

KRAV MAGA



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December 2015 FDKM Newsletter

So, this newsletter is a little....ok..ok...a lot late. But like they say, better late than never. With that said, we're welcoming lots of new faces to First Defense. Taking that first step to try out a Krav Maga class can be daunting and intimidating for many. We'd like to take this opportunity to thank our FDKM members for being so welcoming and lending a helping hand or encouragement to every new face that steps through the door.

There's a lot of new upcoming things happening at FDKM, and we'll be wrapping up 2015 in this newsletter too!

2016 is just around the corner! As FDKM, KMG-USA and Krav Practitioners grow in numbers, we're so happy to see many of you as part of this community. We train hard and work hard to reach our goals (one of which is helping you achieve yours!) . Many in the next couple of weeks will set New Year's resolutions. Get more exercise, eat healthier, be more mindful, etc.... A lot of times these resolutions are forgotten by the 6th week into the new year. First Defense Krav Maga would like to set Krav Milestones for each one of you, not only for 2016 but for your entire Krav Maga Journey. Training Krav Maga is much more than a short term goal, it's a lifestyle change. We form bonds with our fellow training partners and instructors. I see confidence, strength, health, and awareness grow and improve with

each training session. So lets continue to work and train together in the new year!

2015 has flown by so quickly! We celebrated many accomplishments and milestones here at FDKM in 2015. Level Rankings from P1 all the way to G5! Our 5 year anniversary. Many of our students completed various parts of the KMG Instructors Course. We welcomed numerous members from the KMG Global team here during events and courses. A whole slew of new young Kravists joined us. Many of our own members families grew too, Krav babies!!!

Thank you to everyone who has been here for us, the studio, and each other. The support everyone has given to FDKM has meant a tremendous amount to us and we'll continue to show our appreciation by continuously improving our services, committing to our students' goals and being the best Krav Maga school around.

In order to be the best, you need to train with the best. That's why I'm in Israel this week training with Eyal and the Global/International KMG team. It's definitely an honor to be invited to train with the world's best Krav Instructors and to learn how to be better instructors ourselves. At FDKM our instructors are also leaders & the best leaders lead by example. Even after 12 years, I still make an effort to attend every training event that I can. And at each one I learn something new. I do this because I love what I do, but I also want this attitude reflected in those that I teach. We have an amazing group of instructors at FDKM that you'll find working out right next to you in many of the regular classes. I can't express how proud of them & all our students. Your effort & dedication has made all the accomplishments of 2015 possible & gives me great hope that 2016 will be even better!

And speaking of, as we move forward in 2016, FDKM will introduce some new classes to our schedule, as well as say good bye to others. Don't worry, they're just minor changes. There's lots more news to read about in this newsletter that you can read about on your own. I gotta get back to training! See you guys next week! Get your Krav Maga training in before the holiday break :)

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

UPCOMING EVENTS



New! KMS Class!

Age is just a number, and it shouldn't limit your decision to train Krav Maga. We're introducing a new Krav Maga class for those who want or



2016 Winter Foundations Course!

January 6th-February 24th, Wednesday evenings from 7pm-8pm. Great introduction to Krav Maga Training. Register Today!



Holiday Closing

First Defense Krav Maga will be closed Thursday December 24th-January 1st. Have a wonderful & Safe Holiday Break!

need to train with those in their similar age range of 55+.

[MORE INFO>](#)

[REGISTER>](#)

[SCHEDULE>](#)

In First Defense Krav Maga News

2015 P&G CAMP Las Vegas, NV

November 6th-8th





KMG's 2015 P&G Camp in Las Vegas had over 80 participants from around the country! Thanks to Paul, Bouba, John, Mike, Chase & Will for representing First Defense this year. Hope to see a much larger FDKM contingent next year! Nick and the other National Team members assisted Eyal & Jon Bullock in their teaching during the camps. They were also there for the annual National Team training with Eyal. This year we helped him teach a General Instructor Course Part 1 and worked on Expert level techniques & coaching skills. As always, the camps are an opportunity to test as well. Congrats to Paul, Bouba, Will, and Chase for performing well & earning that next rank!



2016 Winter Foundations Course

January 6th- February 24th, Wednesday evenings 7 pm- 8 pm



Experience the world's most popular and effective self-defense system at First Defense Krav Maga.

A short list of the material we will cover includes:

- Developing Situational Awareness
- Effective Striking Using Hands, Elbows, Knees, Legs
- Defending Strikes
- Releases from Chokes
- Releases from Headlocks
- Escaping Bearhugs
- Releases from Wrist Grabs Pulls
- Using Common Weapons for Self-Defense
- Defending Yourself on the Ground
- Protecting Others
- Functioning under Stressful Conditions
- Developing the Proper Mental Attitude

Space is Limited, so Register Today!



LOCK IN OUR 2015 MEMBERSHIP PRICING!



Interested in Changing your life TODAY! Become a member at First Defense Krav Maga, and begin your journey to be fitter, stronger, & safer. Why wait any longer? Join us before 2016 rings in, to lock in your 2015 membership pricing. Come in try out a class for FREE to jump start your Krav Maga training.

For more information about membership rates and our Free Trial, please contact us at info@firstdefensekravmaga.com

NEW 6-WEEK COURSE ADDED - KMS!

KMS (Krav Maga Seniors- 55+)



We've had many individuals 55+ come into our Krav Maga classes & love it. However, there was a hesitation to join the regular mixed level classes because of 3 main factors:

- 1- it was difficult to keep up with the pace & intensity of the mixed level class;
- 2- they were concerned that they would hold back their training partner or not be able to function as a good "attacker" in self-defense situations &
- 3- there was some physical limitation or previous injury that prevented them for enjoying the full lesson.

With these concerns in mind, we've developed a program specifically for individuals 55 & older who are looking for a slower paced class. We'll still teach the same effective techniques & tactics that Krav Maga is known for, but in a format that emphasizes mobility over cardio.

This 6-week program will introduce the student to Krav Maga principles & techniques, address falling safely and protecting yourself on the ground, and increase balance, stability, coordination & strength.

**This 6-week program begins on January 12th - February 16th,
Tuesday's 11-11:45 am.**

Register Today!

New Apparel is in!

Brrrrr...it's cold outside, hook yourself up with a FDKM Hoodie



Winter is Coming.....well so they say.....

Have you picked up a FDKM hoodie, dry-fit, or t-shirt yet?!?! Come on in! We have a selection available at the studio or online. It's a great way to show your support for First Defense Krav Maga!

BIG THANKS to those who Pre-Ordered with us! We're looking forward to seeing all of you in your new gear. See Ann or Lauren when you're in the studio to pick up your apparel if you haven't done so already!

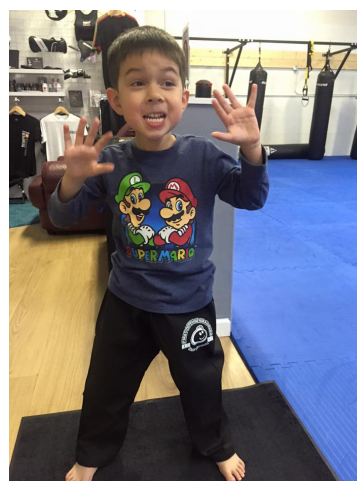
Shop Online at:

CLICK HERE TO SHOP

Krav Junior Parents!


Those little legs will get cold during those winter months. We have long pants available for sale if you're interested in picking up a pair for your young Kravist!

See Ann or Lauren while your at the school!




Have you downloaded our APP yet?


Schedule, Live Class updates, Reminders, and Promos




**DOWNLOAD OUR NEW
FIRST DEFENSE KRAV MAGA APP!**




View up-to-date
SCHEDULE.



Sign up for
CLASSES.




Add
REMINDERS.




Get studio
PROMOTIONS.

Go to your app store
and search for First
Defense Krav Maga
or scan the QR code.



Available on the iPhone
App Store

 **Google play**

Did you know that First Defense Krav Maga had an APP?! It's a great way to stay connected to us. Set

Visit the Apple Store: [Click Here](#)

Visit the Google Play Store: [Click Here](#)

2016 Level Testing for Adults & Youth

Adults January 24th, Krav Junior Program January 30th



First Defense Krav Maga Level Testing for Adults will be on Sunday January 24th at 10 am. We will be emailing an invitation for testing over the holiday break. Reminder: There is a minimum amount of classes that are required to be eligible to test. An Invitation and eligibility to test is at the discretion and review from our lead Instructor Nick Masi. For questions about our testing requirements, please speak with Ann or Nick.



Krav Junior level testing will be on Saturday January 30th. We will be emailing an invitation for testing over the holiday break. Reminder: There is a minimum amount of classes that are required to be eligible to test.

Both Nick & Bridget will be evaluating participants eligibility to test based on attendance, skill, and performance in class. Testing for our Krav Junior Program will be 1 hour for each Level.

Kids Division- 1 pm- 2pm

Youth Division- 2 pm- 3 pm

Junior Division - 3 pm- 4 pm

Teen Division - 4pm- 5pm

KMG PASSPORTS



**** Reminder** KMG Passports are required for testing.**

Please remember to bring them with you on Testing day, otherwise you will not be able to test. If you do not have one, you may purchase one at the studio.



We are Closed for the Winter Holiday!

First Defense Krav Maga will be closed from December 24th- January 1st. Classes will resume on Saturday January 2nd! Have a wonderful holiday!!!

Flu & cold season is here!

Just a friendly reminder to stay home and recuperate if you're ill. As recommended, wash hands or use sanitizer as often as possible. We have installed hand sanitizer dispensers around the studio for your convenience.

We're on Social Media!

Have you found us on:

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

SHUAI CHIAO CLASSES in 2016

Some changes to our Shuai-Chiao program in the new year.



It's not Good-bye, it's just a see you later.....

We will be cancelling our weekly Wednesday Shuai Chiao class. However, it will return, just in a different format for 2016. Instead of having a class once a week, we'll be hosting periodic workshops instead. Our 5pm time slot was difficult for many to attend this class. So we've decided to host 2 hour intensive workshops & seminars through out the year.

Nick however does do continual training in Shuai Chiao on a fairly regular basis with a weekend group. If you're interested in training or in learning more about Shuai Chiao and how to get involved in this traditional form of Chinese wrestling, please contact [Ann](#).

Why do I need to wear handwraps in class??



We highly recommend everyone training with us to put a little bit of time and effort into wearing handwraps during training. (MMA style or "grappling" gloves are ok too!) Why you may ask? Handwraps are worn to support your wrists during training and more importantly for the winter months, they protect your knuckles. During the cold months, our skin gets dried out easily. With that, our knuckles are prone to cracking and bleeding due to dry skin while we strike pads. Wearing handwraps will help prevent bloody knuckles and bloody pads. Wearing handwraps are an easy way to help keep focus mits and gloves cleaner. Throw them into a delicate bag at home in a washer & dryer, bam! Clean handwraps for your next training session.

Need a little help with wrapping them, just ask us! We'd be more than happy to show you.

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. Wrestling shoes are also a wonderful option for those who like to wear footwear while training Krav. If you already have an extra pair at home already (that have been used only a little in the outside world) 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>

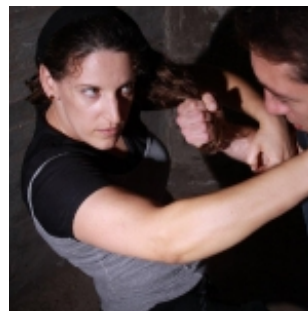


First Defense Referral Program

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



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



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.

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



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