

# KRAV MAGA



website:

[www.firstdefensekravmaga.com](http://www.firstdefensekravmaga.com)

phone:

703-835-9054

email:

[info@firstdefensekravmaga.com](mailto:info@firstdefensekravmaga.com)



First Defense Krav Maga  
291 Sunset Park Drive  
Herndon, VA 20170

## July 2016 FDKM Newsletter

So our July Newsletter is a tad late..... Blame it on summer! With the kids out, bbq's fired up, pools are open, the smell of coconut sunscreen, and travel plans for all, it kinda got away from us. How is it mid July already?!?!

Scarier part is that back to school supplies are already on store shelves! Even with two weeks left in July, we've got plenty going on here at First Defense!

---

Let's kick off this newsletter with a big Congrats to Nick and his Expert level 2 promotion. Nick has written a short blog about his experience this year in Israel, you can find a link to it in our newsletter. His commitment to continually learning and training is reflected in each one of our members. Here at FDKM we will continue to encourage each one of you to continue to commit to training and practice.

## **“REMEMBER WHY YOU STARTED.”**

So, with all the distractions that summer has to offer, don't lose that muscle memory you worked so hard to build throughout the year. In addition, regional testing is coming up on September 10th, and there will be a P1 test scheduled for August.

We'll keep this newsletter short and sweet, so you can go back to enjoying those cold drinks, tasty summer treats, and some fun in the sun!

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

---

### **UPCOMING EVENTS**



#### **NEXT FRIDAY FIGHT NIGHT**

Friday August 12th  
6:30 pm- 8:30 pm

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



#### **Reality Week Is Back!**

During the week of 25th-29th July, FDKM will hold another week of reality training. Just like the last time, all training will be taking place in normal clothing.



#### **College Prep Courses**

First Defense will be hosting two seminars to help prepare your young friends or family members for situations they may face when they leave for college.

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

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

## **Upcoming Closure in July!!**



Please note that we have a weekend closure in July and there will be no classes. The dates of the closure are as follows:

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

---

## Nick's 2016 Israel Trip



Ann asked me to write a little bit about my recent trip to Israel. Maybe it was just to explain my absence from the studio for the last few weeks, but I like to think it's more about sharing my experiences & encouraging others to be lifelong learners. Either way, a little turned into a lot. There are no surprise twists at the end, but I hope you find some time to read through it and enjoy it.

READ MORE



---

## 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](#).

---

## Reality Week

July 25th -30th



Its that time again, where we all get some training done in our normal work or daytime attire.

During the course of the week we will train in different environments, inside and outside, light and dark, spacious and enclosed.

So please remember to wear older clothing that you don't mind training in and getting dirty or damaged. Suits, Skirts with Yoga pants underneath and training shoes are encouraged.

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](#).

---

## KMG-USA at the 2016 Martial Arts Super Show

It was an incredible turnout for this year's MASupershow Convention





From July 5-7, KMG-USA (as well as FD member, Richard), was in Las Vegas for the annual Martial Arts Supershow. This industry event focuses on the business & teaching sides of martial arts and also offers workshops with well-known martial artists & fighters. This year KMG's Eyal Yanilov led 2 sessions - a 4-hour pre-convention event and a 1-hour session during the show.



## KMG East Coast Regional Grading

Saturday September 10th, Location & Time TBC



KMG will be hosting the next East Coast Regional Grading on September 10th in Northern VA. The testing will be for people who want to grade between P2 - G4, but you must have held your current rank for at least 4/5 months for Practitioner levels and at least 6 months for Graduate levels. You must have a KMG passport to test, which shows the date of your last test, the instructor who graded you and where the test was taken.

For more information on the event, please visit the KMG USA website or click the link below: <https://kravmagaglobal-usa.leadpages.co/east-coast-regional-grading-2016/>

## 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.**

---

## 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](#).

---

# 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 P0 - G5. For further details about the course or to register, please [CLICK HERE](#).

---

## 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+](#)



### First Defense Referral Program

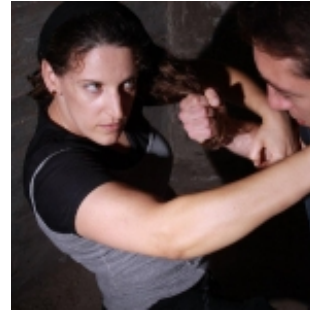
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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.

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



Copyright © 2015. All Rights Reserved.