

# REV!

Protect-SG and Combat-REV's Monthly Digest

5th June 2013, Issue 2

## Inside REV!

Members exclusive features: Daniel Poey from Krav Maga, Kai & Alex from Muay Thai, and Wen Qian the boxer!

## Teaching Teachers



Teachers of Tampines assemble!

## HCIS joins us!



Five days of intensive Krav Maga

## Representing us!



The Protect-SG Corporate Team Posing



Everyone is a winner!

Three cheers for our proud gym fighters: Ira & Danial!

## Doing Us Proud!

What were you doing on the 5th of May? For us, we were down at Orchard Country Club supporting our stalwart fighters, Ira & Danial.

They bravely competed for the gym's honour and

brought us much pride and respect by bringing home a gold and silver to decorate our gym walls.

Kudos to our brave warriors Ira & Danial. We are very proud of you!

## Big Changes Ahead!

**Protect-SG** is increasing its membership size! Other than our free trial program which recently ended, we are also moving into advertising our membership through Facebook & a partnership with Google Places.

### A new facelift

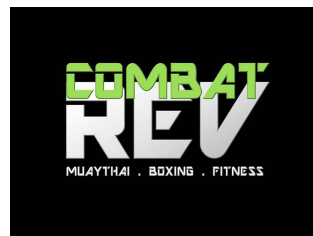
In the coming months, we will also be increasing our visibility with new banners, a new website, and a facelift for our Facebook Page.

Remember to invite your friends to join us too!



### Plans in the works

**include:** an online membership system that allows you to check your lesson balance with e-commerce membership renewal.



## Gym Updates

### 3RD IN-HOUSE MUAY THAI TOURNAMENT!

Time: 8pm Start Fight

Date: 27th June 2013

Special Highlight: 3 Additional First-Time Boxing Match

16 Muay Thai Fighter. 1 Winner. Will you be The One?

Contact Steve or GL to sign up

### Krav Maga Grading Results

The Management of Protect-SG congratulate the following members for obtaining the level of Practitioner:

Michael The Sashi

## Krav Maga Korner

Today, we are glad to do a short interview with one of our regular Krav Maga student, Mr Daniel Poey.

Alvin: Hi Daniel, can you share with us what was your first expression of our gym when you first came in?

Daniel: It was a small gym initially with 2 relatively young guys running the gym. I was rather surprise after the first

session to see the effectiveness and how easy it was to pick up KM. It astonish me to know that you could use it immediately after the first class.

Alvin: What keeps you coming back for more?

Daniel: Evidently, the instructors teaches with passion and with genuinely heartfelt concern about our wellbeing. It become as thou

you are coming back home to your familv.



# Muay Thai Musings

Over on Muay Thai, we are having a double down! We have with us Kai and Alex. The pair have been with us for some months, and has never failed to inspire us with their hard work and enthusiasm.

Alvin: So Gentleman, some share with us, have Muay Thai training made you more fit?

Kai: *I think in the beginning of the class, i would have to take a break after every 30 minutes of training. Now, my stamina have improve and I am able to last through the entire session. This not only help me in Muay Thai but also other sports such as basketball.*

Alex: *Before I train here, I have a bad temper and I get ager easily. After training here, It have train me more physically and mentally. It has also instil discipline in me as reflected through the things I engage in. Now I do not lose my temper easily and I understand that violence does not solve everything.*

Alvin: Kai, how was it like to be part of our 2nd Inter-House Muay Thai Tournament?

Kai: *It is my first time taking part in such a contact sports and I find it very interesting. All of the participants took part in it not for the fighting action. Rather, it is for the enjoyment and exchange of skills and*

*pointers. It gives us a "family feel". Furthermore, it gives you a first hand experince of how is it like to be on the stage, unlike what we simply see on the television only.*



# Boxing Banter

I asked our resident boxer, Wen Qian on 3 important factors that contribute to his enthusiasm and hard work in boxing:

Passion

*Me and my friends who joined the classes together with me are all passionate young people looking to learn a new skill and a new sport to conquer. We put in all that we have during each lesson to learn the most out of it.*

*Coupled with our instructors' passion in coaching, they sought to mould us into "boxers" as fast as possible, teaching us and making us practice the essential fundamentals of boxing.*



Positive environment  
*Protect-SG offers a positive environment where both the instructors and students are friendly and motivates each other.*

*The instructors are successful in cultivating and maintaining healthy competition in the gym to maximize every individual's efforts and thus, results.*

Humility

*Martial arts practitioners are humble in their various disciplines. I believe this is a culture cultivated by our instructors.*

*They sort to give tips, advice and suggestions to every individual student to help them improve on their techniques. These personal helps are vital to our learning and improvement within the past 2 months*



## Editor's Note

Hello! It's been a month since I last had a chance to speak with you guys. And it's been a hectic month indeed.

This month, we entered corporate Krav Maga training with both Hwa Chong International School and Tampines Secondary. With other schools like Clementi Town Secondary and possibly ITE College East & SCGS in the works, it looks like we'll be having busy months ahead.

As some of you may know, I haven't been visiting Protect for a while. Apart from recovering from my wrist reconstruction surgery, it's also due to my busy work schedule. But rest assured, I will catch up with you soon!

Currently, I'm discussing some exciting plans with Peng Yong, G.L. & Steve regarding the expansion of

the gym. After the initial influx created from the groupon members we have been quiet for a while. But now we've fully adjusted to the new membership load we are looking ahead to grow and perhaps even open a second branch nearby.

We hope to continue to hold your support in the coming months and years. And as usual, if you have any questions do feel free to come to us. Our open door policy with regards to questions and suggestions is to not even have a door. You won't find a need to pass through any doors to talk to us here at Protect! Seriously though, if you have comments and suggestions do come to us without hesitation. We'll be more than happy to attend to them.

Cheers!

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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 third inhouse Muay Thai Tournament,

**FIGHT! III**

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