

# REV!

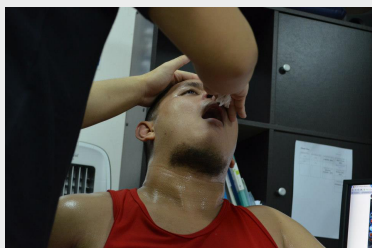
Protect-SG and Combat-REV's Monthly Digest

4th May 2013, Issue 1

## Inside REV!

From inside out: an exclusive interview with our coaches and graders: Peng Yong, G.L., and Steve. Find out how they became who they are today.

## Our Iron Champion



A wounded AJ preparing for finals

## Fighting it out!



Clinton and Venson facing off

## Vampire Magic



Ryan showing off vampire fangs



Posing with the winners - Everyone!

Hearty congratulations to our winners (in order of merit): AJ, Hou Ren, Bryan & Danny!

## An exhilarating **FIGHT** night!

What were you doing last Thursday night? For us here at Protect & Combat-REV, we had a spectacular evening watching our members duke it out grand prix style.

Fifteen bouts later, we were still reeling from the massive adrenaline surge having watched some of the finest display of Muay Thai in our gym.

Our fourteen spirited fighters competed in a winner take all style tournament, dubbed **FIGHT!**, for entertainment and glory - and they were plenty of glory to go around - everyone

went home a winner.

Graciously sponsored by Tiger Beer, the two hour tournament attracted a crowd of some forty people, including several first-timers, at the gym itself. Tension was high as spectators watch the fighter pool dwindle down to the final few - with injuries mounting to the cacophonies of oohs and aahs every time a clean hit was struck.

Our members thoroughly enjoyed the spectacular display of sporty exchanges between our fighters amidst the pizza refreshments and the free flow of drinks.

# Protect enters the Ultimate Satria Championship

Protect-Singapore is quickly making its presence known in the local scene. Recently we've accepted the offer to become affiliates for the Ultimate Satria Championship - a local UFC style tournament jointly hosted by the National Youth Council and the Singapore Macan Association.

When asked whether Protect intends to field fighters for the competition, Gym Manager Peng Yon

g and Senior Instructor G.L. decided that Krav Maga practioners would have an unfair advantage in the competition, and Muay Thai fighters are inherently unfamiliar with groundwork. That's where the idea to value-add to the competition in a different way sprang up.

Coaches G.L. and Steve instead offered to field security personnel for the event, and provide ringside security, ushering, and executive protection for the event's VIPs.

The USC organizers were quick to take up our offer, and readily expressed their appreciation for Protect to both offer security personnel and train any volunteers willing to undertake the service.

Meanwhile, Protect-Singapore has also lauched Krav Maga awareness and equipping in schools - Hwa Chong International School and Tampines Secondary are among the first to pioneer the movement, with other institutions to follow.

## Gym Updates

### New Staff Member

A new staff member has joined our Protect family and here's his personal greetings to the rest of us!

*"Hi guys, my name is Alvin and I am glad to be part of this family where we all train together and have fun. For me, Protect is a place where I can work in an environment that is filled with my passion."*

### On-going Free Trial!

Dear members, please take note that our Free Trial is still on-going until 31st May.

So do ask around your friends, relative and colleague if they are interested to give it a try :)

All they need to do is either drop a sms to 8250 4361 or email us at: queries@protect-sg.com

### Krav Maga Grading Results

Congratulation to the following Krav Maga members whom have move to Practitioner level:

- Abraham
- Nick
- Wei Liang
- Israel

Congratulations!

## Krav Maga Korner

For our first issue, we'll get to know our Gym Manager, Peng Yong, behind the scenes!

*Alvin: How long have you been training Krav Maga?*

*Peng Yong: Three years. And trust me, it's singularly the most practical self-defense technique I've learnt.*

*Alvin: How was Protect-SG founded?*

*Peng Yong: [It] Started off with a group of like-minded brothers [with] a close-knitted ambition - to equip every Singaporean with a competent set of PROTECT self-defence.*

*A walk in our gym gives you an idea and feeling of what the gym is all about - everything is done by the founders of the gym.*

*[But] Our work is not done until we achieve our goal.*

*Alvin: what can the members of Protect-SG can look forward to?*

*Peng Yong: We are going to launch three more programs by September 2013. Let us [firm] up the details and update you on our Facebook page.*

*Lastly, we are on a hot lookout for corporate clients, schools and first response institutions to teach self-defence. If you have contacts, do share with G.L., Steve, [or] Alvin.*

# Muay Thai Musings

In a recent interview with our senior instructor, Mr Ong Guan Long (G.L.), he shed some light regarding his pursuit of martial arts.

*Alvin: Could you share with us how many martial arts have you been trained in before?*

*G.L.: Whoa, this is a very good question. Let me see, I have been trained before in various kinds of [martial arts]: Wushu, Muay Thai, Krav Maga, Quan Qi, Taekwondo, 2 different styles of Karate, Wing Chun, Combat Kick-Boxing, Chinese Boxing and Brazilian Ju-Jitsu.*

*Alvin: That's really amazing! Would you like to share with us more how did you step into*

*Muay Thai?*

*G.L.: Sure. When I was in my younger days, I was often the target for bullies. In order to defend and protect myself, I went to sign up for class on San Da (Chinese Boxing). After training Chinese Boxing for a while, my friend recommend me to try out Muay Thai. That's how I got into Muay Thai. During the course of my Muay Thai journey, I received training from different masters, even masters that came from Thailand.*

*Lesson learnt: don't judge a book by its cover. People who are bullied earlier in life become much tougher later on.*

*Don't mess with G.L.!*



# Boxing Banter

Give me a jab, right uppercut, and left hook! Steve is our resident boxing instructor and draws on his training in sports science to bring out the best potential in each of his students and innovate new strengthening exercises to develop their strength and endurance.

Let's check out what our senior boxing instructor has to say about the sport itself.

*Alvin: What inspired you to start boxing?*

*Steve: Haha, my inspiration came from video games and action movie. They inspire me to be as strong as them. The fire and passion in Boxing was*

*igniting ever since I gave it my first try.*

*Alvin: What is so special about boxing that captured you always?*



*Steve: [It's] simple. Boxing is such a sweet form of science. It only involves two sets of your knuckles but there are many ways of using them, even to a deadly potential of knock out. Boxing being one of the oldest combat sports known to man, my passion drives me to explore it further.*

*Lesson learnt: there is a deadly beauty even in simplicity. Just because a boxer has less weapons in his disposal doesn't make him any less devastating in combat!*



## Editor's Note

Hello everyone, it's Niap here! As it turns out, I somehow became the responsible for babysitting this monthly digest. That's right, I've been promoted to editor-in-chief, and I will be posting defamation remarks about my enemies over here, because I'm the king of this castle, haha.

Jokes aside, these past few months with Protect & Combat-REV has been nothing short of breathtaking for me. I've learnt first-hand from some of the best masters in Muay Thai (GL & Steve), and have experienced a new sense of camaraderie being a member of our prestigious Fight Squad. To be honest I'm still barely a babe when it comes to understanding and practising Muay Thai, but my newfound passion with both the martial art and our gym has really sustained me through many weary nights. Anyway, I digress - this section's supposed to be the editor's note so let me pen down some useful thoughts about our newsletter.

As you guys would know, we've been around for a little over a year now, and with 2014 inevitably looming over the horizon, we hope to make the best of the current year. The gym and its membership is maturing, and plans to begin a second branch are up in the air - there's a spark of energy flying about the

management these days as we start meeting milestones one after another towards establishing a strong foothold in our dream to provide a cosy, familial experience to martial arts enthusiasts from all walks of life.

In the coming months, we are hoping to begin overseas training plans and bootcamps in the gym - the USC championships and starting Krav Maga programmes in the schools are only the beginning. We also have many exciting programmes lined up for our members to take part in, such as the **KRAV MAGA X MUAY THAI** event next month, where we invert the training slots and let practitioners have a taste of trying something new.

On behalf of the gym management we hope that you all have enjoyed our fight night this month. There's something beautiful about structured dueling that appeals to the human soul and I personally find it very endearing. But let's not forget our gym fighters who are striving to bring glory at a national level to our gym - Danial, Ryan, and Ira. Coming this 5th May, they will be entering their first ever Muay Thai tournament at the Orchird Country Club. It's a Sunday, so if you are free do come down and support us!

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**REV!** is a monthly digest published by Protect-Singapore LLP & Combat-REV.

Monthly features include latest Krav Maga, Muay Thai, and Boxing news.

Stay tuned for our next issue where we feature our involvement in the Ultimate Satria Championships, a joint-venture with the National Youth Council & Singapore Macan Association.

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