

KRAV MAGA



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November 2015 FDKM Newsletter

Hope everyone remembered to set their clocks back one hour this weekend, Fall back as they say! As Krav Maga practitioners, we fall back on our training to keep us and our loved ones safe outside of the studio. Don't fall out of training - consistent training is the key to building muscle memory and making sure your techniques improve and remain sharp.

As we bid Adieu to Halloween, the leaves on trees, and all of the exciting things October had to offer, we're looking forward to November. The Holiday season is upon us. First Defense would like to take a moment in November for Thanks & Giving.

Oktoberfest at Reston Town Center this year was a blast! Thank you to everyone who came out to support us.

Everyone enjoyed our photo Op! If you haven't seen some of the photos, check out our Facebook page. We're hoping some new faces will come and train with us in the upcoming weeks.

Rounding out the rest of October we celebrated Halloween in traditional FDKM fashion. We hope everyone enjoyed our decor and spirit! Our Popular 8 week Foundations course wrapped up for the year. A big welcome to all those who will be joining us as regular FDKM members. Our next course will start in January!

We're kicking off November with guest instructor Mark "Diamond Heart" DeLuca. He'll be instructing our noon

classes the first week of November. It's a nod to our noon'ers, big thanks to them! We also have a special Friday Fight Night this month. And of course, we'll be closed for the Thanksgiving holiday November 26th-29th.

Some of you might notice that a couple of our regular instructors and fellow students are missing the first week of classes. We're out in Las Vegas training!!! KMG's annual P & G Camp is this weekend. I always encourage anyone who is able to make it, to participate in KMG's Camps offered in the U.S. or around the world. It's a memorable experience and a great opportunity to train with fellow practitioners around the world with some of the highest ranked instructors in KMG. I'm out here early training with the National team and preparing for the U.S. school owners meeting happening this week. I'm looking forward to returning with new skills & drills for everyone at FDKM!

Thanks for reading & see you all in class!
Nick Masi & the First Defense Krav Maga team

UPCOMING EVENTS



Muay Thai Champion Mark "Diamond Heart" DeLuca

Special Guest Instructor Mark DeLuca will be joining us for a special 3 class workshop during our noon classes on November 3rd, 4th, and 5th.



FDKM Members Workshop: Friday Fight Night

Thinking about joining our Strike/Fight class on Thursday nights, but not sure what it's about? Well join us on November 13th, 6-8pm to get a taste of what's involved in our light contact sparring class.



Closed Thanksgiving Holiday

Gobble, Gobble, Gobble! First Defense will be closed Thursday November 26th-Sunday November 29th.

Remember, the more you eat, the harder we'll train you!

In First Defense Krav Maga News

2015 Oktoberfest

Saturday October 10th & Sunday October 11th





A big Thank You to everyone who came out to support us at this year's Oktoberfest at Reston Town Center. We appreciate all the help we got from our students from helping man the booth, set up, and break down. Our photo Op was a HUGE success! First Defense Krav Maga is working hard to bring more attention to not only our studio but to Krav Maga as well. We're looking forward to seeing all the new faces trying out a Krav class with us in the upcoming weeks.

Mark "Diamond Heart" DeLuca

Noon class on Tuesday Nov.3rd, Wednesday Nov. 4th, & Thursday Nov.5th



Join us this week during our noon classes for our special guest instructor Muay Thai Champ Mark "Diamond Heart" DeLuca. We're bringing in Mark to teach during our noon sessions this week. It's our way of saying Thank YOU! to all of our dedicated noon students. Over the past year, it's been difficult to find coverage for our noon classes when Nick travels for KMG. So, as part of our Thanks & Giving month, we decided to treat our noon'ers with an entire week of some mixed training with Mark. And for all of our regular evening & weekend warriors.... this may be a good week to have that extra long lunch break!

November Members Workshop: Friday Fight Night
Friday November 13th, 6-8 pm



Friday Fight Night is HERE! Friday November 13th, 6pm-8pm.

As part of our Members Workshop Series, we'd like to invite you to join us for Friday Fight Night. Here's a great opportunity to get a taste of how a strike/fight class is run. For those who have been curious and would like an intro to striking and light contact sparring done here at First Defense, this is a great chance to try it out. For those who have been attending, it's a chance to refine those skills and work on the control needed for these classes.

Thanks & Giving

Tis the season to say thanks and to give to those in need.

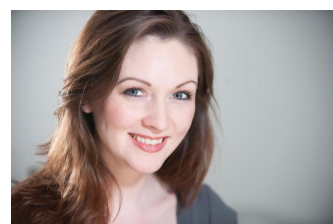


Through the generosity of our student Chris Chop last month, who decided to donate his grand prize of an iPad mini to the charity of Nick's choice. We have donated the equal cash value of the prize to the Greenbrier Learning Center in Arlington.

Greenbrier Learning Center offers after school programs to the community. To learn more about this organization or to make a contribution please visit their website.

<http://www.aspireafterschool.org/>

Devon Marie Saunders, Local Mary Kay Consultant (& wife of our talented student Jay Saunders) runs a special program every holiday season to provide products to the women of Bethany House. "Adopt a Mom" is a gifting service provided for women who are living at a safe house; healing after escaping situations of abuse. First Defense has already adopted 10 mom's as part of this wonderful program. Please consider participating as well! For more information on how to adopt a mom in need, please visit: <https://www.facebook.com/AdoptaMomService/?fref=ts>





Northern Virginia
Family Service

First Defense Krav Maga believes in participating and helping out with the community. If there is a charity that is near and dear to your heart, please let Ann know. We're more than happy to highlight the needs of our community in our next newsletter.

For over a year and a half we've been working with Northern Virginia Family Service to provide valuable Krav Maga training to those in need in the community. Thank you for your support of First Defense! Because of our dedicated students, we're able to provide memberships to those in need at a discounted rate.

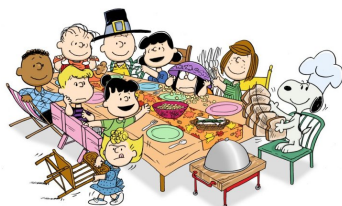
Visit their website to learn more about their programs and the assistance they provide to our local community, and make a contribution. <http://nvfs.org/>

Krav Junior Winter Pants are in!

Get em while they're in stock



Keep those kid's legs warm this winter! Krav Junior Pants are in. They're made of high quality cotton, rugged, for our active younger Krav crowd. Only \$21.99 +tax, see Ann to grab a pair for your Kravist!



We are Closed for the Thanksgiving Holiday!

First Defense Krav Maga will



Flu & cold season is here!

Just a friendly reminder to stay home and recuperate if you're



We're on Social Media!

Have you found us on:

be closed November 26th-29th. Regular classes will resume on Monday November 30th. Have a wonderful holiday!!!

ill. As recommended, wash hands or use sanitizer as often as possible. We have installed hand sanitizer dispensers around the studio for your convenience.

[Facebook](#)
[Twitter](#)
[Youtube](#)
[Yelp](#)
[Instagram](#)
[Google+](#)

Psssst.....NO SHOES WORN IN PUBLIC ON THE MAT!

Be a good student, training partner, and adhere to the rule.



Don't think we haven't noticed, but just a friendly reminder that we do not allow any shoes that have been worn in public on our training floor. For hygiene reasons we ask that everyone who trains with us, either train in bare feet, socks, or bring in a pair of trainers to only be worn indoors.

We recommend low to no tread sneakers or wrestling shoes are always a wonderful option for those who like to wear footwear while training Krav. If you have an extra pair at home already and would like to use those instead. We'd suggest wiping the bottom of them with clorox/lysol wipes thoroughly.

And yes.... walking to your car counts as wearing them in public. If you're not willing to rub the bottom of your shoe on your face, then you probably shouldn't wear them on the mats.

Here's an article about the diseases that lurk on the bottom of shoes:

<http://www.menshealth.com/health/disgusting-disease-your-shoes>

Featured Onnit Product of the Month



Onnit Total Primate Care

Since inception, the Onnit line of products were designed to be taken as part of a regimen - the goal: Total Human Optimization. The Onnit TPC day and night vitamin packs are the culmination and execution of the Onnit supplementation philosophy. Combining the entirety of our nutrient sourced ingredients in one convenient pack means that you are going to get everything you need to thrive... and you might actually remember to take it all. In each pack, two nutrient-dense spirulina & chlorella tablets provide you with a broad spectrum of vitamins and minerals that act as a bio-available multi-vitamin. Krill oil is included to provide you with the vital EPA and DHA for brain and overall system health, and our flagship Shroom TECH Immune will help your body keep the immune system at the ready.

Day Pack

The unique ingredients of the day pack include a single Alpha BRAIN to supply fuel for the neurotransmitters and set a base level of cognitive acuity to build upon, and a Shroom TECH Sport offers valuable adaptogens, antioxidants, and cellular energy. Lastly, a Stron BONE, helps to nourish bones and joints for an active lifestyle.

Night Pack

The night pack, helps set you up for a peaceful rest with our serotonin and relaxation boosting New MOOD, a mineral packed coral calcium, and a ViruTech with Vitamin C and L-Lysine to further assist immune function overnight.

Why Total Primate Care?

Human beings are so superior to our nearest species relative, we often forget we are an animal too. The human primate has a body and brain with a very complicated set of nutritional needs to function at an optimal level. Total Primate Care takes the best of the Onnit formulas and combines them with vital nutrients not easily attained in food. The day pack helps the body elevate the brain with Alpha BRAIN, get an antioxidant and cellular energy boost with Shroom TECH Sport, and helps keep the bones and joints nourished with Stron BONE. The night pack, offers the body the mood balancing benefit of New MOOD, along with coral calcium and the immune boosting benefit of ViruTech with Vitamin C and L-Lysine. Both packs contain the highly potent krill oil which is packed with omegas, the concentrated green superfood spirulina/chlorella and Shroom TECH Immune to help the body directly stimulate the immune system.



First Defense Referral Program

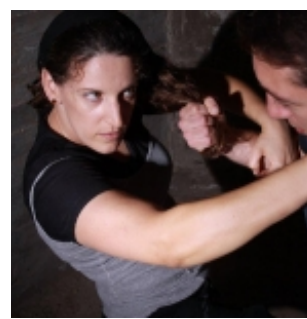
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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)

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.



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.

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

Forward this
email

STAY CONNECTED

