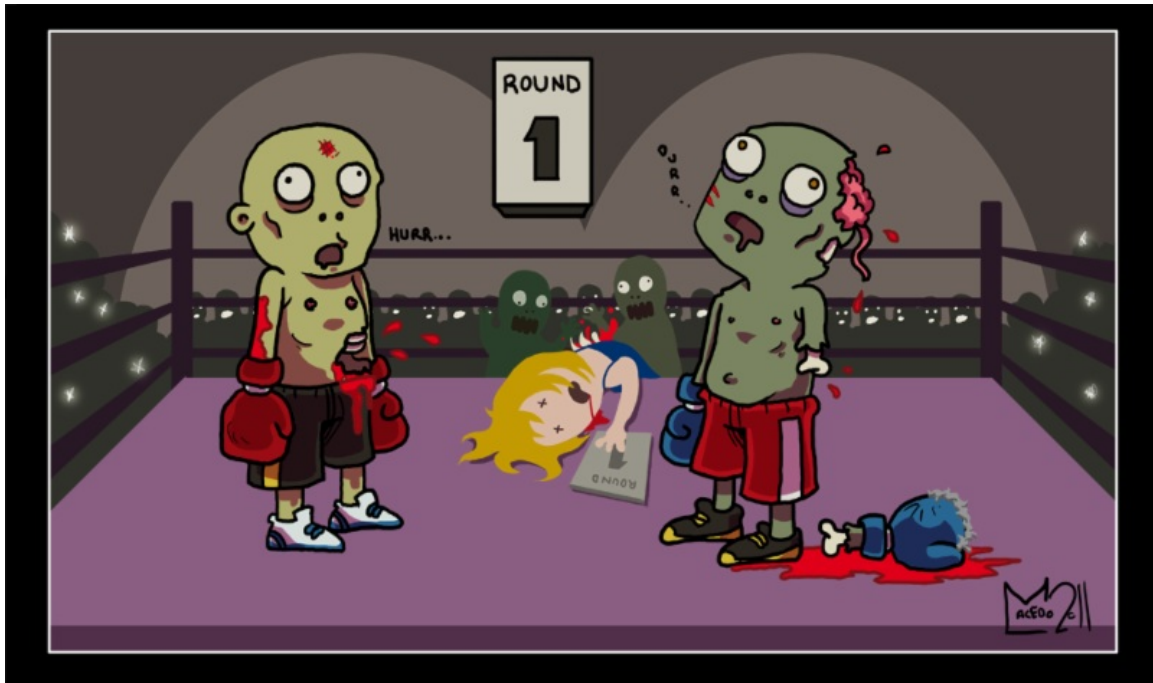


KRAV MAGA



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 291 Sunset Park Drive
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October 2017 FDKM Newsletter

Octoberrrrrrrrrr.....well many of us are still waiting to feel the fall brisk of brrrrr. It's been more like mid summer here the past few weeks. No cold shoulders here in the studio though! We've had a busy September welcoming many new people to First Defense and to Krav Maga. Hoping to continue the trend in October teaching people how to scare away would be attackers and criminals! So read on to get from brrrrr to Boo!

Hello fellow FDKM'ers.

Can you believe it's October! It's one of our favorite months here at the studio. Not for the pumpkin spice latte's return, but for the fun festivities and seminars planned for the upcoming month. Some of our most popular events are happening this month. So read on and take note!

This past September has been a marathon run for the First Defense team! We held a weekend intensive, kicked off our women's self-defense seminar series, and had a major testing event! Attendance for all three events were beyond our expectations. It's so exciting to see so many people interested in Krav Maga.

October is full of fun and training. We'll kick off the month with our 2nd part of 4, Women's self-defense seminar series on Sunday October 1st. (This self-defense seminar series will continue through out October, every other Sunday) Then the following weekend we are open for Columbus Day

weekend on the Saturday & Monday. Join the FDKM crew at the Maryland Renaissance Faire on Sunday October 8th. No Friday Fight night this month, but we are hosting a special sparring class with kickboxing World Champ Jeff Smith the following Saturday afternoon on the 14th. We'll round out the month with an Anti-car Jacking seminar on the 28th of the month! Of course scary boooo-tastic Halloween things throughout October, including Friday FRIGHT Night movies.

- Nick, Ann, and the First Defense Krav Maga Team

UPCOMING EVENTS



NEXT FRIDAY FIGHT NIGHT

Due to the Jeff Smith Sparring Seminar, there will be no Friday Fight Night in October.



Women's 4 part Self-Defense Seminar

We're half-way through our Women's Seminar Series! Next one will be on Sunday October 15th, 1-3 pm Ground Tactics.

Free for all current members



Sparring Seminar with Grandmaster Jeff Smith

Saturday, Oct 14th, 1-4pm

\$40 non-members
Free for current FDKM members

REGISTER NOW

In First Defense Krav Maga News

First Defense Welcomes Grandmaster Jeff Smith

October 14th, 1-4pm

A Saturday Sparring Seminar with a DC Legend



First Defense is excited to welcome 10th-degree black belt & World Kickboxing Champion Jeff Smith for a special sparring seminar.

Grandmaster Smith has been a staple in the DC martial arts community since the 1970's when he instructed at and managed the Jhoon Rhee Institute schools.

He is an 8-time PKA World Kickboxing Champion & one of his most notable fights was in 1975 when he fought as an undercard in the famous Boxing Title Fight "Thrilla in Manila" where Ali took on Frazier for the 3rd time.

This event is open to the public & the seminar fee is \$40.
Current FDKM members are welcome to attend for free, but please rsvp using the link below as we may have to cap enrollment.

[**REGISTER HERE**](#)

September FDKM Promotions

Congratulations to all on a very successful testing event.



All our testers from Practitioner 2 all the way through Graduate 4!



Our newest Practitioner 2 students - Congratulations to Scott, Rick, Brandon P., Munindra, Brandon S., Phil, Dakota, & Jason!



Our new Practitioner 3 students - Congratulations Gib, Chris, Janice, Blanca, & Caroline!



Congratulations to our newest Practitioner 4 students - Richard B., Ray, Richard L, Jon, Andrew, Declan, & Deidra



Did you know that Practitioner 5 had a height requirement? Just kidding! Congratulations to Hee-Chul & Adrian!



A lot of firsts in this group of amazing people! Congratulations to Raul for advancing to Graduate 1! Congrats to Lauren for being the first female (who isn't an instructor) to reach the rank of Graduate 2! And last, but not least, congratulations to Pete, the first student who reached the very impressive rank of Graduate 4!

P1 testing is Scheduled for October 21st



Mark your calendars for Monday October, 21st!

Testing will begin at 7:30 pm. Those who are eligible to test will receive an invitation and a registration [link](#).

All testers are required to have the KMG Passport & wear KMG or FDKM shirt & pants (or shorts) during the test. Please see Ann if you need to pick up any of those items.

Renaissance Faire Family Outing

Sunday October 8th

Huzzah! Join us at the Maryland Renaissance Faire. Rain or Shine we'll be headed out to Renn Faire Sunday October 8th.

Morning meeting spot- 10:30 am The Glass Blowers Hut (this is where they do glass blowing demos, it's near the entrance)



Afternoon meeting spot- 2:45 The Joust Arena, end opposite of the stage.

We highly recommend purchasing tickets ahead of time online for those who are planning on going.

Come share a day full of jousting, knights, wooden weapons, and food on sticks!

Members Seminar: Anti Car Jacking

Saturday October 28th, 1-3pm (weather permitting)



Mark your calendars! Our next Members Seminar will be on anti-carjacking

Saturday October 28th , 1-4 pm

We'll start inside at the studio & then move to another location where we can use the parking lot or garage. (weather permitting)

October Friday FRIGHT Night!

Join us Friday the 13th and Friday the 27th for some Scary Movie fun



Friday the 13th @ 7pm

Boo! Bring a blanket, bring a supportive other, bring something comfortable to hide behind! We're setting up the projector and speakers, turning off the lights to celebrate October haunts with a scary movie night. We can order some pizza and make some popcorn. BYOB



Friday October 27th @ 7 pm

The wait is over! Stranger Things 2 is premiering on Netflix! We're Fans! Join us for a mini marathon, with eggos and other 80's inspired snacks, dudes & dudettes.



Gear Packages Available

Looking for a one stop shop package for sparring? We're offering special packages for beginners, intermediates, and advance strikers and sparrers. Inquire at the front desk for more info.



Openings Available in our Krav Junior Program

We have openings in our Kid's Division 5-7 year olds!

For more info, please contact [Ann](#)



T-Shirts are In!

We have some new shirts in! Military Green is now available in a Dry-Fit material. Quantities and sizes are limited.

KMG West Coast P & G Camp

November 10th-12th



The KMG-USA Fall Camp is schedule for November 10-12, 2017 in Las Vegas, NV.
You can find more information & registration [HERE](#)

FDKM Private Facebook page & APP

Missing events and announcements?

**DOWNLOAD OUR NEW
FIRST DEFENSE KRAV MAGA APP!**

View up-to-date
SCHEDULE.

Sign up for
CLASSES.

Add
REMINDERS.

Get studio
PROMOTIONS.

Go to your app store
and search for First
Defense Krav Maga
or scan the QR code.

Available on the iPhone
App Store

Google play

Feel like you're missing out on events and other ongoings here at First Defense? For current members who have Facebook accounts, make sure you're part of our Private Facebook page. If you haven't received an invite for our group, just visit Ann at the front desk. Many of you may have different email accounts associated to different social media sites. We want to make sure you're part of the conversation! We share a lot of videos, photos, and information on our private Facebook site. Of course, it also gives you the opportunity to chime in and join the fun banter that happens on there too! Not on Facebook? No problem! Just download our Free app to get updates and notifications on upcoming events and important news.



First Defense Referral Program

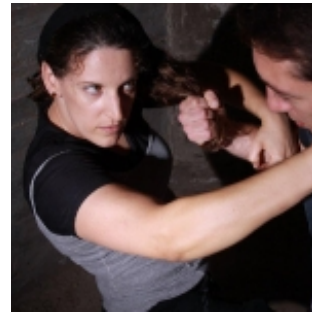
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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 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

