

KRAV MAGA



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First Defense Krav Maga
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December 2016 FDKM Newsletter

Wrapping up 2016 and gearing up for 2017!

We would like to thank everyone for their support of First Defense and us as a family. We couldn't ask for a better community of Kravists! It's the combination of many things that make it First Defense Krav Maga such a special place. 2016 brought so many changes to the studio. We've said good bye to some and hello to many more. As members, instructors, and supporters, each person has made a difference in the the success of FDKM. We will continue to work hard to offer the top Krav Maga training to you in 2017! As our community grows, we'll continue to emphasize the importance of training, learning, and enriching everyone's life inside and outside the studio.

As a school owner, it's been impressive to see the growth so many of our students have achieved. Both old and new students have improved great deal in just the last year. Think about the first time you attended a class with us and compare it with the most recent class you've attended. Hopefully, you're more confident, more fit, and have made some new friends in the process. First Defense's Instructor team has gone above and beyond and seen success in the past year as a result of their dedication to training. Nick reached Expert level 2, Paul & Will are Expert level 1, Sam & Chris are Graduate level 5, Pat is Graduate level 4, Bouba & Omar are Graduate level 3, and Darryl is Graduate level 2. We also want to acknowledge the hard work of our instructors as they pursue specialty education beyond the General Instructor Course & Instructor Updates. In February, Nick, Chris & Omar completed a Law

Enforcement Instructor Course. In September, Nick, Paul, Pat, Omar & Will completed the Combat & Fighting Instructor Course while Chris & Darryl completed the Combat Mindset Instructor Course.

First Defense also had a great showing at many of the KMG events this past year from our students. Thanks so much for representing! We're so excited to hear that many of you are already planning on attending KMG events in 2017. We're also looking forward to the new crop of people who are interested in becoming Krav Maga instructors. You guys train hard and it's a great representation of what we do here at FDKM! So let's keep up the good work.

Ok, so I'm going to get a little sappy here for a sec. As we have made many sacrifices to continue to make FDKM the best place to train Krav Maga. You guys have made this experience wonderful. I would never imagined how much fun, how caring, and what wonderful friendships that have formed over the years. It's become more than just a "gym." I honestly look forward to seeing everyone, everyday. Thank you for making FDKM a family. With that said, have a wonderful Holiday! We'll be closed for the week for some (non-Krav) family time and 2017 planning. We look forward to seeing everyone Dec 31st for classes in the morning, and our New Year's Eve party later that night!

May 2017 bring lots of Love, Joy, and Happiness.

Ann, Nick, Myles, and the FDKM team

UPCOMING EVENTS



NEXT FRIDAY FIGHT NIGHT

Friday January 13th,
6:30 pm- 8:30 pm

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



New Years Eve Party

First Defense Krav Maga will be holding a Members New Years Eve Party on December 31st at 8 pm till 2017! Please RSVP at

<http://evite.me/kxuZhzdW3S>



New Check-in Process

FDKM is now in the 21st century!! Now you can check into class by using the Ipad by the front door.

Please select your class and add yourself to the attendance log for all of the classes that you plan on taking that day.

In First Defense Krav Maga News

FDKM Holiday Closures and Class Cancellations

The Holiday season class cancellations



The Holidays are just around the corner. So, here is just a quick reminder that First Defense is closed between Christmas eve and New Year's Day.

December 23rd- December 30th

**Classes will resume on Saturday
December 31st**

Due to the Ice Storm Closure on Saturday, December 17th, First Defense Krav Maga has decided to open a weekend earlier this year. We will be open for all Regular Saturday classes on December 31st. Hope to see everyone in training and partying with us later that evening!

Foundations 2017

4th Jan - 22nd Feb



Our next 8 week foundations course will start on January 4th, 2017. The course will give you, or a loved one, a great insight into the Krav Maga system, help you learn some skills against common problems and situations; and give you a great foundation to build upon should wish to carry on training after the course.

The foundations course would also be a great holiday gift!

P1 Testing on Saturday January 7th

January 7th, 1:30-3pm

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**SO STAY HUNGRY,
TRAIN HARD,
AND DREAM BIG!**



First Defense will be hosting a Practitioner 1 Test on Saturday January 7th, 1:30-3pm.

If you have completed the minimum number of classes you are eligible to test for your first official KMG rank! Testing invitations will be sent out during the next week.

Registration Cost for P1 testing is \$40.

If you need more information about this test please contact Ann
at ann@firstdefensekravmaga.com

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.

Testing Attire

KMG or First Defense Krav Maga uniform is required for testing. You may wear any KMG or FDKM shirt and shorts/pants.

Krav Junior Testing on Saturday January 28th



Krav Junior Testing will be on Saturday January 28th.

Krav Junior participants must complete a minimum number of classes to be eligible to test for the next rank. Testing invitations will be sent out during the next week.

Kid's division (blue shirts 5-7 year olds) Testing 2 pm-3 pm
Youth division (red shirts 8-10 year olds) Testing 3 pm- 4 pm
Junior division (green shirts 10-13 year olds) Testing 4 pm-5pm
Teen Division (13 year olds- 16 year olds) Testing 5 pm-6 pm

If you need more information about this test please contact Ann at ann@firstdefensekravmaga.com. Additional information about testing, testing eligibility, invitation, and curriculum will be sent out in a separate email.

Testing Attire

Krav Junior uniform is required for testing.

All participants are required to wear their Krav Junior Shirts according to their division (blue, red, green). Teens are required to wear a KMG or First Defense shirt. Please make sure to wear your uniform shorts or pants, with your current rank patch. If this is your first test with us, you will be given your first patch upon successful completion of the test. Please contact Ann if you have any questions or concerns about proper attire for testing.

GIC Part 1 - Herndon, VA
March 1st - 5th 2017



After a very successful KMG GIC Interest meeting, we are pleased to announce that there will be a GIC part 1 held at FDKM in March 2017.

The course will be held between 1st and 5th March 2017.

If you are interested in registering for the course and you meet the requirements to attend the course, please register by [clicking here](#). If you have any questions, please speak to Nick, Ann or Pat, who can answer any questions you may have.

KMG Spring Camp

May 5-7th 2017



The first annual KMG spring camp is going to be hosted in Northern Virginia in May 2017. The camp is a great way to accelerate your Krav Maga skills and ability by immersing yourself in training and learning from the KMG Global Team of Experts. It is also a great opportunity to meet other practitioners from around the country & world, make new friends and to have fun.

This year we will have two KMG Global Team Experts teaching at the camp, Master Ze'ev Cohen (Master Level 1) and Jon Bullock (Expert 3).

There will also be an opportunity to test for your next level at the camp.

If you're interested in booking a space at this event or would like more information, please [click here](#) or speak to Pat or Nick.



Closed for the Holiday

FDKM will be closed Friday
December 23rd- Friday
December 30th.

**Classes will resume
Saturday December 31st.**



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+](#)

Looking for some Krav Maga Buddies



We're looking for a group of volunteers who are willing to be Krav Maga Buddies for new and prospective students here at First Defense. We get a lot of people who are brand new to Krav Maga, and as a Krav Maga Buddy, you'll help them through their first classes here at FDKM. Some people just need a little extra explanation of gear/equipment, assurance, and encouragement.

If you're interested in becoming a Krav Maga Buddy or some more information about the role and expectations, please contact Ann. We'd like to start this up in the new year!

BRRRR....It's COLD Outside!

Have you picked up your FDKM or KMG hoodie yet?



Supplies are limited! Pull over hoodies are \$35 & zip up hoodies are \$40

Ring in 2017 with FDKM!

Come party with us on December 31st



Looking for casual get together with your fellow Kravists this New Year's Eve? Come join us at FDKM and bid adieu to 2016! We'll be hosting a family friendly, low key party here at the Studio. We'll provide some snacks and beverages, but please feel free to bring something to share.

If you get a chance please RSVP, please do so on our private FB page or via our evite link at:

<http://evite.me/kxuZhzdW3S>

Any questions please contact Ann. Looking forward to seeing everyone.

SAVE the DATE!

January 15th, 3:10 pm- 5:10 pm



FDKM Ice Skating! Since we all love hanging out with each other doing fun stuff, we're organizing an Ice skating outing on January 15th at Skatequest here in Reston from 3:10 pm- 5:10 pm. If you're interested in joining us, please let Ann Know by January 7th. We can get a group rate of \$8 per person, which includes skate rental. Bring the whole family!

More info about the facility: <http://www.skatequest.com/schedule-public/>

Inclement weather policy

[Download the APP!](#)



Winter is here! And when bad weather hits, keep up to date about class cancellations and school closures on FDKM's social media outlets such as Facebook, twitter, Instagram, and google plus. Better yet, if you're not on social media, download our free App, and receive notifications about FDKM announcements. Just go to your App store on IOS or Android, and search First Defense. Our free app is available to download.



First Defense Referral Program

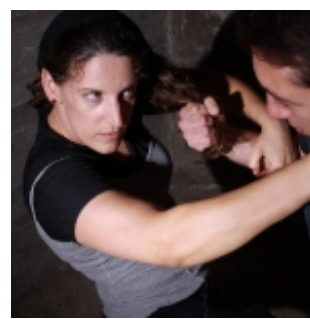
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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 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

