



## News & Updates

First Defense  
Spring 2015

### Finally! Our first newsletter of 2015!



As I'm sure you've noticed by now, we were busy over the New Year remodeling the studio. Done in a couple of phases over the past 6 months, we now have proper changing rooms, a new lounge area, retail wall, and a new heavy bag rack with new bags. We hope everyone is enjoying all the new changes. Thanks to all who helped us with the remodel! Your efforts are greatly appreciated and now our studio is stylin'!

As the year proceeded we kicked off our first Youth session with the largest group ever! Bridget and Nick are having a great time with them and they're learning some essential Krav Maga skills in the process. We're already a little more than half way through our current 2nd Session: Ground Work. Our Third Youth Session for 2015 will begin on Saturday May 2nd. If your child isn't registered yet, please do so soon. We have a large class already & will be closing registration at 24 participants for the 3rd session.

We welcomed two of KMG's top instructors this past month to our Studio. Balazs and Jan were gracious enough to guest instruct some special classes at First Defense in addition to being in the area to run KMG's GIC part 1,2, and 3. Even Master Eyal stopped by for GIC 2 & 3 for two days of specialized training for the GIC participants. We had a lot of announcements and advancements that took place during the course of the past 3 months. Big congratulations to everyone who have worked so hard to earn these achievements.

SPRING!!! Spring is finally here! We're looking forward to the next couple of months. First Defense & KMG has some great events and seminars that are planned for Spring & Summer. First Defense will be participating in local festivals, including the Herndon Festival at the end of May. We're hoping to organize some fun team building activities outside of the studio as well.

So, be prepared, this newsletter is lengthier than normal.....

### Quick Links

[First Defense Website](#)

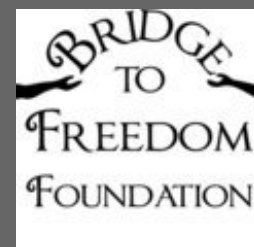
[2015 Class Schedule](#)

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Center](#)

### Our Sponsors



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

## In This Update

[Holiday Closings](#)

[Recent Promotions](#)

[Upcoming Testing](#)

[FDKM Youth Sessions](#)

[GIC Takes over!](#)

[NEW Onnit Supplements](#)

[Referral Program](#)

[Reminders](#)

[Spread the Word](#)

## Holiday Closings



Thank goodness winter is over!  
Here are some scheduled  
Holiday closings for First  
Defense.

April 4th, Easter Holiday  
May 23rd-25th, Memorial Day Weekend  
July 3rd-5th, Fourth of July Weekend  
September 4th-7th, Labor Day Weekend

## Congrats to Everyone Who Level Tested!

We would like to acknowledge everyone's success.  
Congratulations guys! We are very proud of your  
hard work and dedication.



BIG CONGRATS! Paul recently earned his G4 and Michael earned his new rank of G1



Darryl, Mark, Dan, and George tested in January for their P5!



Raul, Amit, Eugen, and John all earned their new rank of P3!



Sean, Ross, Kevin, and Jill participated in their first level test to earn their P1!

## Upcoming Testing

If you are ready to test up to the next level save the date **April 25th** from 12 noon to 4pm for testing. This is a tentative testing date, we will send out an email within the next week or two to those who are eligible to test.

Pick up a Practitioner curriculum sheet for your next rank to make sure you are familiar with all the techniques. These sheets are available on top of the cubby as you walk in. If you are ready for P4 or P5 testing ask the front desk if they could print a sheet for you.



If you have any questions as you review the Practitioner techniques sheet please ask one of the instructors. We also carry the official KMG DVDs of each curriculum level from P1 all the way to G5. The DVDs are great tools for review and fine-tuning.

## Krav Maga Youth Sessions



As we mentioned earlier, we're having a blast with our group of young Krav Maga practitioners! As our program grows, we're especially proud to see the progress many of our students have made. The last day for our current session, Ground Defenses & Tactics, will be on Saturday April 25th.

Our next session will begin the following weekend, Saturday May 2nd. Don't forget to register your child. We are limiting the size of the class to 24 students. If you would like additional information about our youth program, please email Ann directly at [ann@firstdefensekravmaga.com](mailto:ann@firstdefensekravmaga.com)

## GIC Takes Over the Month of March

You might have noticed the additional activity in the studio. Earlier in the month, First Defense hosted KMG's GIC part 2 & 3. What is GIC? GIC stands for General Instructors Course. KMG requires Instructors to complete a 3 part training & testing course before becoming a certified KMG instructor. Balazs spent nearly two weeks here training (and doing a little sight-seeing, of course!). He was also gracious enough to guest instruct a strike/fight class too!



It was a grueling 9 days of training for the participants! First Defense proudly Congratulates Bouba, Gordon, and David for Successfully completing all 3 parts of the GIC and becoming fully certified KMG instructors!



The Murphy brothers Chris & Sam also completed the 2nd part of the GIC training! They're well on their way to completing part 3 in the near future. Congrats!!!



Visit our Facebook

Page: <https://www.facebook.com/FirstDefenseKravMaga>  
to see more pictures of our special Strike/Fight Class with Balazs

Jan Tevini was in town to run GIC Part 1. Knowing Jan from some training together in Israel, Nick asked if he could stop by afterwards to guest instruct some classes at FDKM. He was happy to oblige & taught some fantastic classes for our students.



BIG THANK YOU to Balazs & Jan!

If you're interested in becoming a KMG Instructor, please contact Nick for more information about the requirements and process.

## NEW Onnit Supplements

We have **three** new supplements from Onnit! We now carry T+, New MOOD, and Coral Calcium. See below for a brief explanation of the new supplements. For more detailed information on any of the products we carry see [Onnit.com](https://www.onnit.com) or talk with Ann or Nick about pricing. If you enjoyed the other products we stock from Onnit don't worry we still carry them too.



### T+

This is a stimulant free, pre-workout powder that is designed to increase strength and power output better than training alone. This formula is also designed to improve athletic performance and assist with muscle recovery.



### **New MOOD**

Mood enhancing formula that encourages a calm peaceful mind. This supplement helps reduce stress and enhance relaxation.



### **Coral Calcium**

Calcium supplement that is live harvested from the beaches of Brazil. The live harvesting process preserves mineral content of the coral. Live harvesting means that the coral is picked up within 48 hours of it washing up on shore and in no way harms the coral reef.

### **Other Available Supplements:**



## **Referral Program**

Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.





Think about it: 5 referrals join as members, they each get \$10 off their monthly rates. But, you get \$50 off! (both accounts must be current and in good standing to receive the discount)

## Reminders

If you have had an address change or need to update your credit card please remember to update it on MindBody or talk to Ann or Lauren at the front desk.

Only shoes that have never been worn outside are allowed on the mats for class. If you don't have indoor-only shoes, bare feet or socked feet are fine, but we highly recommend getting some shoes for class. 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.

You should also be wearing your hand wraps during class, especially the striking class. Not only do they provide protection to hands and wrists, they also soak up a lot of the sweat that will otherwise end up in the mitts and gloves.

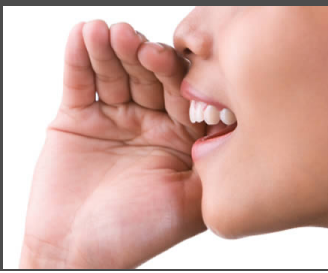
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Thank you for taking the time to review our News & Updates.  
We look forward to seeing you in class soon.

**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](#), [Twitter](#), [LinkedIn](#), etc.