



News & Updates

First Defense
April 2014

Hello Everyone!

Finally Spring has arrived! The flowers are budding the weather is warming up and we are training hard. We've got some exciting things coming up this spring

Thanks for reading & see you all in class!
Nick and the First Defense Team

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Closed for Easter Weekend



We will be closed on April 18th - 20th for Easter weekend. Enjoy spending time with your loved ones and stay safe.

Practitioner Testing

Quick Links

[First Defense Website](#)

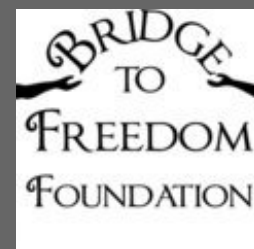
[2014 Class Schedule](#)

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On Sunday March 30th many of you tested for the next KMG skill level. Congratulations to all of those who have recently improved their KMG status:

Practitioner 1: **Chris W., Jeff K., & Raul A.**

Practitioner 2: **John Z., Michael S., Eric L., Amit D., Lauren D., & Jen H.**

Practitioner 3: **Adam M., Jen W., Darryl J., & Leslie H.**

Practitioner 4: **Dan M., Gordon E., David S., Nick M., Lee N. & Taurus J.**

Upcoming GICs

The **General Instructors Course Part 1** with KMG UK director John Bullock will be April 30th - May 4th at First Defense Krav Maga. Register before April 9th and receive the early bird price. For more information and to register see the KMG USA website [here](#). Checkout the KMG USA Facebook page to keep yourself up to date and informed.



The **General Instructors Course Part 2** will be July 26th - Aug 3rd at First Defense Krav Maga. Register before June 28th to receive the early bird price. For more information and/or to register [click here](#).

First Aid/CPR Certification

On Saturday April 26th First Defense will be hosting a CPR/AED and First Aid certification class put on by Virginia CPR who is an American Heart Association affiliate. They will be teaching the heartsaver course which includes instruction and hands on training in CPR, AED use, and First Aid. Upon completion of this course you will be certified. If you have ever thought about getting certified this is your opportunity to get certified and save \$10 on the Heartsaver course.

When: 12pm Saturday, April 26th
Where: First Defense Studio
How much: \$80 (cash or check only)

If you are interested talk to Ann or Sandy to register or get more information. Deadline for reservation and payment is Saturday April 19th.

April Foundations Course



Our April Foundations Course will focus on learning basic striking, defending strikes, releases from chokes, releases from headlocks, releases from bearhugs, releases from wrist grabs, how to use common weapons for self-defense, defense techniques on the ground, how to deal with stress and developing the proper mental attitude.

This course will be held April 7th to April 30th. Classes are every Monday and Wednesday night from 7pm-8pm at First Defense (291 Sunset Park Dr., Herndon, VA 20170). This course is available to the public for \$249 or is complementary if you are a member at First Defense.

Don't delay, [reserve your spot or sign up a friend](#) before classes fill up. Or you can reserve your spot by talking to Ann or Sandy at the front desk on your next visit.

Youth Classes

The current youth session is coming to a close but another 8 week youth Krav Maga session will start May 5th. The May session is titled "Skills and Drills." To register [email Ann](#). If you would like your child(ren) to learn about more topics in self defense you can pre-register them for upcoming sessions later in the year. Contact [Ann](#) for more information regarding upcoming youth classes.



Onnit Supplements

We currently have four supplements for sale that can improve your Krav game. Our supplements are from a great company called Onnit. Below are brief descriptions of each supplement, but for more detailed information see Onnit.com or talk with Ann, Nick or Sandy.



Alpha Brain

This supplement will help you focus and use more of your brain power. Alpha Brain works by increasing oxygen flow to the brain and decreasing mental haziness to allow for clear focused thoughts.

Shroom Tech Sport

This supplement uses a combination of cordyceps from mushrooms, antioxidants, adaptogens, and B-12 to help your body perform to its fullest. It will help you improve your body's ability to use oxygen and resist fatigue.

Spirulina & Chlorella

Don't like eating your vegetables? But, hate that you're missing out on vital nutrients? Try this supplement. This supplement will help you detoxify your body as well as help improve your immune system health.

Vitamin C and L-Lysine

Help out your immune system and fight free radicals with this supplement.

Reminders

If you were effected by the Target credit card breech and have been issued a new card or have gotten a new card because of other reasons please be sure to update your MindBody profile or alert one of the front desk staff before your card fails an auto payment.

If you have had an address change please remember to update it on MindBody or talk to Ann or Sandy at the front desk.

Remember only shoes that have never been worn outside are allowed on the mats for class. Bare feet or socked feet are fine as well. This will help keep our mats clean free of dirt, grime, and germs from the

outside.

It is First Defense's policy that all men wear groin protection when they attend class. This is for your own safety. We do not want anyone to take a groin strike unprotected. We also want to remind all members that you should be wearing First Defense or KMG t-shirts and pants or shorts (w/ appropriate rank patch) when you're taking Krav Maga classes.

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.