

KRAV MAGA



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September 2016 FDKM Newsletter

Back to School! Back to Krav training! This probably is the 6th year in a row of how we've started our newsletter. Many of us are back to our regular schedule, including Krav Maga training. We hope everyone had a wonderful summer. Here at First Defense, summer didn't slow us down one bit! We're going to hit ground running this fall with lots of exciting events, courses, seminars, and most important of all Eyal (KMG's leader and Krav Maga Master) will be here at FDKM! Be sure to read our newsletter carefully this month. There are some closings and temporary schedule changes for September.

Typically, this time of year when the kids are back in school, we start seeing some of our members who have been on summer hiatus return to their regular training schedules. But this year things are a little different. Many of you didn't take a break from training over the summer. The opposite actually happened. It's great to see you guys ramp up training in preparation of the upcoming Regional KMG testing coming up this month. Attendance has been great! Thank you to all of our First Defense members for taking your Krav Maga training seriously. Consistent training is a key to building muscle memory, improving control, increasing fitness levels, and being able to progress in your Krav Maga abilities.

Let me also take a moment to comment on our First Defense Krav Maga Community here. You guys have been

a pillar of support to one another both inside and outside of the studio. Krav Maga training is hard. It's hard on the body, the mind, and sometimes even the spirit. But, the comradery amongst our members is fantastic. I got to witness this at our annual picnic this past weekend. Everyone had a blast, we'll try to plan more social gatherings this fall/winter. Thank you FDKM'ers for being encouraging and supportive of one another, it's what great schools are made of- great members!

We hope everyone had a fantastic summer. To be honest, it went by way too fast. But, looking forward towards fall, there are a lot of things going on here at FDKM. We'll kick off September with a slew of KMG events here at the studio, including Regional testing. We'll explain more about it and Eyal's arrival in the newsletter. We're definitely looking forward to Fall, apple picking, and possibly nice enough weather to open the garage door!

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

UPCOMING EVENTS



NEXT FRIDAY FIGHT NIGHT

Friday September 9th,
6:30 pm- 8:30 pm

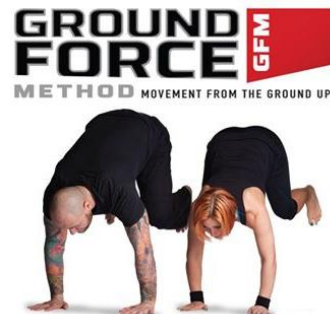
Join us for our monthly strike/ fight night! Bring all your sparring gear.



CLOSED FOR LABOR DAY WEEKEND

First Defense Krav Maga will be closed from Saturday September 3rd to Monday September 5th.

Classes will resume on Tuesday September 6th.



GROUND FORCE METHOD TRAINING

Ground Force Method Level I certification, October 8-9th at First Defense Krav Maga.

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

In First Defense Krav Maga News

CLOSED LABOR DAY WEEKEND



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Congratulations to Our Newest P1's

Big Congrats to Rick M., Janice R., John M., Kevin K., and Erica D. our newest P1's!





2016 Annual First Defense Picnic

August 28th at Lake Fairfax



Big Thank you to everyone who was able to make it out to our Annual First Defense Picnic! It was a great turnout. We weren't able to get everyone in our group photo, but we tried to capture everyone throughout the day. We're in the mist of planning more outings with the FDKM crew, so keep your eye out for updates! To see the rest of the photos from the event visit our Facebook Album at:

[https://www.facebook.com/media/set/?](https://www.facebook.com/media/set/?set=a.1388658271162932.1073741842.154457861249652&type=1&l=352bd0d42a)

[set=a.1388658271162932.1073741842.154457861249652&type=1&l=352bd0d42a](https://www.facebook.com/media/set/?set=a.1388658271162932.1073741842.154457861249652&type=1&l=352bd0d42a)



Upcoming Events & Temporary Schedule Changes

September 9th-September 18th

First Defense will be hosting a number of KMG events and seminars in September . To accommodate these courses, we have to make slight temporary schedule changes. Please make note of the changes and additional events occurring during September 9th- September 18th. Unless noted below, classes not listed will run as regularly scheduled. Some seminars require registration through KMG.

Revised Timetable - 9th - 17th September

Friday 9th September

6:30-8:30 pm - Fight Night

Saturday 10th September ***

All regular classes as Normal

1:00-7:00 PM - KMG Regional Grading (Registration required, there will be no onsite registration for testing)

Monday 12th September

ALL REGULAR CLASSES CANCELLED

6:00-9:00 PM - 3rd Party Seminar with Eyal - (Registration required- there will be no onsite registration for this event)

Tuesday 13th September

12:00 - 13:15 PM - LUNCHTIME CLASSES CANCELLED

6:00 - 6:30 PM - FIT CLASS CANCELLED

Wednesday 14th September

12:00 - 13:15 PM - LUNCHTIME CLASSES CANCELLED

Thursday 15th September

12:00 - 13:15 PM - LUNCHTIME MEMBERS SEMINAR - JOVAN MANOJLOVIC

6:00 - 6:30 PM - FIT CLASS CANCELLED

6:30 - 8:00 PM - KM ADVANCED CANCELLED

Friday 16th September

6:00-9:00 PM - Fighting Skills Seminar with Eyal @ NOVA MMA, Arlington - (Registration required, there will be no onsite registration)

Saturday 17th September

All regular classes as Normal

*** Throughout the 10th - 18th September, FDKM will host the Combat & Fighting Instructor Course & the Combat Mindset Course - So, you will see a number of new faces, including Eyal, within the studio. ****

Download a PDF copy of this temporary schedule [HERE](#)

KMG East Coast Regional Grading

Saturday September 10th, First Defense 1-7 pm



KMG will be hosting the next East Coast Regional Grading on September 10th at First Defense. 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/>

***There will be no onsite registration for testing. Please register online by September 8th.

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.

Testing Attire

KMG or First Defense Krav Maga uniform is required for testing. You may wear any KMG or FDKM shirt and shorts/pants.

Please do not forget to wear your Patch as well.

Proper equipment will be required for testing. Bring your equipment with you such as, shinguards and groin protection (P2 & P3). P4 and higher, all sparring equipment.

Third Party Protection Seminar w/ Eyal Yanilov

September 12th, 6-9 pm



3rd Party Protection is the act of protecting somebody else against an attack or a threat. Unlike self-defense, you may need to put yourself in danger in order to resolve the issue. Just think of a bodyguard and you get the picture. However, it is not only bodyguards that need to fulfill this role. As husbands, wives, sister, brothers, and parents, these are skills we can all use.

This seminar will introduce you to the skills needed to effectively protect your family and loved ones from threats and attacks and how to ensure that you get them to safety.

The cost of the seminar is \$45 to First Defense members who use the promo code: **IAMKMG** at the checkout.

And is FREE to those who are taking part in either of the Combat Mindset course or the Combat Fighter Specialist Course.

To register for this event, or for more information, please click here:

<https://kravmagaglobal-usa.leadpages.co/kmg-3rd-party-seminar-sept-12th/>

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.

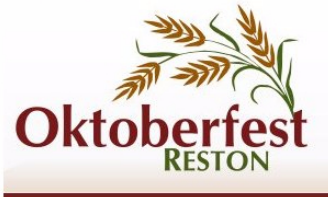
KMG USA Practitioner & Graduate Camp 2016

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](#).



Oktoberfest 2016- October 8th, RTC

FDKM will have a booth this year at Reston Town Center for their annual Oktoberfest. So mark your calendar and come out and represent. We're also looking for volunteers to help man the booth. Interested? speak to Ann for more details



Openings Available in our Krav Junior Program

With our recent time change and promotions of our students, we now have openings in our Krav Junior Program.

For more info, please contact Ann



We're on Social Media!

Have you found us on:

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

First Defense T-shirt & Dry Fit Order

Get your pre-orders in!



So we were suppose to get these additional orders in at the beginning of the summer, but summer got away from us..... If you're interested in getting a T-shirt or Dry-Fit shirt in one of these designs please see Ann or shoot her an [email](#). Last day to put your request in will be Sept. 12th.



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



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.

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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