

# KRAV MAGA



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## Spring 2016 June FDKM Newsletter

Schooooooos out for summer! You'll hear Alice Cooper's summer time anthem all over the place this time of year.

But hold your horses, that doesn't mean your Krav training should take a break. Summer time is one of the busiest times of the year here at FDKM. We've got some exciting stuff in upcoming months here, we'll tell you all about it in this month's newsletter.

Summer is here! And, Thank God our AC is functional. We know you guys like to sweat, but not in a 90+ degree space. I'll save that for the mindset combat course in September! Ha..Ha... I'm joking....maybe.... The kids are about to finish up school if they haven't done so already. I'm sure everyone is looking forward to that much needed summer vacation that's coming up. That doesn't mean you should slack on your Krav Maga training, though. If anything, it's a great opportunity to ramp up your training! You've only got 3 months before the next regional testing. And speaking of, there are some great opportunities to get extra training in this month. We've got our monthly fight night on the 10th of the month and a members seminar about handgun defense on the 25th! For the ladies, there are two more women's seminars on the 5th and 12th.

With the end of the academic year coming to a close, we'd like to congratulate all of our high school and college seniors on their graduation! Even some of our own FDKM instructors are graduates! Big Congrats to Michael Schindler for completing his AS degree, it's been a long road to completion, but he did it! And Bouba who will be graduating from the Army's Officers school this summer! Receiving a diploma means that you've worked hard and

reached goals that you have set for yourself. We're proud of all of our students for earning diplomas here at FDKM and in other endeavors outside of here to continually improve yourself.

Speaking of continual improvement. One of the things that sets Krav Maga Global apart from all of the other Krav associations out there is the continuing education of all certified instructors. I will be headed to Israel mid-June to improve my own skills and build my knowledge as well. First, I'll be participating in a fitness education course taught by E3 instructor Peter Lakatos. Then, it's 2 days in the annual KMG Directors meeting, where I get to meet and discuss business with many of the Directors from around the world. I've also been asked to give a short lecture to the group as a follow up on my talk from last year's meeting. And finally, I'll cap my visit off with a week of Expert camp training! I'm looking forward to seeing all my KMG friends, getting in some hardcore training & bringing back loads of great stuff for everyone at FDKM!

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 June 10th  
6:30 pm- 8:30 pm

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



### Handgun Defense Members Seminar!

Pat will be teaching a Handgun Defense seminar for members on Saturday June 25th between 1-3PM.



### Women's Self Defense Seminar Series

First Defense will be hosting a series of seminars for women, the last two seminars are on June 5th and June 12th.

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

## In First Defense Krav Maga News

### Upcoming Closures in July!!



Please note that we have two weekend closures in July and during these times there will be no classes. The dates of the closures are as follows:

**Friday 1st - Monday 4th** = Classes resume on Tuesday, July 5th

**Friday 22nd - Sunday 24th** = Classes resume on Monday, July 25th

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## FDKM Instructor's at the KMG Instructor Update

23rd April 2016



Three times a year KMG USA instructors descend upon a Krav studio to continue to learn and develop, so we can become better instructors and ensure we deliver the best possible training to you. This time the update was held in Montreal and was taught by KMG's Head Instructor, Eyal Yanilov.

The weekend combined an opportunity for the instructors to grade for their next G-level and to refresh and develop their understanding of the system and an immersive period to get some repetitions in. Eyal concentrated on subjects including sweeping defenses, defenses against long and short barreled weapons from various positions, hostage situations and various striking drills.

FDKM instructors Pat & Bouba both attended the update, tested for G3 and passed. Congratulations guys!!

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# Women's Self Defense Seminar Series

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

We're half way through our Women's Self Defense Seminar Series. What a great group to work with. They're all training and learning how to defend themselves in situations that specifically women may find themselves in. If you haven't checked out the photos on our facebook page, here's a couple.



In June, we will be hosting the final two seminars in our Women's self-defense series. These seminars are free for our female members or can be bought as single seminars for non-members, with each 2 hour session concentrating on a particular subject.

## 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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## Kids & Teens Testing

Saturday July 16th, 1pm



Kids and teens testing will be on Saturday, July 16th in the afternoon. An invitation to test will be sent out to those who are eligible in the next few weeks. For those who have been invited and are eligible to test, please do not forget to respond to Ann whether or not your child will be participating. (An Invitation and eligibility to test is at the discretion and review from our Lead Instructors Nick Masi & Bridget. Eligibility will be based on attendance and performance in class, 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.**

## College Preparation Course

July 17th and August 7th



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 17th and August 7th, FDKM will run a day long college prep course, where the students will learn how to avoid dangerous situations and how to defend themselves against common attacks that they may face.

For more information about our this course please contact Ann at [ann@firstdefensekravmaga.com](mailto:ann@firstdefensekravmaga.com) or visit the events page to [SIGN UP](#).

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## The Combat Mindset & Mental Conditioning Course

September 16-18, 2016



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. For further details about the course or to register, please [CLICK HERE](#).

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## KMG P & G Regional Grading

September 10, Northern Virginia - Location TBC



That time of year is coming around again - time for testing! KMG USA will be hosting the East Coast Regional grading in Northern Virginia on September 10th 2016. The event is open to both instructors and students testing for P2 to G5, but please remember you must have waited 4-6 months between this grade and your last P levels grade or 6 months from your last G level to be eligible to grade.

For further details about the course or to register, please [CLICK HERE](#).

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# KMG USA Practitioner & Graduate Weekend 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](#).

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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 until June 15th. We will only be doing the FDKM small logo or Banner design.

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## Private Lessons



In the run up to grading season, usually we all get a little nervous and start to doubt our knowledge of the syllabus. Well, don't worry, we will have a number of pre-grading specific lessons to allow you to work on all of your respective techniques for your upcoming grades.

However, if you would like some extra training to prepare you for

the test or just a few extra sessions around your schedule, how about some private lessons? Private lessons are available with FDKM Instructors to cover areas of your choice and are available on most days.

For further information on pricing or availability, please talk to Ann.



### 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



### Annual FDKM Members Picnic

That's right, the FDKM picnic is an annual event. On August 28th everyone is invited to spend some time together off the mat. Relax in the sunshine and eat to celebrate all of your hard work. More details to follow.



### We're on Social Media!

Have you found us on:

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

## 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.

## 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 with out learning some Krav Maga!

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



### First Defense Referral Program

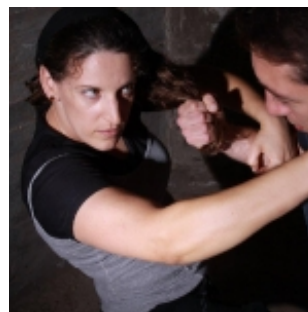
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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



### 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.

on Facebook, Google, Yelp, Twitter, LinkedIn,  
etc.

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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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