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## Spring 2016 May FDKM Newsletter

May is a great month, the sun is out, it's getting warmer, the swimming pools are about to open and it is the last month before the Krav Maga calendar gets very busy, both for students and instructors.

It is also the month when we remember the sacrifice that generations of our service personnel have made, and continue to make, for our country, in order to keep us safe and free. For this we say "Thank You!"

We can't believe it's May already and summer is just around the corner. April was a super busy month for First Defense, KMG, and for us personally. There were some major changes, learning curves, and new things to learn both here in the school and in our personal lives. We hope everyone enjoyed "Reality Week" and the Members seminar that capped off the themed week. We've got lots more planned for the upcoming summer. Next thing you know the summer will be over and we'll be talking about fall!

Speaking of things around the corner, Mother's Day is this Sunday May 8th. Are you still looking for that special gift for a mom in your life? How about our *4 part women's self-defense series* starting Sunday May 15th! It's a unique gift that keeps on giving, teaching your loved one some essential Krav Maga skills to build confidence and stay safe.

We always like to take a moment to thank all of our current members and how everyone is so gracious towards new members and prospective students. It's always a little

daunting and intimidating for new people. I've heard really great things from new people about all of the students already training here. Loving all the positivity and encouragement! To keep the ball rolling, First Defense would love to share your story on our Blog. Each month we'd like to feature a student, your story, why Krav Maga, why FDKM, and how it's affected you. It will be a great way to connect to the community.

Since Reality Week was such a hit, we'll definitely bring it back at some point this summer. I know you guys are looking forward to training in 90+ degree weather and humidity..... maybe we'll throw in some squirt guns to make it more bearable... If anyone has some suggestions about what you may like to focus on, please let us know.

There's a lot to share in this month's newsletter, so read on!

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 May 13th  
6:30 pm- 8:30 pm

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



### 2016 Summer Foundations Course!

May 4th- June 22nd,  
Wednesday evenings from  
7pm-8pm. Great introduction  
to Krav Maga Training.  
Register Today!

**REGISTER>**



### Women's Self Defense Seminar Series

First Defense will be hosting a series of seminars for women, between May 15th and June 12th.

For more information please **CLICK HERE.**

## In First Defense Krav Maga News

### 2016 Summer Foundations Course

May 4th- June 22nd , Wednesday evenings 7 pm- 8 pm



Summer is just around the corner, don't miss out on our next Foundations Course starting May 4th through June 22nd.

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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## Memorial Day Closure

27th - 30th May 2016



Please note that we will be closed between 27th - 30th May 2016 for the Memorial Day Holiday. Classes will resume as usual on Tuesday 31st May.

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## FDKM Law Enforcement Seminar

23rd April 2016



Last month, FDKM held a seminar for our Law Enforcement members and Instructors. This was the first in a planned series of seminars and focused on using a firearms (short and long barrel) as striking weapons and as defensive blocking tools. It was an enjoyable afternoon, with a lot learnt by all, and it was great to see our LEO's learning some new skills to help keep them safe, while they keep us safe.

But don't worry if you're not an LEO, we may open similar seminars up to members in the near future, if there is interest from our members.

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## Reflections from Reality Week

25 - 30th April





As April drew to a close, members descended on FDKM to train as usual. However, training in the last week of the month saw the training clothes and mats traded in for work-clothes and concrete. Reality week had begun! Designed to take people out of their comfort zones, reality week aimed to introduce a level of realism into training and getting students to train techniques under the pressures and restrictions of everyday life.

From the outset, we had members training in suits, skirts and jeans and having to adjust to various environmental factors that aren't present in the studio. Members quickly found themselves having to appreciate how the rain, sun, confined spaces and uneven surfaces can change situations and cause you to adapt techniques to get out of dangerous situations.

The week culminated with a members seminar looking at close range knife and gun threats, while at the ATM. It was a great day and the effort by all was amazing to see. Don't worry if you missed reality week, it will return in the future. Pictures and videos from Reality week will be posted on our FDKM Private Facebook Member's Group.

## Women's Self Defense Course

Sunday May 15th - June 12, 1 pm - 3pm



### 4 Part Women's Self-Defense Seminar Series

**KRAV MAGA**

May 15, May 22, June 5, June 12



In May and June, Nick and Pat will be teaching a series of Women's self-defense seminars. These seminars are free for our female members or can be bought as a package or as single seminars for non-members, with each 2 hour session concentrating on a particular subject.

## **Week 1 (Fundamentals & Dealing with Grabs)**

**May 15th: 1-3pm**

This week's seminar will concentrate on defending against being grabbed. Grabs can be dangerous or non-dangerous, but both types can be used to injure, control or as a precursor for something even worse.

## **Week 2 (Defending with Common Objects)**

**May 22nd: 1-3 pm**

This week's seminar will see you use your everyday objects to assist you in defending yourself. Using your purse as a defensive or offensive weapon to turn the tables on an attacker or using the contents of your purse to your advantage is always a valuable skill.

## **Week 3 (Anti-Rape / Domestic Defensive Tactics)**

**June 5th: 1-3pm**

This week's seminar will focus on dealing with a predatory attacker who tries to take the attack to the ground and pin you down. This week will also see you work in clothing that you commonly wear out on the town, such as skirts or jeans.

(Please wear Yoga pants under skirts, and wear clothing that you do not mind getting dirty and/or possibly damaged)

## **Week 4 (3rd Party / Family Protection)**

**June 12th: 1-3pm**

This week's seminar will focus on dealing with attacks on other people, including protecting your family members and friends. You will also see how you will need adapt techniques to protect a 3rd party, such as a child.

So, if you have mothers, wives, daughters, sisters, female close friends or colleagues, please encourage them to attend, so that they can learn skills to defend themselves and their loved ones.

For more information or to book, please [click here](#).

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## **Practitioner Level 1 Testing**

Sunday May 15th, 9 am



Practitioner Level 1 testing will be on Sunday, May 15th at 10am. An invitation to test will be sent out to those who are eligible in the next couple of days. 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.**

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## The Combat Mindset & Mental Conditioning Course

September 16-18, 2016



During Reality Week, a number of you started asking about material to help you in building a combat mindset and understand violence and the mental states resulting from conflict.

As well as the normal Rory Miller books, such as Meditations on Violence, Conflict Communication and other titles from various authors. We are pleased to announce that First Defense will be hosting KMG's Head Instructor, Eyal Yanilov, and the Combat Mindset and Mental Conditioning Course in September 2016. This course is a mix of lectures and physical training and is a must for anyone who is interested in dealing with violence and developing a mindset and mental state to deal with violence.

The course is open to both instructors and students. Further details and course registration will be available soon, so keep your eyes peeled in the FDKM Members group.

To read a blog about the course by KMGs Global Team Expert, Ole Boe, [click here](#).

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## Summer Apparel Order

Shorts, Dry-Fit, Tanks, etc



Summer is creeping up on us! We've got an order of shorts on the way! However, if you're interested in getting some specific FDKM apparel....like that purple dry-fit top or something. Here's your chance.

Ann will taking pre-orders on custom tops. We will only be doing the FDKM small logo or Banner design.

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### Warm Weather

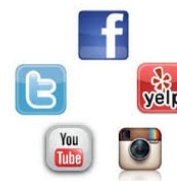
As things get warmer outside, remember good hygiene. Wash training clothes, air out training gear, and don't leave your gym bag in your hot car for long periods of time. Heat + sweaty gear = Stinky training partners



### Friday Fight Night

Join us this Friday May 13th!  
6:30-7:30 pm.

Every Second Friday of the month! Mark your calendars.



### We're on Social Media!

Have you found us on:

[Facebook](#)  
[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). We are looking

for a person full time beginning in the Fall, this is not a part-time seasonal position.

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

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## Summer Student Special

It's back! Get some Krav Maga training in

College bound? High School Student? Looking to get some training in over the summer months? First Defense offers a 3 month Summer Student Special. Only \$330 for three months of unlimited training over the summer. Must be a current student and ID is required at the time of registration. So don't let summer go by without learning some Krav Maga!

For more information about our this course please contact Ann at [ann@firstdefensekravmaga.com](mailto:ann@firstdefensekravmaga.com)



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## College Preparation Course

Coming this July and August!



Sending your kid's off to college can be a daunting time, both for you and for them. A whole new world of living away from home and with new people awaits them. It's also the start of their journey into the big wide world of being an adult. Despite all of this, it doesn't change the fact that we worry about our kids. We want to know that our children are safe and hope that they can protect themselves.

On July 24th and August 7th, FDKM will run a day long college prep course, where the students will learn how to defend themselves against common attacks that they face, and how to avoid dangerous situations.

For more information about our this course please contact Ann at [atann@firstdefensekravmaga.com](mailto:atann@firstdefensekravmaga.com)

## New Products for you!

Some new stuff to help you stay fresh



We totally understand that sometimes there isn't enough time to jump into the shower after class. But after all that sweating, you need a quick freshen up before leaving. No worries, we've got your back. You'll find these new Kennedy Athletic Body Wipes on the shelf in the bathroom. In the hot summer months, a quick fresh wipe will help before heading into your car. Let us know what you think and if they work!

What about my gear?!?! We've got that covered too! We've got some new wipes that are formulated specifically for gear. Some Germ Patrol solution to wipe things down with. And, some good old Fabreze to freshen things up. You'll find these items on top of the filing cabinet towards the back.



## Be Part of the FDKM Blog

We want to hear about you!



We love our FDKM members and want to share your story. Each month we'd love to feature one of you on our blog. If you're interested in sharing your journey, take a look at some of the suggested questions below to help get the creative juices flowing. Please include a photo if you have one, or we can take one in class. If you would like to write the blog yourself, please do so. We'd love these blog posts to feel as personal as possible. Some suggested Questions to answer:

- Why Krav Maga?
- What lead you Krav Maga and First Defense?
- How has training Krav Maga changed you? Lifestyle? Outlook?
- Have you had to use your Krav Maga training?
- What criteria did you look for in choosing a place to train?
- What sets First Defense apart from other local gyms?
- What has been your overall experience here at FDKM?

Have you already written a blog about your experience here or with Krav Maga? We'd love to share and



### First Defense Referral Program

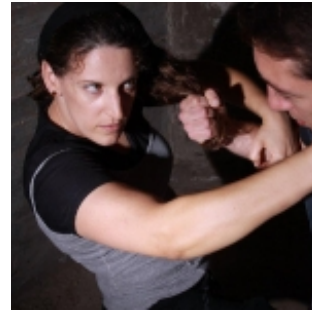
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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

