

KRAV MAGA



[Register Today!](#)



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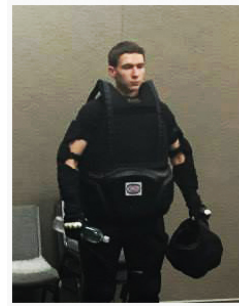
August 2015 FDKM Newsletter

August heats up! So should your Krav Maga Training. Let's finish up the 2015 summer season with a BANG! or more of punching thwap in our case....

Where did July go? Don't blink or you're going to miss August, too! And you definitely do not want to miss August, we have a ton of great events planned leading up to our 5-year anniversary month-long extravaganza in September.

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

UPCOMING EVENTS



Fall Krav Maga Foundations Course

The last installment of our popular course for 2015! Don't miss out on this opportunity to learn the fundamentals of Krav. This 8-week course will begin on Wednesday September 2nd at 7pm.

[Register >](#)

Silver Eagle Group- Special Skills Seminar series.

FDKM & SEG are teaming up to do a 4 session special skills seminars. For more information visit Silver Eagle's website. Topics: Anti-carjacking, Bar-fight, Anti-abduction and Family & Friend Protection

[Silver Eagle Group>](#)

Sending Andy off to College!

Join us Sunday August 16th at 4pm here at First Defense for some food & fun, as we celebrate Andy's accomplishments and wish him well on his next journey..... COLLEGE!

[RSVP>](#)

In First Defense Krav Maga News

Shoulder Mobility Class with Dr. Josiah Ryabinov

Wednesday August 19th, 6-7pm



Join us Wednesday August 19th for this special Seminar with Dr. Josiah Ryabinov. This event will take the place of our regular 6-7pm Krav Maga class. Dr. Josiah Reyes does require everyone who would like to participate to complete a registration for this FREE event. Please Register ahead of time [HERE](#)

The shoulder mobility class will focus on the utilization of simple mobility tools (lacrosse ball / foam roller) that enhance function and performance of muscles and joints. Participants will be guided through specific techniques that make a positive impact on

tight muscles which impede range of motion in the shoulder. In addition, these techniques can also be utilized to reduce pain associated with movement.

Airrosti Rehab Centers is nationwide (6 states, 150 + locations) health care group that provides conservative, non-invasive care toward the resolution of muscle/joint pain. The treatment consists of highly aggressive manual therapy combined with therapeutic exercise protocols. Using this model, Airrosti providers average a 2.9 - 3.1 visits toward full pain resolution.

Fall Krav Maga Foundations Course

Wednesday September 2nd, 7-8pm



Our popular Foundations Course is back for its final appearance in 2015! 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 a jump start on Krav Maga training. 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

Congratulations to our recent testers!

They've trained hard & tested hard and earned well deserved promotions.



Our new P1's: Bill.B, Bengy T., Sam K., Rachel B.
 Our new P2's: Jill P., Kevin P., Deidra D., Ross F., Ron P., Chase G., Sarah E.
 Our new P3: Taylor S.
 Our new P4: John D.



During the Instructors update in Texas in July both Will & Sam tested for their next ranks.

BIG CONGRATS TO WILL FOR EARNING THE RANK OF G4!

& BIG CONGRATS TO SAM FOR EARNING G3!

Sending Andy off to College!

Sunday August 16th @ 4pm



It's that time of year where our college students head off to college at the end of the month. Andy started doing Krav Maga with us when he was a Freshman in high school, through out the years we've watched Andy grow into the young man he is today. Join us Sunday late afternoon/early evening on August 16th around 4pm as we wish Andy good times and good luck in the next chapter of his life! Pizza party & games! Maybe a hardcore game of CAH :) Just give Ann a heads if you plan to attend.

2015 Mindset, Combat, & Conditioning Course

Las Vegas, NV





During the beginning of July, Nick was traveling around the U.S. for a couple of special KMG events. He traveled out to Las Vegas with some of the members of the National Team and Eyal for the 2015 National Martial Arts Super show. It was a super-busy couple of days representing KMG. As you can see they had a great time and got to meet some familiar faces.

Shortly after the Super Show, KMG held it's Combat Mindset and Mental Conditioning Course at Battle Born in Las Vegas. Three days of intense training! As you can see they did some intense drills like the waterboarding one pictured above!

After only a couple of days back home, Nick hit the road again - this time to Houston, TX for a KMG Instructor Update & testing. Also attending was our very own Sam Murphy who tested successfully for his Graduate 3 rank! And although he's now technically a Texan, those who remember FD Instructor Will Allen will be happy to know he earned his Graduate 4 rank.

Krav Maga Youth Program is off to a Fantastic start!

August 1st we welcomed both old and new faces





On Saturday August 1st we Kicked off our new KMG Krav Junior program. What a fantastic group of Kids! We welcomed our youngest group Kravists, and they did exceptionally well. Both old and new faces joined us for our Youth & Junior divisions at 9:30am. Our Teen classes on Tuesdays & Thursdays are also growing in size. We have a couple of spots left in each division. If you're interested in joining our program, [contact Ann](#) to schedule a trial class.



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

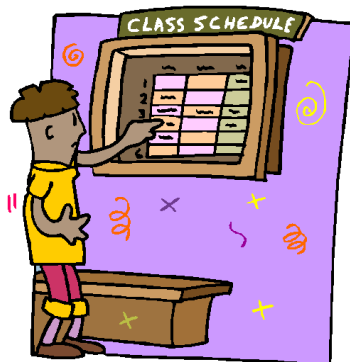
Krav Kids (5-7 yr. olds) Saturdays 8:45am - 9:30am

Krav Youth (8-10) & Krav Juniors (10-13) Saturdays 9:30am - 10:15am



FDKM is TURNING 5!

First Defense Krav Maga is turning 5! We'll be celebrating all month in September. We're planning lots of fun things for our FDKM'ers, so keep your eye out for announcements.



NEW Saturday SCHEDULE

Did you notice our new Saturday schedule? Our Youth program is back in session, and with the addition of a new youth, class our Adult classes will start 1/2 an hour later. Questions about the new times? just shoot us an email.

[Schedule>](#)



CLOSED Labor Day Weekend

First Defense will be closed Friday September 4th- Monday September 7th. Class will resume as scheduled on Tuesday September 8th.

[Schedule >](#)

LIMITED SUPPLY OF KMG DRY-FIT SHIRTS!
FD SHORTS ARE BACK IN STOCK TOO!



KMG Dry-Fit shirts - white w/ orange stripe; black w/ orange stripe; black w/ grey stripe. Nick personally hand-carried every one from Israel, so there's a limited supply! What we have is what we have, so pick one up before they're all gone. \$35 + tax.

First Defense Shorts are also back in stock. New supplies always go fast, so grab the size you need before we sell out again. \$49.99 + tax

FDKM'ers out and about in July



A group of FDKM'ers headed out to DC in July to shoot some Promo photos for the release of Paramount Pictures- Mission Impossible: Rogue Nation. Everyone had a great time!

Fall is right around the corner and many of our students are returning to college. We've had a great time having them in class for summer training. We're already saying good-bye to our college bound students! Good Luck Chris A.! We'll look forward to seeing you come in during breaks and next summer!



First Defense would like to welcome Paveel- E2 to our studio! He will be running KMG's General Instructor's



Course Part 3. FDKM has a couple of Instructors who will be participating in GIC. We wish them luck!

Feature Onnit Product of the Month



T+ Total Strength and Performance

CLINICALLY STUDIED RESULTS

A double blind, placebo controlled study by Dr. Ormsbee involving members of a Florida State University athletic team revealed that the athletes taking T+ improved overall max weight lifted over a 4 week supplementation period 36% faster than placebo. Statistically significant improvements were shown in bench press, and overall weight lifted in the combination of squat, deadlift, and bench press. For a more detailed analysis of the clinical trial.

MADE WITH EARTH GROWN INGREDIENTS

Synthetic compounds can be effective for the short term. But the body as a biological machine evolved to process food-sourced nutrients, and so the closer we are able to stick to the blueprints, the more holistic the performance optimization will be. T+ breaks the mould on pre-workout formulas, steering clear of the chemicals and stimulants that flood the market with quick pumps and highs. Our ingredients like Longjack, Beta-Alanine, and Luteolin are easily recognized and utilized by the body. The old era of performance supplementation is fading, and athletes who utilize an Earth grown nutrient approach are seizing the opportunity for greater performance and long term performance sustainability.

WHAT'S NEW IN THE NEW T+?

The new T+ increased from an overall 11 gram serving to a 14 gram serving. No ingredient was reduced, and several were increased. The new T+ contains additional Longjack, and a plentiful serving of BCAAs for peak athletic performance.



First Defense Referral Program

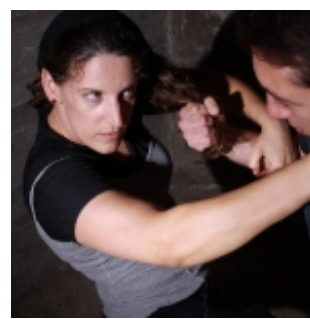
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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

