

LINXX ACADEMY MARTIAL ARTS

“Linking Practical Defense and Personal Development”

Monthly Newsletter

www.linxxacademy.com

October 2010

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Elite Fighting Challenge



For the last three months, Dan Brooks, head instructor at LINXX Academy of Martial Arts, and LINXX student John Lopez, have been diligently preparing for an explosive night of fighting at the Elite Fighting Challenge (EFC) 7: Impact. Once the invite was received, these fierce competitors began a rigorous training regiment in preparation of the big event. The summer months

proved to be a test of discipline, willpower, strength, and endurance for the fighters. On the night of September 10, 2010, Brooks and Lopez let the competition know they were ready to exploit their skills in the cage.

The EFC was established by veteran martial arts fighter Jamie Ridgeway with a simple concept in mind: provide up-and-coming fighters with the best opportunities to compete while giving fans the best show possible. The EFC searches for elite amateur and professional Mixed Martial Arts (MMA) athletes and matches them up based on experience level. For this event, the EFC secured the Wave Convention Center in Virginia Beach, a 90,000 square foot auditorium that seats 2,500 people. Proceeds of the event were donated to the Wave City Care, a local charity that provides community assistance through educational, humanitarian, and health services.

The evening began with two Muay Thai fights, including Brooks' bout which was second up on the ring card. Almost as soon as the bell rang, Brooks pinned his opponent, Marcus Jammer of Florida, in a clinch up against the cage. In an image most LINXX students are familiar with, only this time it wasn't a Thai pad taking the beating, Brooks landed knee after knee into Jammer's rib cage. The crowd roared in support of their local contender. At the end of the first round,



Brooks stepped back into the corner where coaches Frank Cucci Sr. and Ian Alexander waited with confidence and advice. At the second round mark, Jammer proceeded to charge towards an alert Brooks, only to find himself swung back into the cage in yet another one of Brooks' clinches. Brooks' dominating knees continued to rack points for the LINXX fighter and damage the confidence of his opponent. A final decision of 29:27 earned Brooks his second win in the EFC and a Muay Thai fighting record of 2-0.



Next up for Team LINXX was John Lopez in his MMA debut. Lopez has been training with LINXX for the last year and currently holds a Blue Belt in Jiu-Jitsu and is set to test for his Green Belt

in Muay Thai. In the seventh bout of the evening, Lopez made an impressive introduction to the MMA arena. Lopez took his opponent, Dante Johnson, down with ease early in the match. He then spent the remainder of the first round peppering Johnson with punches and attacking around the neck while steadily holding the back mount. After Johnson survived the onslaught, he started round two with a quick punch followed by a single leg takedown of Lopez. Lopez sprawled to defend the takedown and again took his opponent's back. After 35 seconds into the second round, Lopez put his opponent to sleep by sinking him into a rear naked choke.

An exciting night ended with greetings, along with poses for pictures and autographs with fans, both old and new. The LINXX family walked away from the Wave Convention Center doors full of pride with victories across the board for Team LINXX.





Running for Fighters



For fighters, regular running is just as important as hitting the bag. It may not seem obvious now, but when you're only to round two of a fight and you're already running on empty, you'll wish you had spent more time hitting the pavement. Running will drastically improve your fighting ability by increasing your endurance and strengthening your cardiovascular system. Below, we will discuss running training methods that will be effective, engaging, and help you become a better fighter.

Train like a fighter, not a marathon runner

In the same way that you focus on improving specific techniques at the Academy, your running training needs to be goal specific to be of any benefit. Different athletes are conditioned to use entirely different energy systems. Fighters use about 70-80% anaerobic and 20-30% aerobic energy during a bout. The anaerobic energy entails explosive punching and kicking at high intensity for short periods of time. The aerobic energy refers to your endurance to keep going round after round. Marathon runners, on the other hand, use nearly 100% aerobic energy during a race. They are more focused on holding a steady pace for long periods of time rather than expelling large amounts of energy in a short period of time.

Your running training should take this into consideration. Fighters need to consider developing aerobic and anaerobic abilities to be successful in the ring.

Start running

Padwork and sparring will place strong demands on your anaerobic system, but won't stimulate your aerobic system enough to encourage significant improvement. This results in a lousy recovery rate! To combat this, fighters use regular running to develop an efficient cardiovascular system and improve aerobic fitness, as well as to control body weight. In addition to this, running will strengthen and condition your legs and improve your psychological determination.

If you're not already an experience runner, start out gently, running for 10 to 15 minutes to begin with. After a day or two, add a

further 5 to 10 minutes running time. It may take a couple of days before you feel the full effects of your first run. Building gradually allows your body to adapt to these new demands, making injury less likely.

There are three running methods you can incorporate into your training regime: interval running, sprint running, and distance running. Each of these running methods has benefits for martial arts fighters. Below, we will discuss ways in which you can incorporate all three to improve your physical fight conditioning drastically.

Build endurance and stamina with interval and sprint running

Interval running involves running hard for a period followed by a rest interval, and repeating this cycle a number of times. Interval running allows a fighter to develop both aerobic and anaerobic capacities, duplicating the demands of competition. Try running as hard as you can for two or three minutes, and then slowly jog or walk for one minute while breathing deeply and recovering. Try doing for as many rounds as it takes you to complete three to four miles. By doing this, you'll develop the specific kind of fitness required to fight.



Sprint running is similar to interval running, utilizing a work and rest ratio, except the work period involves flat out sprinting! Again, this type of training will directly contribute to better fight performance. Try slowly jogging for 1 minute and then sprinting for the next 15 seconds. Repeat this cycle continuously for as many rounds as you can manage. Both sprint and interval running is very intense and should only be conducted two to three times a week with a day's rest between each running session. You should avoid interval or sprint running on days that you are martial arts training – your legs will be shot!

Burn fat with distance running

Distance running involves running at a steady pace continuously for at least 30 minutes. A faster pace will develop your cardiovascular system, enhancing your aerobic capacity. A slower pace provides a fighter with the opportunity to burn fat reserves. As far as weight



control goes, this is the method to use. Exercising at a heart rate of 60-70% of maximum for 30 minutes or more will encourage your body to utilize fat reserves for fuel. Running harder than this will encourage your body to use the carbohydrates you've eaten for fuel rather than your stored fat. So, if you're out of breath then you aren't burning fat!

Depending on your current fitness levels, you should be aiming to cover between three to six miles minimum when distance running. If you want to burn fat then run for an hour at a slow, steady pace that doesn't get you out of breath. You should be working hard enough to break a sweat, but steady enough to still be able to chat!

Thai Boxing Smoker

December 4, 2010

It's now several months into Thai Boxing training at LINXX and you've regularly attended classes, diligently listened to each instructor's directions, and trained vigorously. You've managed to focus on the basics, drilling jab after jab and knee after knee with an emphasis on form and technique. At the call of timed sparring your mind rattles out combos and, although your heartbeat is racing, you're ready. After the first round, your confidence increases and you're eager to improve your game. It sounds like you may just be ready put your sparring skills to the test in the 2010 LINXX Academy Thai Boxing Smoker!

For the first time in over a decade, LINXX Academy will be hosting our very own Smoker at the Red Mill location on December 4, 2010 at 10:00 a.m. An invitation will be extended to local martial arts academies throughout the Hampton Roads area to create a variable environment for competitors. Local and affiliate fighters will be encouraged to join LINXX students on the mat.

A Smoker consists of single bout fights between students from different martial arts schools in the area. It is a great way for upcoming competitors to gain some experience in the ring. The concept of inviting other martial arts schools is to mix it up on the mat and provide an opportunity for fighters to apply their training against various techniques. By competing, you'll give yourself an chance to try out your skills and improve your timing and overall execution.

Tournament rules have been drafted according to Thai Boxing Association regulations. Each bout will consist of three rounds at two minutes each, with a minute rest between each round.

All amateur Thai Boxing fighters age 14 and above are eligible to enter (fighters cannot be paid to fight). Competitors will be divided into age brackets and weight classes, and matched up according to experience level. All bouts will take place in an official 20 x 20 foot boxing ring.

All boxing punches will be allowed to the body and to the head. Only elbows to the body are allowed, and knees will be limited to the body and legs. All types of kicks are allowed to the head and the body, but no straight line kicks to the legs. Clinching is allowed for all fighters, with all legal strikes permitted in the clinch. Headgear, shin guards, hand wraps, mouth guards, and groin protection will be the responsibility of each participant. LINXX Academy will provide 12 oz. gloves for all fighters - no fighter may use their own gloves. A complete list of rules for the LINXX Thai Boxing Smoker is available at both LINXX Academy locations, on our website, and at select area academies. For any inquiries please feel free to contact General Managers Ryan Russo at 757-495-7070 or Mike Paulson at 757-689-0680.





STUDENT OF THE MONTH



Kyle Hanes
Kempsville Black Belt
Candidate Course Student of
the Month



Willy Blas
Red Mill Black Belt Candidate
Course Student of the Month



October						
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

- 13th : **Buddy Day**- Permissions slips available at front desk
- 18th : **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
- 19th : **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
- 20th : **Jiu-Jitsu Graduation** @ 7:15pm-Normal class in session
- 22nd : **Junior LINXX Graduation** @ 5:00pm- No Kids classes
Adult Thai Graduation and Class @ 6:00pm



October						
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

- 20th : **LL Buddy Day**- Permissions slips available at front desk
- 21st : **JL Buddy Day**- Permissions slips available at front desk
- 25th : **Junior Jiu-Jitsu Testing** @ 5:00pm-Normal class in session
Adult Thai Boxing Testing White thru Green @ 6:00pm
Blue-Black @7:15pm
- 26th : **Junior LINXX Testing**- White thru Green @ 5:00pm
Blue-Black @6:00pm
Adult Jiu Jitsu Testing @ 7:00pm-Normal class in session
- 28th : **Little/Junior Linxx Graduation** @ 5:00pm
Adult Jiu Jitsu Graduation @ 7:00pm-Normal class in session
- 29th : **BJJJ Graduation** @ 5:00pm-Normal class in session
Adult Thai Graduation and Class @ 6:00pm-Normal class in session