

# KRAV MAGA



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## Spring 2016 March FDKM Newsletter

Warm weather is just around the corner! With the new season, we welcome new members both big and small. It's great to see all the eager faces ready to train hard and learn what Krav Maga is all about. So let's SPRING forward together!

It was just yesterday that we were bundled up in our warmest winter gear, and now today it's warm enough to break out the summer shorts and tanks! Spring in the Washington D.C. area is one of the most beautiful seasons. The weather isn't the only changes in the air, though as we get ready for some upcoming changes happening within First Defense Krav Maga. We will say hello to many new faces, but we're also saying good bye to some familiar ones too.

March will be Lauren's last month with us. In the time she's been here, she's been an integral part of FDKM. She's the first person who greets you, encourages you to train harder, and helps you with any question you may have.

We've been so lucky to have her as part of our FDKM team over the years. "What's next?", you may ask. Lauren is off to pursue her career as a nurse. We're definitely sad to see her go, but we're really excited to see Lauren move forward and work towards all of her future goals! So let's all gather together to bid her "Adieu!" and wish Lauren the best in her future endeavors!

One of our beloved German Forces members will be moving back to Germany this month as well. Eugen has been training with us since 2013! Best of luck Eugen, we'll definitely miss having you train with us here at FDKM.

Over the next couple of weeks, we'll also welcome back Will Allen as a guest instructor. So if you missed Will over the last year, here's your chance to get your time in! Also, you might have noticed that in recent weeks we've had a British gentleman leading and assisting with classes. We're really excited to introduce every one to Pat Hards. Pat has been an instructor over in the U.K. under Jon Bullock and has recently moved here to the states. Welcome to the First Defense Family Pat!

For all of those with that extra "spring" in their step, we have lots of up coming Krav Maga training ahead. Fight Night this Friday! Bring your gear and get ready to connect all those tactics and skills. Our first Regional KMG testing event is also this weekend, if you were invited and plan on testing, be sure to register.

And finally, some of our instructors participated in this year's KMG Law Enforcement Instructors Course in Austin, TX. We'll share more about their experience in the newsletter.

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

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## UPCOMING EVENTS



### FRIDAY FIGHT NIGHT

Friday March 11th  
6:30 pm- 8:30 pm

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



### 2016 Spring Foundations Course!

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



### FDKM CLOSED EASTER Weekend.

First Defense Krav Maga will be closed Easter weekend.  
March 25th- March 27th. All  
Saturday Classes are Canceled  
on March 26th.

**REGISTER>**

## In First Defense Krav Maga News

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## 2016 Spring Foundations Course

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



Since we reached capacity so 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!



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## 2016 Law Enforcement Instructors Course

Nick, Chris, and Omar Traveled to Austin TX





Apart from the 23-day General Instructor Course, KMG offers many different "specialty courses" ranging from Military to Kids Krav. From February 20-28, Nick, Chris, & Omar took part in the the KMG Law Enforcement Instructor Course in Austin, TX. Krav Maga for law enforcement is a huge category & this course could have easily been another 23 days.

However, given the time, we focused on some of the aspects that we thought were most relevant to our LE students. The first few days were spent with the baton in hand - striking and defending against strikes, other stick-type objects & knife attacks. After that, we worked at an outdoor range for 2 full days of shooting and Krav Maga drills. During the other days, we used the pistol as a cold weapon - basing on scenarios where we could not or choose not to shoot - as well as controls, take downs, searching & handcuffing.

It was a pretty amazing course, made better by the expert instruction of 2 of KMG's best instructors - Ilya Dunskey (E4) & Frankly Hartkamp (E4). We've come back with some new skills and a new perspective on the needs of LE training.

We'll be looking to start a monthly LE-only class in April & would appreciate any suggestions on days & times that would work best. Right now we're thinking a Saturday afternoon after the Basics class. Let us know what you think.





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## Practitioner Level 1 Testing

Saturday April 2nd, 1 pm



Practitioner Level 1 testing will be on Saturday, April 2nd at 1pm. An invitation to test will be sent out to those who are eligible in the next couple of weeks. 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. If you are unable to attend, please let Ann know. (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.)



# 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.**

## Regional Testing Reminders

For those testing this weekend please remember to register and print out your "tickets" for check in at the testing site. Be sure to wear your First Defense or KMG Top and training pants/shorts, and your current rank patch. Please be prepared with all training/sparring equipment required for your testing rank.

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## Welcome Pat Hards!

Pat joins the First Defense Team



Hi Guys,

As I am new to the FDKM team, I would just like to take a moment to introduce myself to you all. So, here it goes:

Name: Pat Hards

Nationality: British

Training KM Since: February 2013

Current Grade: G2

Instructor Since: May 2015

Likes: Krav Maga, Shooting, Travelling, Kicking the Groin, Tattoos

Dislikes: Tea, I-495 Traffic, Being kicked in the Groin

I was previously an instructor for Krav Maga Elite, UK, under Jon Bullock, until I emigrated to the U.S.

in December 2015. Since then, I have been training at FDKM and getting settled in to life in the U.S.

Now I'm here, I can't wait to continue my Krav journey with FDKM, both as a practitioner and as an instructor. As an instructor, I am passionate about teaching Krav Maga classes and I invest time in my own education and training to be able to benefit the students. I try to make my classes interesting, enjoyable, challenging and fun; all whilst ensuring that I help to develop your understanding and knowledge in Krav Maga.

So if you see me around or have any questions, feel free to ask and have a chat, or come by and try one of my classes.  
Kida.

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## Nurse Lauren on the horizon

FDKM sending Lauren all the best wishes!

Lauren has made you guys smile and sweat! March is her last month with First Defense as she will be pursuing her nursing career. We are so sad to see her go, but so proud of her and everything that is ahead of her as she works toward her nursing goals.

Lauren has been an integral part of FDKM. She has helped us grow the school, run our KM fit class, and has been there to greet everyone who has stepped foot into the school. We will miss having her here, but we know what an outstanding nurse she'll be!



Join us later this month as we plan a farewell FDKM good bye to Lauren! Drinks? Food? Keep an eye out for the invite!

Thank You Lauren for everything you've done for FDKM! <3



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### Warm Weather

As things get warmer outside, remember good hygiene. Wash training clothes, air out

### Friday Fight Night

Join us this Friday March 11th!  
6:30-7:30 pm.

### We're on Social Media!

Have you found us on:

[Facebook](#)



training gear, and don't leave your gym bag in your hot car for long periods of time. Heat + sweaty gear= Stinky training partners

Every Second Friday of the month! Mark your calendars.

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

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## FDKM is hiring

Looking to fill the Front Desk position



First Defense Krav Maga is hiring! We're looking for someone to join our team as the point person for prospect & student interactions. Responsibilities will include handling prospect calls & emails, membership sales, student services, tracking & reporting, general studio operations & other admin duties.


A training period will be required prior to the full-time start date. Hours are Monday - Thursday afternoon/evenings and Saturday mornings with the addition of occasional weekend hours over the summer (for example, Reston Oktoberfest).

Please contact Ann if you are interested or can recommend someone.


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## Have you downloaded our FDKM 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 has 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

## Congrats to all of our Testers back in January/February



Congrats to our youngest graduates! The first of many ranks to come in the future, K1 graduates. Nick R. Samantha D., Erin P., Kate D., Sofia A., Kaitlyn B., Peter B., Nora P., Ellie J., Myles M.



Congrats to all of our Youth Division graduates Y1-Y5. Liam A. (J1), Sky R., Seraphine J., Dixie B., Ava D., Daisy B. (J1), Aidan M., Yanis L., Aiden R., Dean P.



Congrats to all of our Junior Division graduates J1-J4. Nicholas M., Jack K., Jason P., Sebastian S., Taz F.





Congrats to our Teen Division graduates T1. Kayla P., Anna B., Seline W., John W.





Congrats to Jon W. (P2), Cameron W. (P2), Liz H. (P1), Ray I. (P2), Angelo S. (P2), In photo above Sam K. (P2). Not pictured Hee-Chul (P2)



Congrats to Sean G. (P3), Ross F. (P3)





Congrats to Bob K (P4), Eugen B.(P4), Amanda J. (P4), Julius J. (P4)

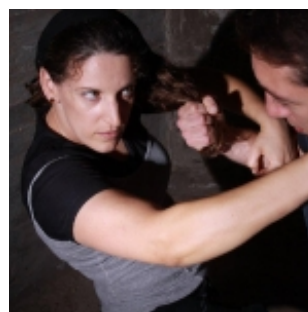


### First Defense Referral Program

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



### 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)



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.

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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