

KRAV MAGA



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August 2016 FDKM Newsletter

We just spent some time floating leisurely in the ocean, squishing sand between our toes, eating Cuban food in little Havana! But, summer isn't over yet! We hit the ground running after our short break. Reality week found it's way back into our rotation during one of the hottest weeks so far this summer! Hopefully some of you were able to participate in our Gun Defense Seminar or our Hostage Scenario Seminar. Our recent newsletters have been fairly lengthy, but that's just because there are so many upcoming events for everyone to participate in! We're looking forward to seeing everyone train a little harder and a little more!

August is always an interesting month here at FDKM. Many of us are getting ready to go on that well deserved family vacation, prepping our kids for college, or fitting in all those last minute summer plans before September hits. We'll be busy getting many of you ready for the upcoming regional testing in September, training our next set of college bound students in some KM, and welcoming the newest members to our First Defense family. Make sure to mark your calendar for our annual FDKM Picnic at Lake Fairfax on Sunday August 28th. We hope everyone can make it. It's a great opportunity to get to know your fellow training partners and our instructors here. Seriously, what's better than swapping Krav Maga training stories over some food, drinks, and friends!

We've been trying our best to keep everyone up to date with all the events, courses, and general FDKM news. Reading our newsletter is a great place to start! But, did you know we have an APP where you can check our schedule to double check to see when a class is or if the school may be closed? Also, for those who are members with us, we also have a private Facebook page where a lot of info about classes are posted. If you're having trouble, contact Ann and she'll help navigate you.

We have a pretty eventful Fall full of testing, training courses, seminars &, of course, a visit by Eyal. Although it's tempting to want to do everything, we understand that time is limited. Do what you can & what you feel is most important for your own progression. & if you need some help in setting some goals around your training, just grab me or one of the other instructors & we'll be glad to provide some direction.

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.



First Defense Picnic

On August 28, from 10am-5pm, we'll be hosting a picnic at Lake Fairfax (Shelter H). All are welcome!

Check out the event in the Facebook members group and let Ann know if you want to bring any goodies!



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

Schedule Changes Starting in August!!



Please note that we have a couple of schedule changes effective August 1st. The changes are:

- Tuesday:
 - noon-1:15pm - KM Advanced (NEW CLASS)*
- Thursday:
 - noon-1:15pm - KMG Advanced (NEW CLASS)*
 - 6:00-6:30pm - KM Fit (NEW TIME)
 - 6:30-7:30pm - Krav Maga (NEW TIME)
- Saturday:
 - 10:15-11:00am - Junior Krav Maga (NEW CLASS)
 - 11:00-noon - Krav Maga (NEW TIME)
 - noon-12:45pm - KM Fundamentals (NEW TIME)

*Advanced students will train an additional 30 minutes beyond the end of the regular noon class.

The new schedule is reflected on the First Defense website and app & we have copies at the front desk if you want an updated one.

Congratulations to all our Krav Junior Testers

Our youngest Kravist here at First Defense got a chance to test for their next rank recently.







College Preparation Course

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 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 or visit the events page to [SIGN UP](#).

Practitioner 1 Test

August 15

First Defense will be hosting a Practitioner 1 Test on Monday, August 15th at 7:30pm.

If you have completed the minimum number of classes you are eligible to test for your

first official KMG rank!

If you need more information about this test please contact Ann at ann@firstdefensekravmaga.com or visit the events page to [SIGN UP](#).

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](#).

Ground Force Method Level 1 Certification

October 8 - 9



On October 8th & 9th, KMG-USA will be collaborating with Ground Force Method (GFM) to conduct a Level 1 Certification Course at First Defense. This course is open to anyone (not just KMG instructors), so if you are interested in learning how to have a more mobile & agile body, check it out.

To learn more about GFM and how it can help you move better, check out their website: www.groundforcemethod.com.

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](#).

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.



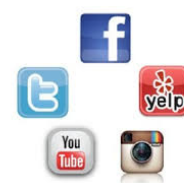
Warm Weather

As things get warmer outside, remember good hygiene.



Annual FDKM Members Picnic

That's right, the FDKM picnic



We're on Social Media!

Have you found us on:

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

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.

[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



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