



Texas Combative Sports Center Newsletter 282-1444

Volume 1, Issue 1

February 2008

- **Grappler's Domain Tournament Results**
- **Big Show goes to the Big Show**
- **Capoeira Team Visits XMA**
- **Women's Combat Class is NEW!**

Calendar February

Sparring Seminar	2
Parent's Night Out	14

School Tenets

- Focus
- Humility
- Perseverance
- Physical Fitness
- Positive Outlook

Capoeira Meets XMA

Capoeira is a martial art derived from the slaves of Brazil. Not allowed to defend themselves, slaves used the guise of dance to develop and perfect their form of fighting and self defense. Today it is a beautiful art taught all over the world. AUMA's (XMA) Xtreme Martial Arts Team was fortunate to have two of Austin's own Capoeira's best, Michael and Felipe, come and teach them some of their unique moves. The students learned through balance and grace how to move their bodies in exciting new ways.



Capoeira Instructor from Capoeira Angola, Austin TX

Tearing Down Walls to Build You Up!

You many have noticed a little extra dust on the mat lately. We are remodeling the second and third rooms, making space for our Capital Punishment Team and MMA fighters to train. New equipment is being installed as well. There are lots of exciting changes being made to

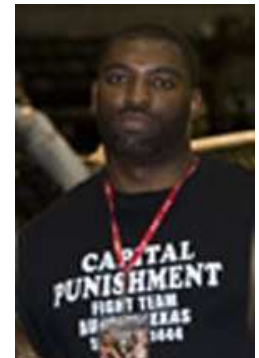
Feel the Stretch

By: Darrin Lillian

Stretching is very beneficial to your body, your workout, and your martial arts training. These benefits include the obvious increased range of motion of your joints to enable you to kick higher and attack different angles. Stretching will also give your muscles and tendons more elasticity in order to avoid injury. I am an advocate of a brief pre-workout stretch and a more in depth stretch after working out. Make sure your stretch is gradual and progressive so that you don't

Capital Punishment Fight Team

No limit cage fighting in Dallas was the venue where Fighter Joseph "Big Show" Crawford made his professional debut; and what a fight it was. Big Show knocked out Chris Marez in the first four seconds of the fight! Marez started the fight with a 43lb. advantage and Big Show ended it with superior skill. Marez just came off of a fight, beating UFC's "Cabbage". What's next for Big Show? We are all very proud of you!



Joseph Crawford
AKA "Big Show"

Instructor's Corner

By: Mr. Macias

FOCUS: Focus is one of the most important qualities of a champion. Why? With out focus, it will be hard to do anything on or off of the Mat. You need focus on the mat to do all the techniques that you learn in class. You need focus off of the mat to make sure you succeed in school, work and your life.

Birthdays

Debra Kalens	2/2
Brett Smith	2/2
Cheyenna See	2/3
Mark Stewart	2/4
Dorothy Nelson	2/5
Lucas Montgomery	2/7
Jorge Olivo	2/7
Jon Zenelaj	2/7
Jacob Servantes	2/10
Jamie Flores	2/23
Linda Splinter	2/28

Grappler's Domain No Gi Competition

Three of AUMA's own went to compete in Grappler's Domain first No Gi Competition. Giovanni Molina did a great job representing our school. Silver medals were awarded to Christian Duncan and Ryan Sosa for their divisions in the tournament. Congratulations to all three for putting forth a great effort. We look

New Women's Combat Class

Our Women's Combat Class every Monday, Wednesday and Friday mornings has been so popular that we are now adding classes Tuesday and Thursday evenings from 8-9:15pm. Self protection, conditioning and flexibility, Judo, Jiu Jilts, Muy Thai, Kick Boxing and striking concepts are a few of the items taught in these classes. This is an incredible work out that not only keeps you fit but gives you valuable skills for life.

"Every master was first a student."

Core Values:

Integrity

Respect

Commitment

Leadership

Self-Discipline



Master Instructor
Nicholas Juarez

Master Instructor's Message: Welcome TCSC

The Academy of Universal Martial Arts (AUMA) is now under new ownership. Please welcome the Texas Combative Sports Center (TCSC) and excuse our dust as we expand the school to offer you and our community an even higher quality martial arts experience. As always the Universal Martial Arts program (formally AUMA) as well as the Lil Dragons

Instructor Nicholas Juarez and the Beikoku Bushikan Karate Jutsu System. Texas Combative Sports Center now offers classes in MMA101, Woman's Combat Fitness, Combat Ju Jitsu, XMA (extreme martial arts), Universal Martial Arts, Brazilian Ju Jitsu, and Lil Dragons. For more information on all our programs and tuition please speak with a TCSC staff member or set an

first two weeks for only \$30.00. The changes we will be making should benefit everyone and we apologize in advance for any inconvenience this may cause. Please speak with the TCSC staff regarding any changes to your present AUMA account.



Lil' Dragon of the Month, Claire Segura



Clair is our first Student of the Month for the year 2008. She was chosen because of her consistent energy, dedication, respect, and positive attitude that she brings to every class. By working hard on her

Katas and self protection, and by having fun with a great big smile Claire demonstrates what it is to be a true leader in the Lil' Dragons Program. Congratulations Ma'am!
By:
Lil' Dragon's instructor Mrs. Traut

Count to 10 in Japanese!

1 = ICHI	6 = ROKU
2 = NI	7 = SHICHI
3 = SAN	8 = HACHI
4 = SHI	9 = KU