

KRAV MAGA



website:

www.firstdefensekravmaga.com

phone:

703-835-9054

email:

info@firstdefensekravmaga.com



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

Winter 2016 FDKM Newsletter

The Blizzard is coming! The Blizzard is coming!!! or you may be reading this when the Blizzard is HERE! Decided to add a nice summer photo of Eyal to remind everyone that summer isn't too far away. We hope everyone is home safe reading our first newsletter of 2016!

We're really excited about all the events coming up in 2016. Nick just recently wrapped up the first GIC of the year in Philly. First Defense will Kick off the year with level testing for not only our adults but for our Krav Junior participants as well. There's lots of information to read about, so sip on that warm drink by the fire and enjoy!

Happy New Year! 2016 or the year of the Monkey. Technically, Chinese New Year starts on February 8th. The Monkey is a smart and vigilant animal. Like many of us, Kravists are vigilant by definition, "alertly watchful especially to avoid danger." But when danger does come, all of the training you've done here at First Defense gets put in motion. So let's continue to work hard, train hard, and reach all the goals we've set!

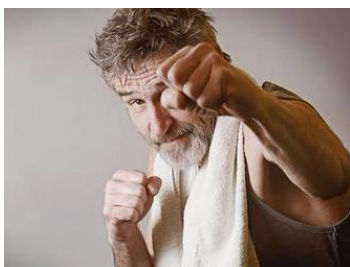
To mark this historic storm, let's visit our last major storm back in 2010! Here's a fun clip with some of our first FDKM members training in the snow 5 years ago. Enjoy!



FDKM Training in the snow, FEB 2010

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

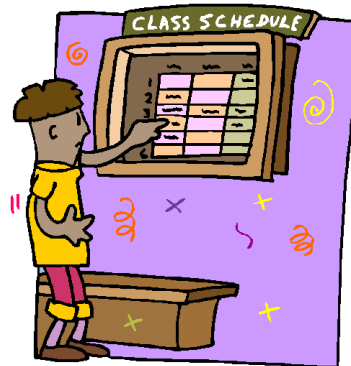
[MORE INFO>](#)



2016 Spring Foundations Course!

March 9th- April 27th, Wednesday evenings from 7pm-8pm. Great introduction to Krav Maga Training. Register Today!

[REGISTER>](#)



Schedule Changes

Beginning in February there will be some slight schedule changes. We will be adding a Basics class on Thursdays. Moving our Strike/Fight class to a monthly Friday Fight Night.

[SCHEDULE>](#)

In First Defense Krav Maga News

Foundations Class Kicking off the New Year!

What an incredible group of participants.



2016 Foundations

Our first Foundations Course kicked off on January 6th! We had an incredible turnout and are so excited to teach the fundamentals of Krav Maga. This was the first time many of our participants have ever done anything like this. We are getting close to our half way point in the course, and we've seen a lot of focus, dedication, and commitment in class. Keep up the good work!

New Dates Added!

2016 Spring Foundations Course

March 9- April 27th , Wednesday evenings 7 pm- 8 pm



Since we reached capacity to quickly in our first Foundations course this year, we've opened up a second course starting on March 9th.

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!



Changes to your FDKM Account & Memberships

We're working hard reorganizing and cleaning up our membership database. In doing so, we are moving everyone's account to reflect the same "membership" name. No worries though! Your membership pricing stays the same, so does the date of payment. As we transfer everyone's account in the next week or so, you may receive an automated email saying that you've purchased a new membership. Please disregard. Aside from your regularly scheduled auto-payment, you should see no additional charges or changes in your monthly membership pricing.



If you have any questions about this process please feel free to contact [Ann](#).

Also, many have received new chip cards recently. If you happen to have received a replacement chip card for the one you have on file with us here, please make sure you update it in person, through our app or [online](#). Thanks!

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. You do not need to attend the full program - you can always drop into classes as your schedule permits.

Registration is Closed online- Please Contact the Studio for more info. The Class is also Open to current Members.

For the LOVE of Krav!

Bring your significant other in all month to train with you.



We know you LOVE KRAV! You probably talk about it all the time to your significant other. They may wonder what it is that you're doing that has you coming back week after week. Since we'll all be celebrating "LOVE" in February, bring your significant other in to train with you in the Basics class all month long!

2016 Level Testing for Adults & Youth



First Defense Krav Maga Level Testing for Adults has been rescheduled for January 31st at 10 am.

Those who have been invited and are eligible to test, please do not forget to register. You will find the registration link in the invitation email or you may register in person. Due to the blizzard, we have rescheduled the testing to Sunday January 31st at 10 am. If you are unable to attend, please let Ann know so we can make alternative arrangements. (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. Please be sure to let Ann know if your child will be testing with us ahead of time.

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.

Friday Fight Night & Schedule Changes

Class changes and monthly fight nights.



Oldie, but Goodie- Fight Class with Will Allen

So we're moving our Strike/Fight Class to a monthly Friday Fight Night! No worries, you'll still get elements of striking and fighting in our regular Krav classes. But for those who'd like a more intense and focused class on the elements & tactics of striking and fighting, this once a month workshop will allow you to do that. We're also hoping that this will also allow many of our members who have been unable to attend on Thursday evenings for strike/fight to have the opportunity to do so. **Our First Friday Fight Night in February will be on February 12th 6:30-8:30 pm.**

Additional Basics Class Thursday evenings.

Thursdays from 7:30-8:15pm starting February 4th. The addition of this class allows us to offer 5 classes a week for our beginner students.

Inclement Weather & Closings at FDKM



First blizzard of 2016 is here! We hope everyone is home, warm, and safe. In the past, First Defense has followed Fairfax County Public Schools Closing Policy. However, in the past couple of winters we discovered that their decision to close didn't always make sense for us to do the same. We highly recommend following us on Facebook, Twitter, Instagram, or Google + for information about closings. You can also download our App or visit our [website](#) to see schedule changes. We will make every effort to notify all our members of any closings due to weather or other emergency situations.

We will be closed Saturday January 23rd-January 24th. Depending on the conditions of the roads, neighborhoods, and the parking lot, we may have to close additional days until it is safe to travel. Stay tuned!



Inclement Weather

First Defense Krav Maga will be closed from Saturday January 23rd-Sunday



Flu & cold season is here!

Just a friendly reminder to stay home and recuperate if you're ill. As recommended,



We're on Social Media!

Have you found us on:

[Facebook](#)

January 24th. Depending on what the roads, neighborhoods, and parking lots look like, we will announce any closings as soon as we can.

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

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

Joy & Co Valentines Day Deal

Visit our neighbors across the street




Valentines Day is just around the corner! Do you love the beautiful flowers you see at the front desk? Visit our neighbor Joy & Co for a beautiful bouquet of flowers for that special someone in your life.

Don't forget to mention you're a First Defense member, you'll receive 10% off your order.

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 reminders for yourself, see our schedule, and receive notifications from us with any urgent changes or closings.

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

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

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 mitts 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.
For those of you who borrow FDKM community boxing gloves, make sure you wrap your hands first.



First Defense Referral Program

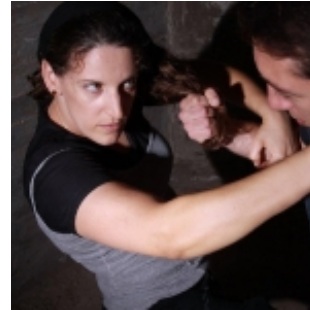
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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,

Forward this
email

STAY CONNECTED

