

KRAV MAGA



Only 12 spots are available for this event. Register Today!



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www.firstdefensekravmaga.com

phone:

703-835-9054

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info@firstdefensekravmaga.com



First Defense Krav Maga
291 Sunset Park Drive
Herndon, VA 20170

June 2015 FDKM Newsletter

It's getting hot in herre! It's getting hot in herre! (que Nelly and his 2002 summer hit) No worries, we got AC on full blast for your krav training.

School may be out for the summer, but that just means more time to train Krav! We're looking forward to seeing some old and new faces join us for some intense Krav Maga training over the summer months. There's still time to sign up for our summer student special, for those who can only train until they return to school.

We're rolling out a new summer schedule, more basic classes, new teen classes, staggered time to beat traffic, and in august, we're welcoming younger kravists to train. We've also teamed up with Silver Eagle Group for a special event at their facility on June 13th! Don't forget our Wilderness Survival Workshop and Camping this weekend at Lake Fairfax. It'll be a great opportunity to learn some survival skills and get to know your fellow Krav Maga training comrades over a campfire.

First Defense has been busy with events and buzzing with activity. Our Summer Foundations course has been a full house of eager new students who have been doing a terrific job of picking up the fundamentals of Krav Maga. We had a fun group meet up at World of Beer for our FDKM happy hour. Many pretzels were eaten. Of course this past weekend, FDKM was proud to be part of this year's Herndon Festival.

One of the things that separates our KMG Krav Instructors from other KM organizations and instructors, is the continual training they do. Nick is headed off to Israel this month to do some Expert level training and meet with the international KMG team to have their annual Directors meeting. But did you know that there are also P & G camps that you can also attend in Israel? FDKM is really excited that Sean G. will be attending this years P camp! Can't wait to see and hear about his experience when he returns.

It's going to be hot summer, but no worries we got the AC fixed! So we'll be blasting it. But our FDKM students work & train hard, you guys generate your own heat to rival the summers!

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

UPCOMING EVENTS



Summer Krav Maga Foundations Course II

Miss the the previous course? We're presenting a second dose for the summer! Register today to learn some fundamental skills used in Krav Maga. This 8-week course will begin on Wednesday July 8th at 7pm.

[Register >](#)



Combat Mindset & Mental Conditioning

Participate in KMG's next Course in the U.S.A. Train with Eyal Yamilov in this exclusive 3 day course to test and train your mental abilities during combat situations.

[Register>](#)



Summer Student Special

We're offering a special summer rate for Teachers and students. Great chance to get 3 solid months of Krav Maga training before heading back to school. **Valid School ID required

[Sign Up>](#)

In First Defense Krav Maga News

First Defense Camping & Wilderness Survival Trip

Saturday June 6th- Sunday June 7th, Lake Fairfax Camp Grounds



We had a lot of feedback last year that many of you would've liked to have done this workshop out doors. So mark your calendars! Michael Schindler will be teaching this workshop outdoors at Lake Fairfax. Bring you're camping gear, we've reserved a section of the campgrounds just for First Defense.

Please let Ann know by this Thursday June 4th if you are planning on joining us this weekend. She will need to give the park service a final headcount and names of everyone who will be onsite for our event. Please let her know in person or email her at ann@firstdefensekravmaga.com



Some supplies you'll need for this event:

- People should have at least one tool to make fire. Be it a lighter, a ferro rod, a fire piston or any other.
- Knife
- Tent (The campground rules requires people to sleep in a tent. No outdoors sleeping. No sleeping in vehicles)
- Sleeping bag
- Metal container to boil water in
- A small book to write down information and a pen or pencil
- Space or emergency blanket
- Compass
- 100% Cotton Bandanna and/or scrap jeans. We will be making char-cloth from this and it will be damaged in the process so either old left overs or cheap 100% cotton cloth.
- Small Altoids aluminum box
- Food/snacks/water/drinks for overnight campers (alcohol is not permitted on campgrounds)

Check in will be at 3 pm and check out at 9:30 am. We will email specific locations and maps to those who have RSVP'd to this event. Please direct additional questions about this workshop to ann@firstdefensekravmaga.com

Silver Eagle Group & First Defense

STREET AND URBAN DEFENSE: DEFENSIVE TACTICS FOR EVERYDAY CARRY



First Defense Krav Maga and Silver Eagle Group have teamed up to provide a course like no other!

Developing the proper mindset and skills, and understanding how you will react to a stressful situation, before it occurs, is the key to surviving a violent encounter. This course, jointly taught by SEG & FD instructors, integrates defensive firearms with hand to hand fighting techniques.

This 8 hour course contains sessions of lecture, Krav Maga training, live fire on the range, and ties everything together with simulations in SEG's scenario house.

Because of the nature of this training, we have to limit each course to a maximum of 12 participants. We have always filled quickly in the past, so please register early to ensure a place in this course.

When:

SATURDAY,

JUNE 13, 2015

From 10m to 6pm

Where:

SILVER EAGLE GROUP

44620 Guilford Dr #100 ,

Ashburn , VA 20147

More Information & Registration

Have you seen us out and about this past month?



Nick and Bridget with Zeev Cohen (Master 1) They both successfully completed the Women & Kids General Instructors Course in Ramsey, NJ in May.



During the Women's General Instructors course taught by Meyrav Bar-haim (Expert 2), everyone was asked to wear dresses/skirts and heels during training. These Gentlemen have some great legs!



Just some of the FDKM'ers who made it out to our Happy Hour at World of Beer in Reston Town Center. The Beer & Pretzels were great! The the company was BETTER!!! Can't wait until our next one.



First Defense Krav Maga at this year's Herndon Festival! It was hot and humid, but we got the opportunity to meet lots of people and potential students who live in the area. All the festival food we devoured was worth the hard work!

Next Practitioner Level 1-5 testing scheduled

Saturday August 1st, 1pm-6pm



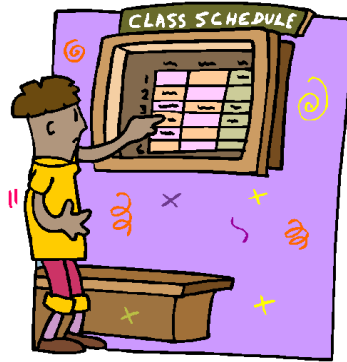
Two months until our next Practitioner level testing! Make sure you get your training in, and talk to your instructors over the next couple of months if you have questions about any techniques you need a little bit more review on. Invitations & registration links will be sent out 2 weeks prior to testing. So mark your calendars and gear up for extra training over June & July.



Youth Session takes a summer break in July

First Defense Krav Maga Youth Sessions will take it's summer break during the month of July. When we return in August, we'll have some exciting news about our youth program! For more information about our youth program email ann@firstdefensekravmaga.com

[Email>](#)



NEW CLASS SCHEDULE

As of June 1st we have updated our class schedule. Visit our website to see some of the changes, or stop into the studio to receive a paper copy of the new class times. Questions or Suggestions about the new times? just shoot us an email.

[Schedule>](#)



CLOSED 4th of July Weekend

First Defense will be closed July 3rd-July 5th to celebrate the Fourth of July. Class will resume as scheduled on Monday July 6th.

[Schedule >](#)

Summer Stink!

Avoid stinky gear this summer.

If you can smell yourself,



others have been able to for a while.

The hotter it gets, the more we sweat! Just a friendly reminder to stay mindful hygiene this summer. It makes for a more pleasant experience for everyone. Some quick tips.

- Remember to remove sweaty clothes & equipment from gym bag at the end of the day.
 - Wear hand wraps under your gloves (especially the community gloves!) and give gloves a chance to dry and air out after class.
 - If possible, try not to keep gym bag in the car for long periods of time, especially on humid days.
-

Feature Onnit Product of the Month



Onnit 180

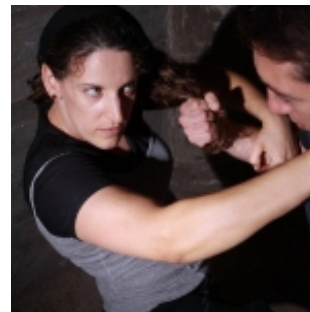
Onnit 180 is a totally unique combination of our flagship cognitive enhancer, Alpha BRAIN, mixed with unique, specialized nutrients to give your body a 180 degree revitalization boost. Combining the neurotransmitter support of Alpha BRAIN with the best adaptogens from Shroom TECH Sport, a little 5-HTP from New MOOD, and some minerals for the immune system, these nutrients play a key role in supporting multiple body systems for recovery from stress. Beyond those familiar Onnit ingredients, we wanted to add a few new specialized ingredients to round out the blend.



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



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

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.

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

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.

Forward this
email

STAY CONNECTED

