



LINXX ACADEMY OF MARTIAL ARTS

September 2011

Pivot =Power • Buddy Day • How Martial Arts Supports Academic Success • Welcome Aboard

Letter from the Editor



Parents as Coaches Class – September 24th

Success in the martial arts requires willing participants and skilled instructors. However, success in teaching children requires one more essential component—supportive and engaged parents. Whether it's understanding the deeper meaning of the STAR assignment or preparing for an upcoming belt test, parental support is vital to student achievement.

We realize that most parents are not martial arts experts and what's taught in class may look intricate, but once a few basic techniques and concepts are understood, the rest is really pretty straight forward. In fact, we often say that the difference between an advanced student and a beginner student is merely the execution of the basic techniques.

To that end, I'm instructing a free workshop called, "Parents as Coaches." The focus of the class is how to help prepare your child for belt tests. This will include: an explanation of the strategies and techniques used in our system, the purpose of each technique and how they are grouped together, and most importantly, how to hold pads so you can practice with your child at home.

This fun and informative workshop will be held at our Red Mill location on September 24, 2011 from 10:00-11:30 (the 9:30 and 10:30 classes at Red Mill are canceled). All Junior Linxx students and parents, from Kempsville and Red Mill, are invited and encouraged to attend.

To help us plan accordingly, please RSVP by Wednesday September 21st to admin@linxxacademy.com.

I look forward to see you on the mat!

Regards,
Frank Cucci



Junior's Thai Kick Boxing Tournament (Ages 7-13)

Hosted by Linxx Academy of Martial Arts (Red Mill location)
Saturday, October 15, 2011

General Rules meeting 10:00 a.m. Competition starts at 10:30 a.m.

Each division will be divided into weight classes

Up to 49lbs., 50-59lbs., 60-69lbs., 70-79lbs., 80-89lbs., 90-99lbs., 100-109lbs., 110-119lbs., 120lbs.- plus

DIVISIONS

Intermediate - 6-18 months of training

Contact Rules:

- Punches to body
- Kicks to leg, body, and head
- Clinching and knees to body
- Final matches (1st and 2nd) place are full contact rules (includes punches to head)

Advanced - More than 18 months of training

Contact Rules:

- Punches to head and body
- Kicks to leg, body, and head
- Clinching and knees to body

Equipment

- Linxx Academy will provide competition-style boxing gloves and headgear.
- All participants are required to have groin protector, shin and instep guards, karate-style chest protector, and a formed mouthpiece.

Awards

Trophies will be awarded to First, Second, and Third place winners. Competitor medals will be awarded to everyone who competes in the tournament.

Registration Information

- Deadline for Registration is Saturday, October 8, 2011 at 1:00 p.m.
- Entry fee is \$25 for each competitor and \$15 for each additional family member who competes.
- Students may register in person at Linxx Academy (Kempsville or Redmill), or by calling 757-689-0680 or online at www.linxxacademy.com.



Kempsville Location

1320 Kempsville Road
Virginia Beach, VA 23464
Phone: (757) 495-7070

Red Mill Location

1253 Nimmo Parkway, Suite 110
Virginia Beach, VA 23456
Phone: (757) 689-0680

Uniform Change Announcement

Beginning Tuesday, September 6, all Total Defense and Little LINXX students will be required to wear a white gi top to class. Additional gi apparel and training equipment can be purchased at both LINXX Academy of Martial Arts locations.

“LINKING PRACTICAL DEFENSE AND PERSONAL DEVELOPMENT”

Pivot = Power

Often one hears the mantra in class: “pivot equals power;” and while most believe this to be true, a deeper understanding to why this is so may have a direct impact on one's striking ability. Without the pivoting action, all strikes would be restricted to front to back and side to side motions; pivoting is what allows a Thai boxer to actually shift their body's center of mass into a target. In the course of pivoting, the body's center of mass is focused and accelerated through the ball of the foot and the force is then generated in a radial motion. A very subtle motion, the pivot is capable of increasing the amount of force driven into an opponent exponentially.

Speed is another benefit to the pivot. By pivoting, one decreases the amount of time spent executing an attack. When a fighter lifts up on the ball of their foot they reduce the friction encountered from the floor or mat thus allowing the body to move quicker and more fluid. Whatever restricts a fighter's act of pivoting also restricts a fighter's ability to generate force. Resistance, in the form of friction, prevents a student from reaching their full potential. Pivoting creates less resistance by reducing the surface area of the pivoting point. If the pivoting point is the foot, then the surface area can be reduced by lifting the ball of the foot off the ground. It also increases the speed of a strike by reducing the time spent covering the distance.

Pivoting increases the overall mass behind a strike by getting the entire weight of the body behind it and not simply the weight of the striking limb. Every student wants to strike with more force however every student is not aware that the slightest of movements can create the maximum amount of force. If one is able to manipulate the things that influence force, then one can manipulate force itself. It is a domino-effect. Pivoting manipulates momentum thus manipulating force and sequentially manipulating torque. Therefore the physics behind any strike originates from the ground up.



Buddy Day

LINXX will host its annual Buddy Day this September. Buddy Day will be held at both locations for our Little LINXX and Junior LINXX beginner ranks (White-Green). This will be an action packed day of fun



and excitement, displaying our special programs here at LINXX. In addition, students that bring a buddy will receive a goodie bag for themselves and their buddy!

For Kempsville students, the Little LINXX and Junior LINXX students will receive invitations during class on Monday September 19th 2011. Both Little LINXX and Junior LINXX Buddy Day will be held the following week on Wednesday September 28th 2011 during normal class times.

For Redmill Students, Little LINXX will receive invitations on Monday September 19th 2011 during class and Junior LINXX students will be given theirs in class on Tuesday September 20th 2011. Redmill student's Buddy Day for the Little LINXX program will be on Wednesday September 28th 2011 during normal class time and the Junior LINXX Buddy Day is scheduled during class on Thursday September 29th 2011.





How Martial Arts Supports Academic Success

New school clothes? Check. Bookbag? Check. Weekly martial arts training? Check. The best preparation for the upcoming school year is to manage your child's time to ensure they continue with their regular training schedule. The characteristics of martial arts training, such as respect, focus, confidence, and discipline, parallel the same requirements to achieve academic success. Putting an emphasis on these core values by keeping consistency in their martial arts training throughout the school year will aid your child in reaching his/her accomplishments. Martial arts classes are structured in a way that benefits the student.

The structure of a martial arts class requires students to respect their instructors, fellow students, and themselves. Respect is a quality that affects all aspects of life. This virtue incorporates both self-respect and respect for others. Self-Respect demonstrates pride or confidence in oneself. Respect for other people or things shows a genuine appreciation for that person or property. Through understanding respect, children learn to treat people the way they would want to be treated.

Focus is another key element of our training. During class, students are required to focus on their instructor and the technique being taught in order to avoid injury. This ability to hold concentration for extended periods of time will transfer to their schoolwork as well. Improved levels of attentiveness will help students with retaining material from lessons learned at school as well as home study sessions.

Self confidence is the ability to go into any situation and accept whatever the outcome may be. Consistent training in martial arts will build confidence by giving children the tools they need to defend themselves. It will deter bullying from other classmates and allow them to stay calm in stressful and potentially harmful situations. In addition, dwelling less on negative thoughts or outcomes allows the child to tolerate the results of any situation. Self confidence gives the student the ability to see their own improvements and capabilities.

Discipline is the foundation of martial arts training and will be of vital importance to the student. Being a disciplined individual requires both self-control and will power. It requires you to act instead of react. You get things done in an orderly and efficient way. With self-discipline, you take charge of yourself.

Preparing your child for a successful school year requires more than back to school shopping. Help them plan for success by giving them the tools to respect others, focus on their schoolwork, exude confidence and practice discipline.

Notice of Linxxfit Class Time Change

Linxxfit is off to a great start! The class is growing and participants are experiencing the benefits of a new exercise program or an addition to their current regimen. In an effort to accommodate more people's schedule, we will be adjusting the class times. Beginning September 7th, the Linxxfit class schedule, offered at our Red Mill location, will be as follows:

- Monday at 6am
- Tuesday – No class
- Wednesday at 6am
- Thursday – No class
- Friday at 6am

Also, class on September 5th is cancelled due to Labor Day. Any questions, please contact Sarah Saunders at 757-689-0680 or SSaunders@linxxredmill.com



Welcome Aboard

We are happy to announce Khristopher Gonzalez as the newest member of the LINXX Academy instructor cadre.

Khris has been training and competing with LINXX since 2005. He currently holds a Black Belt in Muay Thai under the Linxx system. Mr. Gonzales has competed in many events and held the 2007 Total Cage Combat 155lb title, the 2007 WKA 155lb title, and earned a spot on the WKA 2010 world team for the USA. In addition to his extensive Muay Thai background, Mr. Gonzales also holds a Purple Belt in Gracie Jiu-Jitsu. Welcome to the team Khris!

Student of the Month



Paige Schneider

Paige started her training in 2008 in the and currently holds the rank of Brown Belt. Dedicated to the arts, Paige trains four to five times a week in the Total Defense Program as well as and two to three times a week in the Junior jiu-jitsu program. Her hard work earned the Student of the month for August, 2011



Kendall Phillips

Kendall has been training at LINXX since March of 2011 and currently holds the rank of Orange Belt. Kendall is a devoted student and a fast learner. She has outstanding attendance and always puts forth her best effort. Kendall comes to class prepared and focused. In less than 6 months of training, Kendall's devotion to her martial arts training has earned her Student of the Month! Keep up the great work, Kendall!

Kempsville Calendar of Events

- 19th : **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
- 20th : **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
- 21st : **Jiu-Jitsu Graduation @ 7:15pm**
- 22nd : **Adult Thai Boxing Graduation @ 7:30pm**
***GRADUATION WILL BE HELD AT LINXX REDMILL**
- 23rd : **Total Defense Graduation @ 6:00pm - No classes**
***GRADUATION WILL BE HELD AT LINXX REDMILL**
- 28th : **Buddy Day - Little Linxx @ 4:30pm**
Total Defense Students (White – Green belts) @ 5:00pm

Red Mill Calendar of Events

- 19th : **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
- 20th : **Total Defense Pre Test - White - Green @ 5:00pm**
Blue-Black @6:00pm
Adult Jiu-Jitsu Pre Test @ 7:15pm
- 21st : **Junior Jiu-Jitsu Graduation @ 5:00pm**
Adult Jiu Jitsu Graduation @ 7:00pm
- 22nd : **Adult Thai Boxing Graduation @ 7:30pm**
- 23rd : **Total Defense Graduation @ 6:00pm - No classes**
- 24th : **Parents as Coaches @ 10:00am - 11:30am No Kids classes**
- 28th : **Buddy Day-Little Linxx @ 4:00pm**
- 29th : **Buddy Day-Total Defense (White – Green belts) @ 5:00pm**

September

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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	

Questions, Comments, Concerns, or Recommendations?

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