

MORNE SWANEPOEL'S COMBATCOACHING.COM

e-Newsletter

From the Editor



Welcome to CombatCoaching.com e-Newsletter, issue 3! Now that we have the elections behind us, let's pray that SA improves as promised and hoped; Things have gone far enough and it sure is a time for positive change; speaking of change, we are all feeling that chill in the air here in SA as Winter approaches — luckily here in KZN, it is always Summer! Usually this time of year is when many get lazy to train because it's easier to stay indoors than face the icy chill outside. But let me encourage all of you to keep on keeping on, don't stop training and if you're thinking of starting ... there's no better time, no better season wherever you are in the world, like now. Start now!

Issue 3

May 2009



Morné Swanepoel, Founder and President of CombatCoaching.com

Highland Gathering Demonstration



CombatCoaching.com very own MC, Greg Lander-Ritchie



Personal Protection demonstration
Highland Gathering 2009
Damion & Paul



Mixed Martial Arts demonstration
Highland Gathering 2009
Stanton & Tim

Bully Proof Your Child/
self defence for teens
demonstration
Highland Gathering
2009
Cameron & Sheldon



Power Combat Zone has been broadcasting the International Chris Haueter seminar this whole month.

Here are the next broadcasting times:
Wednesday 19h30 SS7 (207)
Thursday 23h30 SS1 (201)
Tuesday 19h30 SS6 (206)

CONGRATULATIONS!!!

WELL DONE to WENTZEL NEL from our HQ in Pinetown, Durban for winning his pro debut MMA fight at the Durban ICC Sunday 26 April, 2009.
Good luck to Wentzel and Victor Cabelreira who will be fighting on the 30th of May at Fight Club's next tournament in Johannesburg.



Newsletter Spotlight

Morné Swanepoel is one of the nominees for the IIMAA Martial Arts Hall of Fame and will also be one of the guest instructors at the 2010 seminar with others like Chuck Lidell & Dan Henderson.

www.maseminar.com

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

Check out Henri Eksteen, our Polokwani group leader's new website
www.extrememartialway.synthasite.com



Morné Swanepoel has been certified as the official representative for the World Kickboxing League in SA.

PLEASE CONTRIBUTE TO OUR ONLINE FORUM!

All you have to do is go to the website, click on public forum and register first if you haven't done so already and then start a new thread or reply to current threads.

The index board consists of all 4 aspects of training we offer giving you a wide variety of topics to choose to write from.

WESTWOOD MALL HEALTH & FITNESS EXHIBITION

CombatCoaching.com will be a part of this exhibition on the 22nd –24th of May 2009
 Demonstrations will be put on for all 3 aspects of training that we cover.
 We will have a table where people can come make their enquiries about the training offered at CombatCoaching.com
 Click here <http://www.westwoodmall.co.za/directions.htm> for directions to mall and a location map.

IN THE INTERNATIONAL MEDIA

COMBAT
 UK'S NUMBER ONE FOR MARTIAL ARTS

FIGHTERS
 UK'S NUMBER ONE FOR FULL CONTACT MARTIAL ARTS

Read Morné's latest articles in two of the world's leading Martial Arts magazines i.e. Combat & Fighters. Morné is a columnist for these magazines and you can download them from the following websites:

www.combatmag.co.uk and www.fightersmag.co.uk



Morné is proudly sponsored by BadBoy

Thank you to Charl & J M Tostee and Russel Shaw from BadBoy for supporting CombatCoaching.com



Morné gets to meet and chat to South Africa's new President, Jacob Zuma at Durban International airport.



Read Morné's latest Street Wise article in Durbs online magazine

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GOURMET NUTRITION WITH DR JOHN BERARDI

SWIMMING UPSTREAM—FISH OIL BOOSTS METABOLISM

NUTRITION FACTS AND STRATEGIES

Eating for health and optimal body composition means three things:

1. Eating the right amount of food
2. Eating the right kind of food
3. Eating at the right times.

If you want to have a great physique, you're going to have to eat the right amount of food—watch your energy intake and make sure you're not overeating.

One way to make this process easier is to boost your metabolic rate. One simple way is to add a little fish oil into your diet.

We're not just talking about Omega 3s. We're talking about 2 specific fats found in fish oil: EPA & DHA. These fats are only found in marine animals (salmon oil is the best known source) that have been found to offer benefits such as powerful antioxidant, anti-cancer and anti-inflammatory effects; increased lean mass, decreased fat mass, better blood sugar management and more.

Taking a few grams of EPA & DHA per day can speed up metabolic rate by 400kcal per day. Imagine that, pop 2-3 fish oil capsules with each meal and you can afford to eat an additional meal each and every day. Yay!

10gms of total fish oil—or 3gms of combined EPA & DHA per day can boost metabolism while boosting your health.

NEW COMBATCOACHING.COM FIGHTING SHORTS NOW AVAILABLE



Front Side



Back Side

**New
CombatCoaching.com
fighting shorts are now
available in all sizes.**

Cost: Adults R200
Kids R150
Excludes postage