



News & Updates

First Defense MAC
March 2013

Greetings!

February may be the shortest month of the year but the First Defense team made sure they used that time to it's fullest potential. For March, we have even more to offer in terms of workshops and new classes.

Our most exciting news from last month is the promotion of both our Head Instructor, Nick Masi, and Senior Instructor Will Allen! Investment and hard work are key on every level at at First Defense, both in our instructors and students. As we begin to roll into spring we know you will find that the additions and improvements we are making in our training and classes are because we want to see each and every one of you succeed in your training goals. We cannot wait to see you meet, exceed, and set new personal goals!

Additionally, as you scan your card before each class, please introduce yourself & say "hi" to our new front desk staff. Sandy will be at the desk Mon, Wed, & Thurs evenings & on Saturdays. And Dara will be at the desk mid-days on Tuesdays & Wednesdays.

Thanks & see you all soon,
Nick and the First Defense Team

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Instructor Advancements



We are extremely proud and excited to announce that our Head Instructor and Owner, Nick Masi, has achieved the prestigious ranking of Graduate 5. Nick is only one of seven G5's in the United States (& the only one east of Texas)!

We are also immensely proud to announce that Senior Instructor, Will Allen, obtained the rank of Graduate 2.

Both Nick and Will received their rankings while attending the Instructor Update Training and Graduate Level Testing, this past

weekend in Long Beach, CA.

Please join us in giving both Nick and Will a big congratulations for their amazing dedication, hard work, and commitment to continuing and investing in their training. It is this inspiring commitment and fighter attitude that not only ensures that First Defense has the highest ranking instructors and most established team on the East Coast, but enables each and every one of our students to have access to the best and most efficient training.



Student Advancements



Congratulations to Jennifer (not pictured), Tyler, Rose, Ines, and Christine on successfully passing their P1 test!

We are proud of you for all the hard work you put in each class - you earned it! Keep training hard and working towards your

next level.

Throws and Take-downs Workshop

In the third edition of our monthly workshop series, we will study and practice various throws and take-downs.

When: Sun, March 10th from 1-3 pm.

Location:

First Defense Krav Maga
291 Sunset Park Dr.
Herndon, VA 20170

This workshop is free for First Defense members.

Not a member? Not a problem. You can still attend, however, there is a fee of \$20.



Please pre-register [HERE](#).

Women's Krav Maga



Krav Maga's teaching and techniques for women are characterized by their effectiveness even from a position of physical disadvantage, providing the needed self-defense against violent attacks. Krav Maga for girls and women boosts confidence, putting an end to

the anxiety and aversion caused by feelings of helplessness. With our training system, women need no longer relinquish personal safety and quality of life out of fear.

When:

Wednesday, March 13th from 7-8 pm

This is a one hour beginner-level Krav Maga class specifically for women. If you've never had the chance to take a class before, this is a great opportunity to learn some basic principles and techniques as they relate to some common threats or attacks women may face.

New Body Strength Conditioning Class

Increase your body tone and strength in this intense workout composed of key body weight exercises. Sedrick, from Double or Nothing Personal Training, will give you the workout you need to get in prime shape. Improve the power of your Krav Maga combatives. Increase your strength and fitness. It will be a 30 minutes your body will thank you for!



Please join us from 5:30 - 6:00pm on Tuesdays and Thursdays starting on March 12th for these amazing Body Strength Conditioning Classes and help us welcome Sedrick to the First Defense Family!

New Structure for Class Levels



Starting this month, our class times will have different ranks/levels associated with them.

Beginner Class = No rank, Practitioner 1, Practitioner 2
Intermediate Class = Practitioner 3, 4, 5
Advanced Classes = Graduate ranks

This [FAQ Document](#) should answer your questions about this new structure, but if you have any other questions or concerns, please contact Nick at nick@firstdefensemac.com.

Please take a look at the document as there are some equipment requirements all students need to be aware of.

Practitioner 3 Test in April

With our new testing structure, the Practitioner 3 test is the entry exam into our Intermediate classes.

The next Practitioner 3 exam will be on April 6 from noon - 3:30pm. If you are a P2 student who would like to test for P3 in April, email Nick, nick@firstdefensemac.com, or let him know when you see him at the school.



8-Week Krav Maga Foundations Course Begins March 20th: Sign-up Today, Space is Limited!

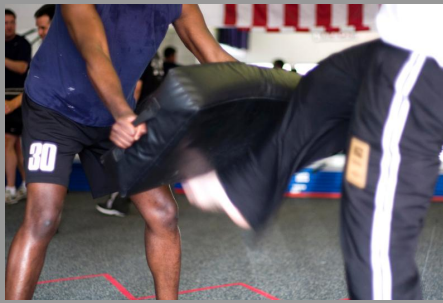
Back by popular demand is our 8-week Krav Maga Foundations Course! We were going to hold off and do the next course in the Fall, but we managed to carve some time out of our schedule to run one more course before the summer.

This course acts as a survey of the system with each week's session focusing on a different attack, threat, or scenario. We'll cover basic striking, releases from common holds and grabs, defending yourself on the ground, and much more.

[REGISTER HERE](#)

The course begins on Wednesday, March 20th and the core sessions are every Wednesday from 7-8pm. However, participants of the course are welcome to attend any of our regular Krav Maga Beginner or Krav Maga Striking classes, too.

For those new to Krav Maga, this is a great introduction to the system. For those who have had some training in the past, the Foundations Course will give you the opportunity to catch back up and learn some new material.



[REGISTER HERE](#)

Location: First Defense Krav Maga
Dates: Wednesdays, March 20 - May 8
Time: 7:00-8:00pm
Cost: \$249*

*We do offer discounts for families and high school or university students. This course is free for current First Defense members.

KMG General Instructor's Course in May

First Defense is very fortunate to have Eyal Yanilov (KMG Head Instructor) with us at our facility for nearly 2 weeks in May as he leads a Part 1, 2 and 3 of the KMG General Instructor's Course.



KMG General Instructor's Course

The Part 1, while the first step for anyone wishing to become an instructor, is also open to students who want 5 solid days of training.

The GIC Part 1 is scheduled for May 15 - 19.
The GIC Part 2 & 3 is scheduled for May 18 - 26.

Registration links are not available yet, but clicking on the image above will give you general information about the course & the list of offerings from all over the world.

Reminder First Defense is in Maryland

First Defense now has classes in Chevy Chase, Maryland every Monday at 7:30pm.

We've set up a new website specifically for that site - <http://www.thekravmagaedge.com/> Please check it out if you or someone you know is interested in training Krav Maga in the Chevy Chase, Bethesda, Silver Spring area.

Questions about the class can be directed to

Next Classes for Charlottesville



Our little spin off group in Charlottesville, VA is growing fast!

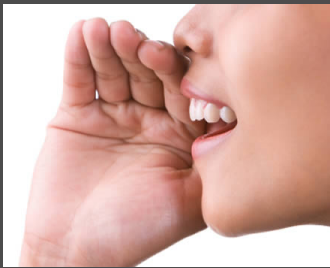
The next classes are schedule for March 9th, and April 13th. You can rsvp for the classes [HERE](#).

Thank you for taking the time to review our News & Updates. We look forward to seeing you in class soon.

Sincerely,

Nick & The First Defense Krav Maga Team

Spread the word



Help the First Defense family grow, tell others why you joined. Did you join to learn Krav Maga for it's key self defensive techniques so you could improve your own personal safety? Does your membership give you the missing key to your personal fitness routine? We would love to hear from you, please share your testimonials on Facebook, Google, Yelp, Patch, Twitter, LinkedIn, etc.