



News & Updates

First Defense
July 2013

Greetings!

As we move into the summer months, remember to stay hydrated & bring a towel with you to class. Our AC is awesome, but you're still going to sweat!

The July Teen Crash Course starts at the end of this month and we still have a few spaces left for the session. If you have or know any middle & high-school aged children, this is a great way for them to use their summer wisely & pick up some essential self-protection skills!

We're putting our fall workshop, event & testing schedule together now, so look for that in our next newsletter.

Have a safe & fun Independence Day,
Nick and the First Defense Team

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Student Advancements

Correction from the June newsletter - after completing the KMG General Instructor's Course, Paul received his Graduate 2 rank!

Congratulations to our newest **Practitioner 1** students: **John M., Scott S., & George W.**

Congratulations to our newest **Practitioner 2** student: **Ranga K.**

Congratulations again to everyone!

FD Closed on the 4th

We will be closed on July 4th in celebration of Independence Day.

Quick Links

[First Defense Website](#)

[2013 Class Schedule](#)

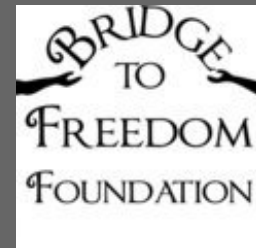
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Regular classes resume on Saturday, July 6th.



Happy 4th!

July Events

UFC NIGHT

Join classmates, family, & friends at Champps in Reston & watch some MMA action. UFC 162 is on Saturday, July 6th and things will get started around 9pm. If you're good at calling fights, this you can go home w/ something more than leftover nachos. We have a bracket set up this time & are setting out some great prizes for the winners!

PRACTITIONER TEST

On Sunday, July 28th, there will be a test for Practitioner Levels 1, 2 and 3. If you have completed the minimum class requirements and think you are ready to test, please let us know & we'll send you the registration link for your testing level.

CHARLOTTESVILLE

The next class in Charlottesville, VA will be on July 27th at 3pm. Check out our [Meetup.com page](#) for more information and to RSVP.

TEEN CRASH COURSE

Starting on Monday, July 22nd, we will start the second Teen Krav Maga Crash Course of the summer. More information on this course can be found in the section below.

CHEVY CHASE, MD

We on a summer break from our classes in Chevy Chase at the Ohr Kodesh Congregation. We will pick up classes again after Labor Day. We will be hosting a few workshops in Maryland over the summer, so please be on the lookout for those announcements.

Teen Self-Defense Crash Course

We've often been asked to do a summer camp or some other type of activity during the summer for high schoolers and students starting university in the summer. After a lot of thought, we've put together a

Teen Self-Defense Crash Course - an evolution of last year's summer College Prep course.

This Course runs for 2 hours a day (10am-noon) for 5 days straight. It will run similar to our regular Foundations Course with each day focusing on a different self-defense and self-protection topic. Participants are also welcome and encouraged to attend our regular noon classes on Tuesday, Wednesday & Thursday.

We had a fantastic session in June & are looking forward to the next group for the July Session.

Session 2: July 22nd - 26th [REGISTER](#)

For more information , please contact info@firstdefensemac.com or register by phone at 703-835-9054.

Fencing Camp at First Defense

We've partnered with the [Reston Fencers Club](#) to offer a summer camps in August. There will be a day camp from August 5-9 for fencers 7-12 years of age and a camp from August 12-16 for fencers 13-18 years of age.

Coach Ilya Lobanenkov has trained for over 20 years with world class masters of the Russian, Hungarian and Polish schools. After a US Division 1 competitive career he switched to coaching full time. He has been giving private fencing lessons and running group classes for over ten years.

For more information and to register, please visit www.restonfc.com.

This will not affect our regular class schedule. We'll take this opportunity to train outdoors with our noon classes.

Touring & Training in Israel this Winter

KMG's TOURING & TRAINING

Twice a year, Krav Maga Global hosts participants from around the world for their Touring & Training Event.

The dates for the Winter Session is December 29th, 2013 - January 7th, 2014.

We are trying to put together a group from First Defense to attend.

You do not need to be a member to attend this event & you don't even need to be a Krav Maga practitioner.



KMG
KRAV MAGA GLOBAL
by Eyal Yanilov

Touring and Training in Israel

Join Eyal Yanilov and other high-level instructors of Krav Maga Global for an amazing experience.

Train with the Source in the Birthplace of Krav Maga

May 17th - 26th, 2013 December 29th, 2013 - January 7th, 2014

Touring and training in Tel-Aviv, Netanya, Akko, Jerusalem, Masada (Judean Desert), The Dead Sea, Sea of Galilee, Hot Springs in the Golan Heights, Kibbutz and more.

Program:

- Defending armed and unarmed assaults; multiple attackers; VIP Protection; Improving fighting skills and tactics
- Mental preparation and training; decision making under stressful conditions
- Krav Maga simulations in different locations and conditions: outdoor, public transportation, urban settings and more
- Training includes beginner, advanced and instructor level groups (second-timers too!)

Price: **€1650.-** Early birds: **€1550.-** Super Early birds: **€1420.-**

For information and registration contact KMG-Headquarters at info@krav-maga.com or your local KMG branch www.krav-maga.com

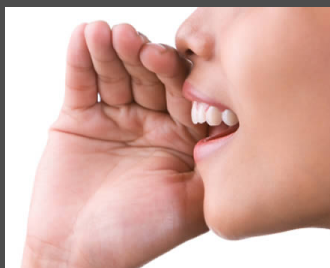
You will register directly with KMG, but when you do, please let us know so we can keep track of who's going & send out announcements as needed. For registration information, check out KMG's [Touring & Training](#) page.

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.