

KRAV DEFENSE MAGA



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October 2016 FDKM Newsletter

Was that September that just breezed by? It was definitely an exciting month here with all the the events, testing, seminars, and Eyal! Big thank you to all of our First Defense members for doing a fantastic job of representing First Defense and KMG. Lots of exciting stuff coming up in October and November. We're looking forward to seeing everyone in and training this month, if the weather stays nice we'll open the garage doors as much as we can!

Cooler temperatures and longer nights mean one thing Fall is here! Can you smell all the pumpkin spice products in the air? Pat would rather not.....he's not the biggest pumpkin spice fan. We're looking forward to all fun activities that occur in the area when the autumn arrives. Including Halloween!

Of course with nightfall arriving earlier and earlier as each day goes by, we need to be more aware of our surroundings. Our members seminar this month with address the issues we face in a parking lot and/or some anti-carjacking scenarios. We're still trying to secure a bus, and if we're able to, we'll do our seminar on a bus. Don't forget our monthly Friday Fight Night is on October 14th from 6:30-8:30 pm.

We loved how our FDKM'ers represented at the regional testing and seminars held last month. Many of you got the opportunity to not only meet Eyal and but also train under him. Nick, Pat, Paul, Omar, and Will spent 8 days training in the Combat Fighter Instructors Course! I'll have to give student of the month to Hee-Chul Chung. Not only did he test, but he participated in the 5 day Combat Fighter specialist Course, and the 3 Combat mindset Course. Kravist for Life!



Reston Town Center's Oktoberfest is this weekend Saturday October 8th. First Defense will have a booth there again this year. We'd love to have some help! We're looking for some volunteers to man the booth for at least an hour block. We'll have a sign up at the school. Or come out and have some brats and beer. Halloween is just around the corner too, we'll schedule some fun activities. Maybe a haunted beer crawl? corn maze? or scary movie night here at the studio. No clowns please ;)

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

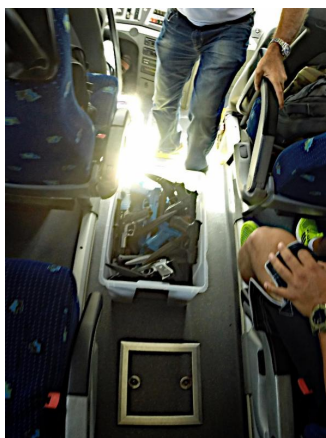
UPCOMING EVENTS

I 
**FRIDAY
FIGHT
NIGHT**

NEXT FRIDAY FIGHT NIGHT

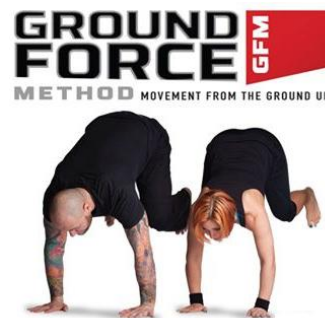
Friday October 14th,
6:30 pm- 8:30 pm

Join us for our monthly strike/
fight night! Bring all your
sparring gear.



Members Seminar

First Defense Krav Maga will be
holding a Members seminar on
September 22nd between 1.30 -
3.30pm



GROUND FORCE METHOD TRAINING

Ground Force Method Level I
certification, October 8-9th at
First Defense Krav Maga.

For more information
please [CLICK HERE](#).

Congratulations to Everyone That Tested

A big congratulations to all who tested at the KMG Regional Grading. Approximately 30 First Defense Members Tested, wow! We know it got hot and sweaty with so many bodies moving around in here, but everyone persevered through it. Keep on training! We're looking forward to the next test. To see more photo's of this last test click on the link below:

[I wanna see more photos!](#)



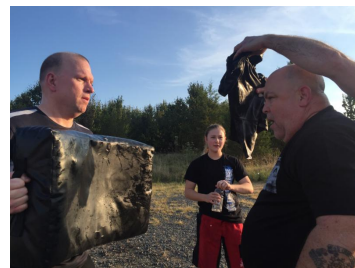
KMG Combat & Fighting, & Combat Mindset Courses

September 11th - 18th at FDKM



During September, FDKM hosted two KMG courses - The Combat & Fighting Course, and the Combat Mindset & Mental Conditioning course. Both Courses were taught by KMG Chief Instructor, Eyal Yanilov, and KMG Global Team Instructor, Jovan Manojlovic.

The courses were attended by KMG students and Instructors from across the US, including a heavy presence from FDKM on both courses.



Third Party Protection Seminar w/ Eyal Yanilov

September 12th, 6-9 pm



On Monday 12th September, KMG's Head instructor, Eyal Yanilov, taught a 3rd Party Protection seminar at FDKM. The seminar was a great success and it looks like all of our

members enjoyed learning from Eyal. To see more images from this seminar follow the link below:

[I want to see more photos!](#)

FDKM P1 Grading

Monday October 17th, First Defense 7.30 - 9 pm



FDKM will be holding their next P1 grading on Monday 17th October, between 7.30 - 9 PM. You will receive an invitation to the testing in the next week if you're eligible to test.

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.

Ground Force Method Level 1 Certification

October 8 - 9



On October 8th & 9th, KMG-USA will be collaborating with Ground Force Method (GFM) to conduct a Level 1 Certification Course at First Defense.

This course is open to anyone (not just KMG instructors), so if you are interested in learning how to have a more mobile & agile body, check it out.

To learn more about GFM and how it can help you move better, check out their website: www.groundforcemethod.com.

KMG USA Practitioner & Graduate Camp 2016

November 4-6, 2016, Las Vegas



KMG's Head Instructor, Eyal Yanilov and Global Team Instructor, Jon Bullock, will be teaching the annual KMG USA P&G weekend in Las Vegas. The 3 day camp is a great way to immerse yourself in training and progress your skills. But that's not all..... there will also be an opportunity to grade for your next level.

The event is open to both instructors and students from Po - G5. For further details about the course or to register, please [CLICK HERE](#).



Oktoberfest 2016- October 8th, RTC

FDKM will have a booth this year at Reston Town Center for their annual Oktoberfest. So mark your calendar and come out and represent. We're also looking for volunteers to help man the booth. Interested? speak to Ann for more details



Openings Available in our Krav Junior Program

With our recent time change and promotions of our students, we now have openings in our Krav Junior Program.

For more info, please contact Ann



We're on Social Media!

Have you found us on:

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

October Members Seminar



Save the date! We're trying to secure a bus for this month's Member Seminar. If we can find one that'll allow us to fight on it, we'll be holding our monthly members seminar on one! If not, we'll do a parking lot safety and/or anti-carjacking seminar. Either way, it's all about vehicle safety and working your surroundings. Looking forward to seeing everyone! RSVP with Ann if you're planning on attending.

Halloween Safety Tips

HALLOWEEN SAFETY

Halloween is one of the most anticipated nights of the year for kids, but Safe Kids' research* shows some scary statistics on Halloween safety.

- Only **1/3** OF PARENTS talk to their kids annually about Halloween, although 3/4 report having Halloween safety fears.
- On average, **TWICE AS MANY CHILD PEDESTRIANS** are killed while walking on Halloween compared to other days of the year.
- Only **18%** of parents use reflective tape on their children's Halloween costumes.
- 12%** of children five years of age or younger are permitted to trick-or-treat alone.

Talk with your goblins about Halloween safety, and how simple precautions can make it a fun and safe night for kids of all ages. For additional safety tips, please visit SafeKids.org/Halloween

- Children under 12 should trick-or-treat and **CROSS STREETS WITH AN ADULT**
- ALWAYS WALK ON SIDEWALKS OR PATHS** if there are no sidewalks, walk facing traffic as far to the side as possible.
- Cross the street at corners, **USING TRAFFIC SIGNALS** and crosswalks. Parents should remind children to watch for cars that are turning or backing up.
- DRIVERS SHOULD SLOW DOWN** and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.

SAFE KIDS WORLDWIDE | FedEx cares.

*Mickalide, AD, Rosenthal, KM, Donahue, MP. Halloween Safety: A National Survey of Parents' Knowledge, Attitudes, and Behaviors. Washington (DC): Safe Kids Worldwide, October 2011.

Thought we'd share some Halloween Safety Tips for all of those young trick or treat'ers out there. We are open Monday day night of Halloween for regular classes. Wishing everyone a safe and fun Halloween! We'll plan a fun FDKM gathering for those interested

to celebrate all things spooky together.



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



