

# KRAV MAGA



[Register Today!](#)



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## July 2015 FDKM Newsletter

Summer is in full swing! No excuses, your Krav Maga training should be in full effect too. We're ready to play, are you?

Summer is here! Many of you will be taking vacations, attending festivals, and enjoying everything summer has to offer. We hope that for those of you who have been training Krav Maga, you've been able to enjoy the extra piece of mind you get from knowing how to protect yourself and deal with situations as they might arise. So enjoy your summer and stay safe!

June brought lots of fun FDKM events and travelling amongst our instructors & staff. Sean G. and I traveled to Israel for some training with KMG. I met with Eyal and the team of National Directors during my visit to Haifa to discuss the upcoming year for KMG & KMG-USA. In July, I'll be representing KMG with Eyal & my fellow KMG-USA National Team members at this year's Martial Arts SuperShow in Las Vegas next week. I'll stay out there to participate in the Combat Mindset & Mental Conditioning Course. I had already taken the course once in Israel, but it's so nice, I had to do it twice! I'm looking forward to seeing some FD'ers there this time!

We wrapped up our last Youth Session this past weekend. All the young Kravist did great in their review/test. The most exciting part was that we transitioned them into the KMG patch system. While the kids take a break from Krav lessons during the month of July, we'll be preparing to roll out our new Youth Program in August. Although we're giving our

younger students a short break, the 13-16 crowd can get to work sooner with our new Teen Classes starting next Tuesday! If you need more info on our Youth program and Teen classes, contact Ann and she'll give you more info.

It's been wonderful welcoming both old and new faces this past month! Next P level test is coming up August 1st, so make sure you come in to train to be eligible to test. If you have questions about techniques, don't hesitate to ask one of the instructors or assistants. We hope the new summer schedule is working out for everyone!

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 >](#)



### Free Krav Maga Seminar with the Just Ask Prevention Project

FDKM & Floris United Methodist Church, invite you to join us for a neighborhood awareness Seminar on Sunday July 19th at 4pm. Parents and Teens are welcome.

[Download the Flyer>](#)



### Summer Student Special EXTENDED!

We're offering a special summer rate for Teachers and students. Great chance to get 2 solid months (July/August) of Krav Maga training before heading back to school. \*\*Valid School ID required

[Sign Up>](#)

## In First Defense Krav Maga News

### Summer Foundations Course Part II

Wednesday July 8th-August 26th, 7pm-8pm



Our popular Foundations Course is back for round 2! Here's your chance to learn all the fundamental skills used in Krav Maga in an 8 week course. It's a great way to get your college bound student to learn some self-defense before he/she goes off to school in the fall. For more information about the course contact us or visit our [website](#).

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

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## Next Practitioner Level 1-5 testing scheduled

Saturday August 1st, 1pm-6pm



Four weeks until our next Practitioner level testing! Make sure you get your training in, and talk to your instructors over the next couple of weeks 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 the next few weeks.

Some reminders about testing:

- Please make sure you wear the required attire & equipment for testing.
  - 1- All participants are required to wear either First Defense or KMG t-shirt
  - 2-For those testing P2 & above First Defense or KMG shorts/pants with current rank patch
  - 3-All P2 testers and above will need to have shin guards
  - 4-All P3 testers and above, sparring gear (gloves, mouth piece, and shin guards)
  - 5-Don't forget to bring your KMG Passport to receive Nick's signature for advancement



## Silver Eagle Group & First Defense

STREET AND URBAN DEFENSE: DEFENSIVE TACTICS FOR EVERYDAY CARRY



What a great Course! Some of your fellow students came out to participate in this unique course held at Silver Eagle. As a capstone to the day, all the participants got to put into practice all the Krav & shooting techniques in the scenario house. Unfortunately the photos and videos from that portion of the course were too dark (or too secret!) to share.

We're looking forward to teaming up with the Silver Eagle Group for future events!



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## Wilderness & Survival Tactics

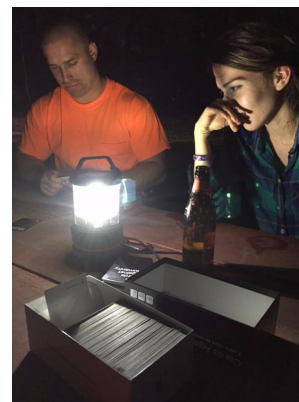
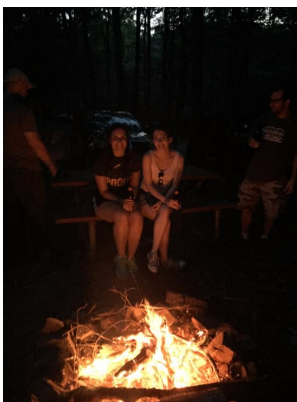
June Members workshop & Camping



2015 Camp Krav



Big Thanks to Michael Schindler for teaching us lots of life saving survival skills! It was Ann's & Myles's first time camping, they both survived! It was a great time getting to know some of our fellow kravists. We were lucky to have absolutely great weather during this event. We're already looking forward to doing this again next year!

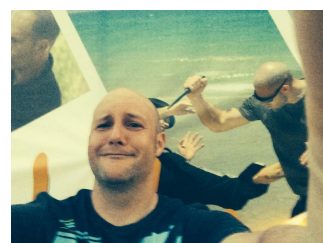
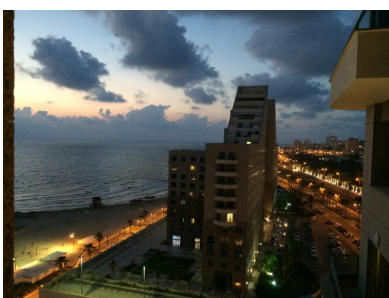


## 2015 KMG P-Camp in Haifa, Israel

FDKM student Sean G. participated in this year's P-Camp







We always encourage all of our FDKM students to attend and participate in KMG events here in the U.S. and around the world. Not only do you get to train with elite krav maga practitioners & instructors, you also get to bond and meet people from all around the world. KMG Kravist UNITE! Sean was nice enough to share some photos and his experience with us in our newsletter.



"For four days we trained intensively from 730 am until 6 pm, with some nights later for night training. We trained on beaches and with knives in a crowded bus. On the last day we had a 3 hour warmup, 30 minutes to eat, and then a very challenging exam that lasted almost 4 hours. I have bruises, scrapes, and cuts on my knuckles, forearms, shins, ribs, and nose. Pavel is an incredible instructor and Jan and Oliver are some of the best training partners - I would not have passed without their guidance. It was an honor to receive my certificate from Eyal. Although I am proud to have passed and this has been one of the most challenging and fun weeks of my life, it's not about your rank and what patch you have achieved - it's about challenging yourself and becoming a better person in all aspects of life." -Sean G.

## 2015 Youth Session #3 Graduates

Congrats to our young Kravists! Enjoy your July break we'll see you back in class in August.



We finished up our 3rd Youth Session of the year! We missed a number of students for our testing day because of vacations, but we're looking forward to seeing them once our July break is over and we resume classes again in August. Notice anything different? The super exciting part is that we transitioned everyone from belts to KMG Kids Patches & Certificate.







Summer brings on changes and moves. We'll definitely miss the Hawkes sisters and Saunders brothers. Good Luck in Pennsylvania & Texas! We'll miss you guys so much! :(

## New Krav Maga Youth Program

August 1st 2015: KMG Kids Krav Maga Youth Program



We are excited to announce our new Krav Maga Youth Program! Our new youth curriculum has expanded to include a younger age group and address issues and situations specific to teenagers. We'll kick off with our Teens (13-17 yr. olds), classes next Tuesday, July 7th. Our Teen classes will be held on Tuesdays and Thursdays from 5pm-5:45pm. A great way to get your teen started is to sign up for our summer student special! Two solid months of Krav training for \$178. (July/August, \*\*\*valid student ID required)



Our youth program takes a summer break for the month of July. We'll return Saturday August 1st with new class times, new age groups, and a brand new curriculum. As we're putting our finishing touches on the new program, please feel free to contact Ann at [ann@firstdefensekravmaga.com](mailto:ann@firstdefensekravmaga.com) if you're interested in learning more about the program. We have limited space for each age group.

Krav Kids- Ages 5-7

Krav Youth- Ages 8-10

Krav Juniors- Ages 10-13

Krav Teens- Ages 13-16/17 (\* some teens may decide to participate in our Adult classes)

Schedule

Teens- Tues/Thursdays 5pm-5:45pm (begins July 7th)

Krav Kids (5-7 yr. olds) Saturdays 8:45 am-9:30 am (begins Aug.1st)

Krav Youth (8-10) & Krav Juniors (10-13) Saturdays 9:30 am- 10:15 am (begins Aug.1st)

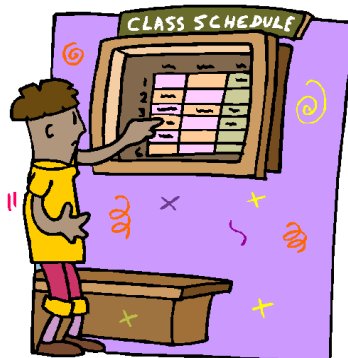


### Youth Session takes a summer break in July

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](mailto: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 >](#)

## Future KMG Events

GIC is returning to FDKM in August. Pre-register for P & G Camp in Las Vegas!

[SEE OUR KMG GIC VIDEO CREATED BY JAY SAUNDERS](#)



See our KMG GIC Video created by Jay Saunders

KMG GIC is coming back to FDKM in August! We're excited to welcome participants from around the U.S. and cheer on our GIC participants during this week long Instructors Course. If you're interested in becoming a certified KMG instructor, please see Nick. He will answer any questions you may have about the process and commitment that is required.



We had a great time last November at the P & G Camps held in Las Vegas. Join us this year, and see what all the buzz is about. Sign up early to receive the early bird rate!

EARLY BIRD RATE ENDS AUGUST 2ND!!!!

For more information visit our KMG USA Site:

<http://www.kmg-usa.com/events/kmg-fall-krav-maga-camp/>

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## LIMITED SUPPLY OF KMG DRY-FIT SHIRTS!





Spoils from Israel! Nick brought back some KMG Dry-Fit shirts. There's a limited supply. So pick one up before they're all gone. \$35 + tax.

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## Feature Onnit Product of the Month



### New Mood

#### The science of New MOOD

5-HTP is at the heart of this revolutionary formula, and this is no surprise as a groundbreaking published and peer-reviewed clinical study conducted by Dr. W. Poldinger confirmed the positive mood boosting effects of this nutrient.<sup>1</sup> Valerian, another powerful herb, was similarly demonstrated to be effective in improving ability to fall asleep.<sup>2</sup> The formula as a whole represents the culmination of the best herbs and nutrients available, each individually helping to contribute to overall peace, tranquility, and positive mood.

#### Natural ingredients

- 5-HTP: Direct precursor of the neurotransmitter serotonin, aids in positive mood.
- L-Tryptophan: Found commonly in turkey, aids in restfulness and converts to 5-HTP.
- Magnesium: Calming, anti-stress mineral helpful for muscular hydration.
- Vitamin B-6: Vital for the conversion of 5-HTP to serotonin and myriad other reactions.
- Niacin: Essential vasodilator, brings nutrient rich blood flow to the skin and brain.
- Vitamin D-3: The "sunlight" vitamin, linked to overall health and positive mood.
- Chamomile: The most popular relaxation herb in the world.
- Valerian Root: A clinically investigated sleep inducing nutrient.

- Lemon Balm: A mild traditional mood-enhancing herb that is part of the mint family.
- Jujube: A traditional anti-stress and relaxation extract, also known as zzyphus.



### 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

