

# KRAV MAGA



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## November 2016 FDKM Newsletter

Well, the Fall Camp & all the craziness that comes along with it has come & gone. First Defense had a really great showing at the testing & I'm happy to announce that both Will and Paul passed their Expert 1 exam!

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Now that we're getting into the Holiday Season, we'll have a couple more short breaks before the start of the New Year. Make sure you take a look at the calendar to see the days we're closed in November & December.

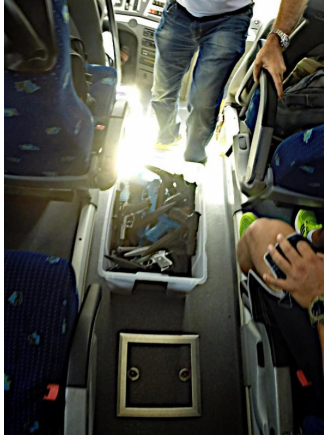
As usual, we have a lot of things going on, so rather than making you sit there & read tons of text from me, I'll let you get straight on to the meat of November's newsletter!

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

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### UPCOMING EVENTS

# I ♥ FRIDAY FIGHT NIGHT



## **NEXT FRIDAY FIGHT NIGHT**

Friday November 11th,  
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 November 19th between  
1.30 - 3.30pm.

## **Instructor Interest Meeting**

Come by on Sunday, November  
13th from 10am-(about) noon  
and learn what it takes to be a  
KMG instructor.

Open to anyone who is  
interested in the KMG & First  
Defense instructor  
development process.

## **In First Defense Krav Maga News**

## **An Epic Fall Camp for KMG & First Defense!**

With over 90 participants, this year's KMG Fall Camp in Las Vegas, NV was the largest yet. Under the watchful eye of Eyal Yanilov & Jon Bullock (UK Director & Expert 3), the participants trained for two full days & tested on the third. Camp participants who weren't testing also had the opportunity to train for a few more hours while the testers were getting on with their work. Paul was one of the instructors selected by Eyal to lead the non-tester group for a couple of hours on Sunday.

Eight participants came from First Defense. Out of this crew we had some great results from testing. Darryl earned his G2, Chris & Pat earned G4. And Paul and Will made it to an amazing milestone in Krav Maga. Expert 1!! Congratulations all. We're really proud of everyone!

These are only a few of the pictures from the weekend. We'll post up more in an album on the Facebook page soon.





## Big Congrats to our newest P1's

Congratulations to Lydia, Joe, Robin, Terrance, Jake, Zach, and not pictured Peter for successfully completing their first Krav Maga test and are officially P1's! Let's keep them going and get them to P2!



## FDKM Holiday Closures and Class Cancellations

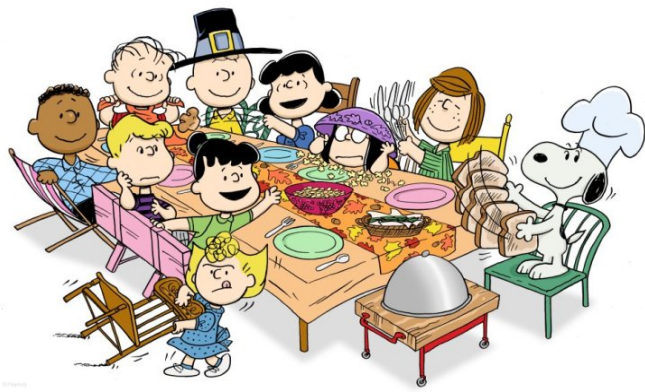
The Holiday season class cancellations



**First Defense Krav Maga will be CLOSED for the Thanksgiving Holiday weekend.**

Thursday November 24th- Sunday November 27th.

Classes will resume on Monday November 28th.



The Holidays are just around the corner. We're busy planning some fun Holiday outings and activities for you guys! In the meantime, just a reminder that First Defense is closed between Christmas eve and New Year's Day.

December 23rd- January 1st

Classes will resume on Monday Jan. 2nd

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## Straight from the Headlines Week

November 14th- November 19th



Another special themed week is coming in November! Straight from the Headlines Week will be from Monday November 14th- Saturday November 19th. We'll be pulling stories, videos, and headlines to base class on.

There may be some classes where we head outside for all or part of class, so be sure to bring proper footwear for outdoors (i.e. not your training or work shoes) and a hoodie or light jacket.

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# November's Members Seminar

Saturday, November 19th, First Defense 1.30 - 3:30 pm



FDKM will be holding the next Members Seminar on **Saturday, November 19th from 1:30-3:30pm**. We'll be wrapping up the "From the Headlines" week with some scenario training.

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## GIC Interest Meeting

November 13th, 10 am- Noon



Curious about how to become a certified KMG instructor with First Defense? Ever wonder what type of time, training, financial commitments are required? Join us November 18th from 10 am- noon. Nick will guide you through all the requirements, timetable, and training schedule for KMG's General Instructors Course and other Specialty Instructor Courses. (Women, Kid's, VIP, Military, LEO, etc) It's great opportunity to ask questions about the process and commitments associated with becoming an assistant or an instructor with us here at First Defense.

Please **RSVP with Ann** if you're interested in attending. We would like to have an accurate head count so we can provide everyone with handouts and other information.

# Camp Recap

Check out Richard's blog to learn more about the KMG Camp!



## Five Reasons to Camp -- Plus Two for Krav Maga Global



Eyal Yanilov addresses the group.

Have you ever trained in your martial art for a weekend or more?

I just returned from the annual **Krav Maga Global** (KMG) Practitioner and Graduate ("P&G") camp, hosted by **Battle Born Krav Maga**. It was my first camp and I'd like to share five reasons you might want to attend similar training, whether in KMG or your own system or style. I finish with two bonus reasons for the KMG family!

To continue reading, please [CLICK HERE](#).



Closed for the



Openings Available in our



We're on Social Media!



### Thanksgiving Holiday

FDKM will be closed  
Thursday November 24th-  
Sunday November 27th.

Classes will resume Monday  
November 28th.

### 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

Have you found us on:

[Facebook](#)

[Twitter](#)

[Youtube](#)

[Yelp](#)

[Instagram](#)

[Google+](#)

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## Support a local Mom in need this holiday season



Devon Saunders runs a special opportunity to give back to the community with her Adopt a Mom for Christmas program. Donations will be used to purchase gifts for women healing from domestic abuse at the Bethany house. Please consider donating.

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## Holiday Gift Ideas

Get your loved ones some Krav Maga gifts!



Stuck for unique gift ideas this year? Give the gift of Krav!

- A 3-class intro pass & a First Defense T-shirt for \$30, wrapped in a holiday gift bag
- Our 8 week Foundations class that starts in January! \$249, it includes a First Defense T-shirt also wrapped in a holiday gift bag.
- Apparel? Gear? Training Videos and Packages? Keep an eye out for some holiday deals and steals!



### First Defense Referral Program

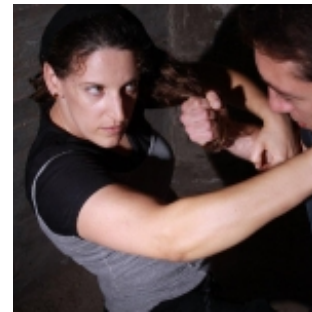
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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.



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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

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Forward this  
email

STAY CONNECTED



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