

DEFENSE **DEFCOM** COMBATIVES

4 SECOND DEFENSE SYSTEM

Spring 2017

Newsletter
DEFCOMMA.COM

A GREAT START TO THE NEW YEAR

JANUARY

A big congratulations goes out to our new blue belts. Michael “Methane” Golemi received his promotion on January 24th, and James “Farva” Simon received his promotion on January 26th. They’re great guys who have stepped it up to become excellent role models at DEFCOM. Keep it up, gents.

We had an amazing turnout for our good friend Royler Gracie on January 28th. Royler Gracie is a master of our art, Brazilian Jiu-Jitsu, and a predominant family member of the founders of Brazilian Jiu-Jitsu. In short, he is the Michael Jordan of Jiu-Jitsu. For those who attended, it was a very special event and one that few in the world will ever get to experience. Yes, we at DEFCOM are very spoiled.

FEBRUARY

This was a month of big change at DEFCOM. We put in our new mats!



all of you, this could never have happened. Not everyone could be here to help with the construction, but for those who were able to help, DEFCOM is forever better because of you. A special recognition goes to John “The Dude” Santos. If it wasn’t for his skillset, leadership, attention to quality, and dedication to



DEFCOM took on a new instructor, Brad Diddion.

He is a black belt in Judo and teaches Judo at 5:00 p.m. every Thursday night.

All are welcome to come and learn.



this massive project, we might still be trying to figure it out. John worked tirelessly through the weekend, being the first one in and the last one out, from that Friday evening till Monday morning at 0130 when we

NUTRITION TIP: EAT!

Most people don't eat enough, and hardly anyone eats correctly. The simplest way to describe how someone should eat is: in the morning, eat like a King or Queen; in the afternoon, eat like a Prince or Princess; in the evening, eat like a peasant. The most common challenge I hear is that people do not have portion control. Using this guide will help with that challenge and keep body weight in check.



finished. "Dude," you're the Man! Our Coach Dustin Lunde offered to do a private session to all who participated in the construction of the new mat. Please see Jorge Monterrey to schedule your time.

We also, finally, got our DEFCOM swag. You'll see T-shirts, hoodies, and gym bags around sporting our DEFCOM logos. Next, we will be looking to introduce DEFCOM

shorts and custom DEFCOM gis. We have come up with several different combo packs if you want



to purchase your very own DEFCOM gear. We are keeping as much as we can on hand for purchase, but if you'd like to custom order something in a size or color that we don't have, see one of the coaches and they will help take your order. February was also a big month for seminars. We had self-defense seminars for Girl Scout Troop 1034 and Maranatha University. If you'd like to schedule a private self-defense seminar for your family or workplace, see one of the coaches, and they'll get you on the books.



SAFETY TIP: KEEP YOUR HANDS OUT OF YOUR POCKETS

You are not ready to defend yourself when you're looking down with your hands in your pockets. Your posture is the first line of defense you have against a potential attacker. What should it look like? Hands out of your pockets and swinging naturally, head and eyes to the front and looking at where you're going. Shoulders rolled back and chest out with swagger in your walk that exudes confidence. And you should be confident. You're being trained by some of the best instructors in the world. Lastly, stay vigilant and be aware of your surroundings. Stay alert, Stay alive.

ON SATURDAY, MAY 13TH AT 10:00 A.M., COACH DUSTIN WILL BE COVERING THE WHOLE SELF-DEFENSE CURRICULUM. WE'D LIKE TO GET EVERYONE TO SEE EVERY MOVE AT LEAST ONCE AND BUILD FROM THERE.

MARCH

March will go to the kids' class. They have really grown. Not only in the size of the class but in skill as well. I feel they are starting to realize that it's about "We" not "Me" and that is not an easy task. Ms. Billie Collins has been a familiar face in the kids' class, and it is exciting to see her grow as a

leader at DEFCOM. With her background and knowledge, she is a great role model for the kids and adults alike.

Please get your paperwork and money for the Combat Corner Tournament in as soon as possible. All levels are welcome to compete. It's \$70 for early registration, \$80 the week before the tournament through same-day registration. Kids must register early. There is no option for same-day registration for the kids. Any questions, ask one of the coaches.

APRIL 5

DEFCOM's 7th Birthday!

APRIL 22

Spring cleaning at DEFCOM and cookout (weather permitting)

MAY 13

Curriculum Review

MAY 14

Mother's Day

MAY 20

Combat Corner Tournament

MAY 29

Memorial Day

JUNE 18

Father's Day

UPCOMING PROMOTIONS



BRENT SCHACHT

Blue Belt



JIM "WEAPON X" KERR

Blue Belt



DONNY "THE ANVIL" CAMERON

Blue Belt



COACH DUSTIN LUNDE

Brown Belt

When you see them around, help keep them motivated to keep up the good work. Remember, that will be you one day. We are very proud of our students. It is not easy to get promoted at DEFCOM. A DEFCOM promotion means that you have the skill and fortitude to defend yourself against a great majority of the world. You are the best because you're being trained by the best. Believe.

For your daily dose of DEFCOM, visit us on Facebook and Instagram.

