at our Redmill location, will help parents reinforce techniques that their children learn in class and further their progression in the Total Defense program.

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Parents as Coaches

# “LINKING PRACTICAL DEFENSE AND PERSONAL DEVELOPMENT”

*(Parents as Coaches and Buddy Day Events continued)*

We revamped our Buddy Day theme and held the event at both the Kempsville and Redmill locations for our Little LINXX and Junior LINXX students. Between both events, we had a combined total of 48 buddies! This high energy class was packed with fun games, as well as learning basic self-defense techniques. The instructors did a great job getting everyone involved and the participants had a blast.

We appreciate your continued support in our programs. Our LINXX family is what makes us so successful!

To see more Parents as Coaches and Buddy Day photos, please visit our facebook page.



Buddy Day

## Balancing Training and Conditioning

Successful fighters must find a proper balance between training at their martial arts techniques and conditioning at the gym. In the heat of a Jiu-Jitsu match, any number of factors can determine the outcome, including technique, strength, power, endurance, or flexibility. All of these characteristics are important, but more often than not, the fighter with the best technique will come out with a win.

Jiu-Jitsu practitioners should build a foundation of physical conditioning, including cardiovascular exercise and weight lifting. Training at the gym two to three times per week should be adequate to accomplish your conditioning goals. Running is a great way to build up your cardio endurance. The primary goal of weight training for Jiu-Jitsu should be to develop muscular endurance – you are not training to be a weight lifter or body builder. Gym training will allow you to methodically track your progress, and also provides instant gratification. Because of this, you may be swayed to place a greater importance on spending more time in the gym, when the real emphasis should be on practicing and perfecting your Jiu-Jitsu techniques.

Jiu-Jitsu training techniques are accumulated over months and years, rather than days and weeks. This is why, to be a more successful fighter, it is so important to spend a large amount of your training time on the mat perfecting your Jiu-Jitsu techniques. While maintaining a foundation of physical conditioning, fighters should practice Jiu-Jitsu training four to five days per week to produce the most radical progress. Jiu-Jitsu training can be frustrating at



times, but the disciplined student recognizes this and will continually repeat learned techniques over and over until they have been perfected. Eventually, this repetition will become

muscle memory and your progress will become more obvious. Time and time again, the more dedicated Jiu-Jitsu practitioner will defeat a mainly “physical” player in a match.

The most important thing to remember is to spend your limited training time wisely. Develop what’s weak instead of doing what you are already good at. If your guard is poor, start on your back. If you can never escape side body, allow your training partner to get there and practice escaping. If your top game is lacking, ask your partner if you can start in his/her guard. In the same context, if you have a low level of flexibility, practice stretching. If you are lacking in strength, spend more time lifting weights while you are at the gym. If you get tired every time you roll, focus on your cardio more during your physical conditioning. There’s a far greater return on investment from developing what’s weak than from making small improvements to what is already strong.

In the end, strength and cardio conditioning only goes so far. Sport-specific practice should always come first. It is easier to make a technical grappler strong than to make a strong grappler technical. However, all athletes should develop a strong foundation of physical conditioning on which they can apply their technical skills.

## Nutrition for Life

Eating right every day can be a challenge. By planning your meals in advance and making small adjustments to your lifestyle, you can change your eating habits for good. A healthy balance of carbohydrates, fats, and proteins is essential to maintaining optimal nutrition. Carbohydrates fuel our body with energy, fats give structure to our organs and also provide energy, and protein helps build and protect our muscles. Balancing these three key elements, combined with following healthy eating habits, will help get you on track to a healthier lifestyle.

### Carbohydrates, Fats, and Proteins

Barry Sears, author of The Zone Diet, suggests consuming the following percentages of carbohydrates, fats, and proteins in your diet:



#### Carbohydrates – 40%

You should replace high-glycemic carbohydrates, like candy, cereals, sodas, juices, breads, pastas, and highly processed grains, with low-glycemic and micronutrient-rich carbohydrates, such as beans,

ancient grains, unprocessed breads, whole-wheat pastas, fruits, and vegetables. High-glycemic carbohydrates cause a rapid increase in blood sugar followed by a rapid reduction, whereas low-glycemic carbohydrates give you more continuous energy. It is best to consume most of your carbohydrates in the morning or immediately following a workout.



#### Fats – 30%

It is a myth that consuming fat will make you fat; however, you should avoid trans-fats, which can be found in foods such as microwaveable waffles, potato chips, french fries, margarine, doughnuts, cookies, and crackers.

Instead, you should eat foods containing healthy fats, such as avocados, nuts, olive oil, peanut butter, almond butter, and lean fish.



#### Protein – 30%

You should try to consume protein at every meal. Go for lean sources of protein, such as chicken, turkey, lean cuts of beef, fish, egg whites, or low-fat cheese.

### Healthy Eating Habits

The following suggestions will help you develop healthy eating habits and lead to overall better lifestyle:

- Eat every two to three hours, or five to six times a day. Depending on your activity level, consume approximately 200 to 300 calories per meal.
- Drink plenty of water and avoid or limit high-calorie drinks, such as fruit juice, soda, and other sugary beverages.
- Limit dairy consumption.
- Follow the 80/20 rule: aim to eat healthy at least 80 percent of the time.
- Plan your snacks and meals in advance. There are many great websites that allow you to look up the calorie and fat contents of grocery store and restaurant foods.
  - <http://www.dietfacts.com>
  - <http://nutritiondata.self.com>
  - <http://www.nal.usda.gov/fnic/foodcomp/search>
- Eat a variety of healthy foods, which will prevent you from becoming bored with your selections and falling back into old, bad habits.

## New Line of Equipment Now Approved for Junior LINXX

At LINXX Academy, the safety of our students always comes first. Because of this, we have offered a very limited variety of personal training equipment (e.g., gloves, shin guards, chest protectors) that meets or exceed our strict safety requirements. However, in light of recent advancements by a few of the key martial arts equipment manufacturing companies, we are pleased to announce that we will now be offering a wider variety of personal training equipment. This new line of training equipment meets LINXX Academy's safety requirements and will allow students to personalize their equipment selection. Many of the new items are uniquely designed and are available in a variety of colors. We will display several examples of the new equipment at the school and will have catalogs available for ordering. Please see the front desk for further information.



## Student of the Month

Kempsville



### Mickey Vela

Mickey started her training at LINXX Academy in July and holds the rank of Yellow Belt. Although she has only been training for a few months, she has made great strides both at LINXX and at home. Mickey

had perfect attendance, turned all STAR assignments in early, spent extra time working on her form and technique, and saw an improvement in her school grades all within her first two months of training. She is a great example of how hard work produces results, both on and off the mat.

Red Mill



### Connor Carolino

Connor has only been training for 2 months, however his devotion to attending class, stand out positive attitude, and the progress seen in his form and technique have earned him the award of Student of the Month.

## Kempsville Calendar of Events

15<sup>th</sup> : **Junior's Thai Kick Boxing Tournament @ 10:00am**  
**Red Mill- No normal classes in session**

24<sup>th</sup> : 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

25<sup>th</sup> : Junior Jiu-Jitsu Pre Test @ 4:30pm - All ranks  
Total Defense Pre Test - Blue - Red Tip @ 5:30  
Red One Thru Brown/Black @ 6:30pm

26<sup>th</sup> : Jiu-Jitsu Graduation @ 7:15pm

27<sup>th</sup> : Adult Thai Boxing Graduation @ 7:30pm  
**\*GRADUATION WILL BE HELD AT LINXX REDMILL**

28<sup>th</sup> : Total Defense Graduation @ 6:00pm - No classes  
**\*GRADUATION WILL BE HELD AT LINXX REDMILL**

## Red Mill Calendar of Events

15<sup>th</sup> : **Junior's Thai Kick Boxing Tournament @ 10:00am**  
**No normal classes in session**

24<sup>th</sup> : 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

25<sup>th</sup> : Total Defense Pre Test - White - Green @ 5:00pm  
Blue-Black @ 6:00pm  
Adult Jiu-Jitsu Pre Test @ 7:15pm

26<sup>th</sup> : Junior Jiu-Jitsu Graduation @ 5:00pm  
Adult Jiu Jitsu Graduation @ 7:00pm

27<sup>th</sup> : Adult Thai Boxing Graduation @ 7:30pm

28<sup>th</sup> : Total Defense Graduation @ 6:00pm - No classes

### Questions, Comments, Concerns, or Recommendations?

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