

# MORNE SWANEPOEL'S COMBATCOACHING.COM

E-Newsletter

### From the Editor



What an eventful month it has been since our last newsletter went out ... but that's good! Things are happening at CombatCoaching.com Most exciting news is that we have finally been able to get permanent premises for CombatCoaching.com here in Amanzimtoti—certainly took long enough! During the month of July we will be in full swing of renovations to ensure that we give you the best training facility—CombatCoaching.com style. We're very excited and thank you to those who are helping out.

Last but most *certainly* not last on the log, I just have to end off by commending the new Super14 2009 champions woohoo!



Issue 4

June 2009



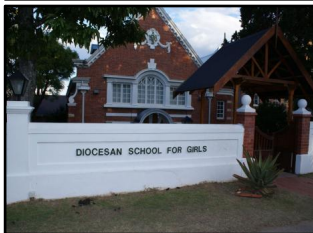
Morné Swanepoel,  
Founder and President  
CombatCoachng.com

### Westwood Mall Exhibition



Thank you to everyone who gave up their time to man the table at the Westwood Mall the weekend of the 23rd of May and to those who participated in demonstrations. We really appreciate it guys!  
  
Once again Combat-Coaching.com rocked!

### Diocesan School for Girls—Grahamstown Personal Protection weekend workshop



Morné and I conducted a 2 day self defence training workshop over the weekend of the 23rd of May at Diocesan School for Girls in Grahamstown. Being a semi-Eastern Cape girl, I looked forward to the trip down and so we packed the training gear, luggage and the boys and as a family ventured down the N2 to Grahamstown ... and what an adventurous trip it was; with goats, cows, donkeys and chickens in the middle of the road, the scenic, spiraling mountain passes through the Transkei and Ciskei that leave you feeling rather breathless and me bracing myself by clinging to the door handle, needless to say this fascinated Morné terribly.

The first session commenced Saturday morning with more than 30 girls all displaying enthusiasm towards learning more and asking an array of questions. There were hands flying up everywhere with one question leading into another. Then the training began and the girls were eager, participating and best of all they were having FUN and so were my boys, especially Dylan :o) at 8 years old he believes girls are the best thing God created. The final training scenario included fake blood that gave them all a bit of a scare and a feel for reality.

Thinking that the Sunday session would be less attended, we were delighted that there was again more than 30 girls attending all enthusiastically participated in the training drills: their unashamed display of sadism when I demonstrated a cracking slap on the ear on Morné; shrieks of laughter and clapping of hands went out. The girls really enjoyed throwing water in each other's faces at the end of the pepperspray session.

Bad Boy MMA sponsored various merchandise items—it was hard to choose who to give the items to and we wish we had something to give everyone. Thank you to Charl & JM from Bad Boy MMA!

We enjoyed spending time with the girls and look forward to training with them again. You rock DSG !

To remove your name from our mailing list, please email [aileen@combatcoaching.com](mailto:aileen@combatcoaching.com).  
Questions or comments? E-mail us at [aileen@combatcoaching.com](mailto:aileen@combatcoaching.com) or call 031 903 7616



DSG Group photo: Day 1



DSG Group photo: Day 2



Girls just 'wanna' have fun ... making use of fake blood for a feel of reality



Teachers join in too



Girls training in surviving a knife attack



This has got to be the picture of the workshop ... girls training to defend against pepperspray attack



### ANTI-MICROBIAL MOUTHGUARD CASE

Heavy-duty, ventilated case with athletic bag attachment system provides secure, clean storage for your mouthguard.

- [1] CARABINER CLIP attaches easily to your athletic bag.
- [2] VENTILATED CASE promotes fast drying.
- [3] ANTI-BACTERIAL TREATMENT provides clean storage of your mouthguard.
- [4] SECURE CLOSURE
- [5] DRIP SLOT FOR YUCK

## Jo'burg trip 30 May 2009



Morné conducted a training workshop at Box Office at the weekend (30 May 2009)  
Left to right: Nic Stanissis from our headquarters in Durban who assisted Morné over the weekend .  
Morné Swanepoel, Ockert Olivier CombatCoaching.com's new Menlyn Park group leader. Johan and Adéle van Heerden, our Potchefstroom group leaders and executive staff members.

### Review re the workshop at Box Office By Johan van Heerden

We started off with the usual "Caveman" warm-up drills which lasted for about an hour. These are excellent for overall conditioning and developing functional strength and fitness for sport or street, as well as developing fighting skills and mindset. The importance of these types of conditioning drills was underlined for me that evening when watching the fights at Emerald Casino. As Coach says: "If you are tired, you're not strong; if you're tired, you're not fast; if you're tired you don't have good technique; and if you're tired, you're not even smart!"

The technical side of the workshop focused on clinch and groundwork. First we learned to dominate the clinch by breaking your opponent's posture, which leads to a more effective (one-legged in this case) takedown. From the takedown, depending on where you ended up, we explored different options and the finer technicalities associated with it to make it even more effective.

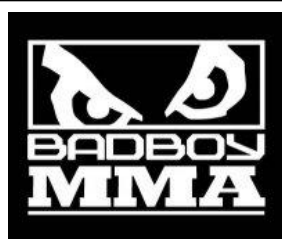
Some options we were coached in included passing the guard and pounding your opponent, different ways to escape from the half guard and end up in a superior position, isolating a leg into a very effective leg lock, etc.

We were also coached on how to get out of some of the most common sticking points associated with ground fighting and clinch: how to prevent your opponent from getting to the rear naked choke when you are in the turtle position, how to get out of the rear naked choke, using / escaping the half guard, getting out of the guillotine etc.

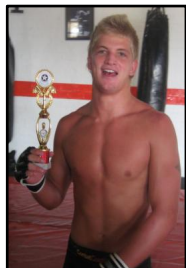
The workshop was well attended by group leaders and members, who all enjoyed it very much and learned a lot. A special word of thanks to Nic for assisting us during the workshop, and Manny for hosting the event.

The workshop truly was international standard, and Coach Morné is an excellent technical coach in both offensive and defensive aspects of all the ranges. He personally made sure each one of us got the technique down before moving on, which help you to understand and memorize it.

## Team High Performance MMA fighters results



Right:  
Dustin Cooks



Dustin Cooks and Paul Johnstone win their debut Amateur fights held on the 23rd May 2009 at Fight Club, Durban.  
**Well Done!**



Vatos :o)

### Well Done!

Victor Cabeleira who won his Pro MMA bout at Fight Club Emerald Casino, Johannesburg on Saturday, 30 May 2009.



### Next tournament

#### dates:

Amateur MMA Durban 18 July  
Pro MMA ICC Durban 26 July

## NEW LADIES SELF DEFENCE GROUP IN DURBAN



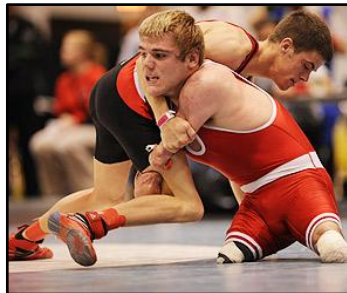
Rehana Asmal has been training with us at CombatCoaching.com for a couple of years now and has joined the Coach in Progress program in order for her to further her studies and to teach ladies self defence classes in her community. Rehana runs classes for the ladies of Qualbert, Durban twice a week.

Rehana exposes the ladies of her community to Reality Based Personal Protection training methods, tactics and techniques to prepare them to survive the streets of today!

For further information on Rehana's classes, follow this link to our website  
<http://www.combatcoaching.com/kzngrouplisting.html>



**COMING SOON!!!**  
**PART 2 OF THE BULLY**  
**PROOF YOUR CHILD**  
**INSTRUCTIONAL DVD**  
**SERIES**



It's when things are at their toughest, you must not quit!

### MARK THESE DATES

- \* Our Polokwane group leader, Henri Eksteen will be hosting his first amateur Bully Proof Your Child tournament on Saturday 6 June 2009.
- \* There will be a group leader meeting in Johannesburg on the 27th of June 2009.
- \* Follow this link to our website events calendar to be kept up to date with what's happening in CombatCoaching.com  
<http://www.combatcoaching.com/eventseminarcalendar.html>



*Nothing is Impossible!*

Soon to be released:  
**Combat Athletics 3-part DVD series**  
**Ladies self defence 3-part DVD series.**

**"If you are tired you are not strong**  
**If you are tired you are not fast**  
**If you are tired you don't have good technique**  
**AND**  
**If you are tired you are not even smart"**  
**Train hard team**  
**CombatCoaching.com**

### They say laughter is the best medicine

How to maintain a healthy level of insanity:

1. At lunch time sit in your parked car with sunglasses on and point a hairdryer at passing cars.  
*See if they slow down*
2. Page yourself over the intercom. *Don't disguise your voice*
3. Everytime someone asks you to do something, *ask if they want fries with that*
4. Put decaf in the coffee maker for 3 weeks. *Once everyone has gotten over their caffeine addictions, switch to espresso*
5. In all the counterfoils of your chequebook, write *For Marijuana*
6. Skip down the hall rather than walk and see how many looks you get
7. Order a diet water everytime you go out to eat, *with a serious face*
8. Specify that your drive through order is *to go*
9. Sing along at the Opera
10. 5 days in advance, tell your friends you can't attend their party because you have a headache.
11. When the money comes out the ATM, scream *I won, I won!*
12. When leaving the zoo, start running toward the parking lot yelling *Run for your lives! They're loose!*