

LINXX ACADEMY MARTIAL ARTS

"Linking Practical Defense and Personal Development"

Monthly Newsletter

www.linxxacademy.com

September 2010

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Victory at the Good Fight

Saturday August 28, 2010 proved to be a great day of recognition for the LINXX Academy jiu jitsu competition team. The Good Fight returned to Virginia Beach to host The Battle at Virginia Beach II and LINXX met the mats with 17 registered fighters; eight of which had never been involved in a tournament. By the end of the day, 26 placements in different divisions along with 16 first place wins made for a very proud team and academy.



Nestor Bayot and James Gamble diligently worked with the team six days a week, six weeks out of the scheduled event. Monday, Wednesday, and Friday was training with

the adults and every Tuesday, Thursday, Saturday the juniors rolled with their coaches. After regular classes and competition training, Bayot and Gamble allotted as much time as each grappler wanted to roll on the open mat and to take advantage of the personal time with the seasoned coaches. During this time, techniques were discussed, form was polished, and everything else that may be concerning both fighter and coach was addressed.

"The time that Mr. Nestor, James, Patrick [Trinidad], and Jacob [Turpin] took with these guys really makes the difference [regarding] confidence on the mat," LINXX mom and grappling fan Christina Corbe remarked. "The boys were really able to apply what they learned during these sessions when it came down to their matches."



The Hilltop Community Church center in Virginia Beach was the site of the Good Fight event. The Good Fight is a Brazilian Jiu Jitsu and Submission

Grappling Tournament Circuit that offers both Gi and No-Gi divisions for kids, teens, men, and women of all ages. Divisions are divided by age, weight, and skill level; including an absolute for each division. All competitions under Good Fight are single elimination

tournament formats, also known as the Madison System. Since it is a block-bracketing system there are no set-weight classes to sign up for. This prevents competitors from cutting excessive weight since they do not know the weight classes until after the brackets are posted the day of the tournament. Competitors benefit greatly because it allows them to be paired up with grapplers closest to their actual weight and skill level. This also allows almost everyone to have to grapple the same amount of matches to win first place.

Each placement earned the victor Crown points as well. "Crowned" is The Good Fight's personalized ranking system for each of our unique Brazilian Jiu Jitsu and Submission Grappling tournaments. As competitors win their respective age, weight and skill level divisions they will earn points toward individual year-end prizes and awards. Good Fight Crowned points can be viewed at www.crowned.tv.

Great news travelled quickly that Saturday. Before the tables closed up at Hilltop, victories had been shared and multiple pictures uploaded. It was clear that the fighters were proud of their performance and the coaches satisfied with their team. LINXX decorated the result pages the very next week but after congratulations were met graciously by each team member, shoes were taken right off, GI belts were tightened, and regular training commenced.



Congratulations again to a great competition to every LINXX jiu jitsu competitor!

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



The Elbow Strike

Believe it or not, the elbow can be a sharp, dangerous weapon in the art of Muay Thai. The elbow strike is one of the unique features of Muay Thai that make the sport different from other forms of martial arts. In Muay Thai, an elbow strike can cause severe injuries to an opponent because of its effectiveness in close-quarters fighting. The majority of elbow strikes are aimed at the head and facial area including the jawbone, temple, neck, etc. It is important to learn the proper mechanism and techniques to use elbow strikes safely on the mat. In Muay Thai, the elbow can be used in many ways: horizontally, diagonal upwards, diagonal downwards, uppercut, downward, backward spinning, and flying. The elbow strike is a flexible option for both offensive and defensive maneuvers; you can swing elbows in any direction, but different methods will give different outcomes. The basic techniques involved in elbow strikes are described below.

The Mechanism

To begin, Muay Thai boxers should practice elbow techniques with the punch bags as much as possible to ensure proper form. This is a vital first step to ensure safety for you and your sparring partner. The pointed tip of the elbow, which is the sharpest part, is the desired point of contact. Muay Thai boxers must swing the elbow in the narrowest possible angle to increase the sharpness of the strike. The ultimate goal is to deliver a strategic hit where the elbow tip barely touches the opponent.

Once you feel confident in your ability and technique, you can begin practicing elbow strikes by using focus mitts with a partner. Focus mitt training will help you improve the timing and efficiency of your elbow strikes.

The Techniques

For good elbow techniques, posture is very important. Keep your legs in a firm stance. Move your front leg toward the target and press the tip of your foot against floor for a firm hold. The tip of the back foot should press against the floor. At the moment of the elbow strike, you should simultaneously twist the heel, waist and hip to increase the power. By using a narrow angle and a fast strike, you will deliver a sharper, more precise blow to your opponent. Follow the steps listed below to learn how to execute a proper lead straight elbow strike.

1. Make sure you are in the proper kick stance.
2. Open up your upper body towards the left side with

your lead elbow coming straight out from your body forming a 90-degree angle with your left hand. While you do this, keep your eyes on your opponent.

3. Place the palm of your opposite hand on the right side of your forehead right above the eyebrow.
4. Pivot on your left foot, bring your lead elbow across the center of your body horizontally, bend your wrist into your chest, and try to strike with the tip of the elbow.
5. Once your elbow meets the target, quickly return to the kick stance.

Muay Thai students must understand that the improper use of the elbow and its mechanisms can lead to dangerous situations. You must respect the power of this skill and remember to use caution when practicing elbow strike techniques. When combined with self-discipline and training, mastery of the elbow strike will help any aspiring Muay Thai student gain a sharp edge over the competition.

Eight types of Muay Thai Elbow Techniques

1. Straight Lead Elbow
2. Straight Rear Elbow
3. Down Diagonal Lead Elbow
4. Down Diagonal Rear Elbow
5. Up Diagonal Lead Elbow
6. Down Diagonal Rear Elbow
7. Spinning Back Lead Elbow
8. Spinning Back Rear Elbow

Fall Uniform Announcement

Beginning Tuesday, September 7, 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.

Pedro Sauer Seminar and Belt Promotions

On Saturday, August 21, 2010, LINXX Academy hosted a one-day seminar featuring the renowned Brazilian Jiu-Jitsu instructor, Professor Pedro Sauer. Since his last visit to LINXX four months ago, Professor Sauer has been promoted to eighth-degree red/black belt by the Rickson Gracie International Jiu-Jitsu Association.



“Everyone here at LINXX was excited to welcome Professor Sauer back to witness his powerful jiu-jitsu techniques firsthand,” said Mike Paulson, LINXX general manager. “It’s

inspiring to learn from this teacher who has dedicated his life to the perfection of the art of Jiu-Jitsu.”

The morning began with an hour-long seminar designed for the junior jiu-jitsu students. The group of youngsters learned about various techniques from the esteemed master. Under the watchful eyes of Professor Sauer and the LINXX instructors, the young participants were given personalized attention to improve their grappling methods and form.

Professor Sauer graciously invited a few of the advanced junior jiu-jitsu students to join in with the adults during

the afternoon session. The students accepted the invitation with great delight and anticipation.



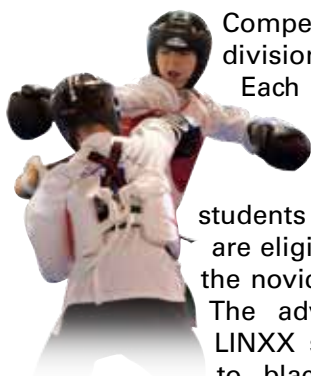
With over 40 students in attendance, the adult seminar began with significant belt presentations. Professor Sauer participated in this event by presenting his

pupils with their belts, and he personally tied each new belt on the recipient. LINXX instructors Scott Turner, Brett Thompson, and Nestor Bayot received their first-degree black belts under Professor Pedro Sauer. LINXX students George Hornyak and Oliver Esteban earned their black belts, a feat which takes between nine to eleven years. Chuck Isenhour, Mackens Semerzier, and Mike Paulson were promoted to brown belts. Christian Diaz and Benjol Austria were promoted to purple belts, while Jacob Turpin and Ari Miller received their blue belts.

After the belt ceremony, Professor Sauer officially bowed everyone out and offered open mat time to anyone who wanted to stay and grapple. As the open mat gave way to rollers who wished to practice and fine-tune what they had learned that day, the highly respected jiu-jitsu master shook hands, took pictures, and offered words of wisdom to the aspiring grapplers.

October Sparring Tournament

LINXX Academy of Martial Arts is proud to host a Junior Sparring Tournament at 10:00 a.m. on Saturday, October 2, 2010, at the Redmill location. The competition is set up for open registration and area schools are invited to join LINXX students on the mat.



Competitors will be split into two divisions: novice and advanced.

Each division will be divided into weight classes. In the novice division, green to red belt LINXX students (or outside students with 6–20 months of training) are eligible to register. Final rounds in the novice division will be full contact. The advanced division is open to LINXX students ranked red one belt to black belt (or outside students with 20 months or more of training).

All rounds in the advanced division will be full contact.

LINXX Academy will provide proper boxing gloves and headgear. All participants are required to bring safety equipment, including gloves, shin guards, chest protector, and a formed mouthpiece. Groin protection is recommended, but it is not required.

Registrations are being taken at the front desk of the both LINXX Academy locations. The cost is \$25 for the first registration and \$15 for each additional family member. The deadline for registration is Friday, September 24, 2010.

Please contact Ryan Russo at the Kempsville location (757.495.7070) or Mike Paulson (757.689.0680) at the Redmill location for more information.



STUDENT OF THE MONTH



Ben Madren
Kempsville Black Belt Club
Student of the Month



Justine Jabon
Kempsville Black Belt Candidate
Course Student of the Month



Ethan Dunne
Red Mill Black Belt Candidate
Course Student of the Month



September						
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

- 4th/6th** : Closed Saturday the 4th and Monday the 6th for labor day
- 8th** : **Buddy Day**- Permissions slips available at front desk
- 13th** : **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
- 14th** : **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
- 15th** : **Jiu-Jitsu Graduation** @ 7:15pm-Normal class in session
- 17th** : **Junior LINXX Graduation** @ 5:00pm- No Kids classes
Adult Thai Graduation and Class @ 6:00pm



September						
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		

Red Mill Calendar of Events

- 4th/6th** : Closed Saturday the 4th and Monday the 6th for labor day
- 9th*** : MMA Seminar featuring Jens "Little Evil" Pulver
- 15th** : **LL Buddy Day**- Permissions slips available at front desk
- 16th** : **JL Buddy Day**- Permissions slips available at front desk
- 20th** : **Junior Jiu-Jitsu Testing** @ 5:00pm-Normal class in session
Adult Thai Boxing Testing White thru Green @ 6:00pm
Blue-Black @7:15pm
- 21st** : **Junior LINXX Testing**- White thru Green @ 5:00pm
Blue-Black @6:00pm
Adult Jiu Jitsu Testing @ 7:00pm-Normal class in session
- 23rd** : **Little/Junior Linxx Graduation** @ 5:00pm
Adult Jiu Jitsu Graduation @ 7:00pm-Normal class in session
- 24th** : **JBJJ Graduation** @ 5:00pm-Normal class in session
Adult Thai Graduation and Class @ 6:00pm-Normal class in session