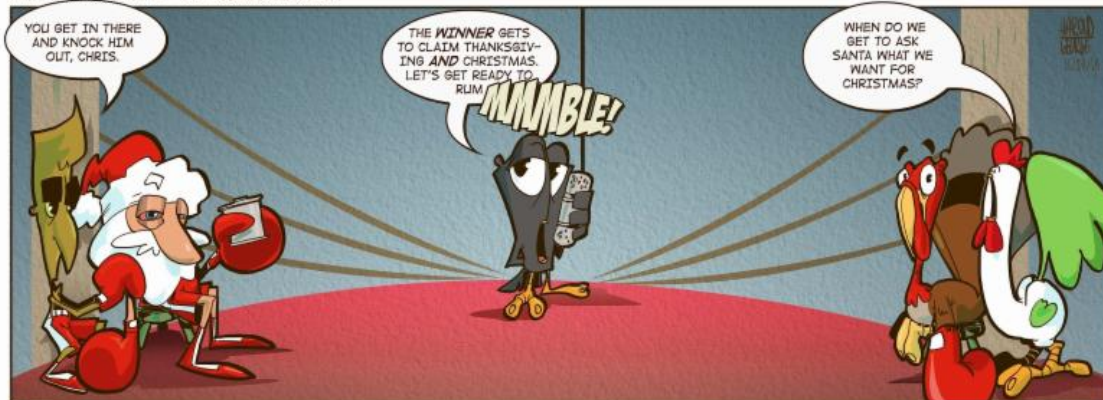


KRAV DEFENSE MAGA

THE FUNNICKS #194 - BY HAROLD GEORGE



Gating The Art © 2013 Harold George. All rights reserved.

fb.com/thefunnicks

thefunnicks@gmail.com

www.thefunnicks.blogspot.com



website:

www.firstdefensekravmaga.com

phone:

703-835-9054

email:

info@firstdefensekravmaga.com



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

2017 Nov/Dec Holiday FDKM Newsletter

The last 6 weeks of 2017 is upon us! Wow this year has flown by! We're looking forward to finishing out 2017 with our fellow FDKM'ers with lots of Krav Maga training, deals & steals, and some holiday cheer! So there's lots to cover in this Holiday edition of the newsletter. So lets get to it!

Hello fellow FDKM'ers.

Fall is here, and it's beginning to feel a lot like.....brrrrrr WINTER! As cold as it gets outside things are Hot, Hot, Hot here at FDKM. We're looking forward to finishing out 2017 with you, our fellow FDKM'ers, our families, and friends.

There's also lots of things being planned to kick off 2018!

First things first - Thanksgiving is just around the corner. It's a great time to reflect on what we're thankful for and give thanks to others. We truly appreciate the support of our fellow members and your continued dedication to First Defense and to your Krav Maga training. We will continue to strive to provide top notch Krav Maga training! We want to wish everyone a safe and Happy Thanksgiving. As a reminder, First Defense will be closed for the Thanksgiving Holiday Thursday Nov. 23rd- Monday Nov. 27th. Classes will resume on Tuesday Nov. 28th.

Gift giving season is around the corner! Consider giving Krav Maga as a holiday gift this season. We're giving special deals on merchandise the week after Thanksgiving, and some great options to gift Krav training. We'll even wrap it up for you in a cute little package bundle for your loved one!

In this Holiday edition of the newsletter, read on about Nick's recent trip to the annual KMG camp in Las Vegas,

recap some of our workshops and events in October, and check out our special deals for the season. Don't forget to make note of our Holiday closing schedule, inclement weather notification, and some notes about upcoming training.

Happy Holidays!

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

UPCOMING EVENTS



NEXT FRIDAY FIGHT NIGHT

Friday December 8th,
6:30pm-8:30 pm
Bring all your gear.
16 oz. gloves, mma style gloves or hand wraps, shin guards, mouth protection, and groin protection

2018 8-Week Foundations Course.

Space is limited for our popular 8 Week Krav Maga Foundations Course. Register today! or give it as a gift.

Wednesday Jan 3rd- Feb 28th.
7 pm on Wednesday nights.
No class on Feb. 14th

[REGISTER NOW](#)

Weekend Intensive Krav Maga Fundamentals

Saturday January 6th &
Sunday January 7th
1 pm- 4 pm

6 hours of Krav Maga Fundamentals Training. Come learn the Fundamental techniques, concepts, and tactics used in this Self-defense system.

[REGISTER NOW](#)

In First Defense Krav Maga News

First Defense Holiday Closings

Take Note



Thanksgiving Weekend Closing

First Defense will be closed for the Thanksgiving Weekend Holiday from Thursday Nov. 23rd- Monday Nov. 27th

Classes will resume on Tuesday Nov. 28th

Winter Holiday Break Closing

First Defense will be closed for the winter break from
Monday December 25th- Monday January 1st

Classes will resume on Tuesday January 2nd



Lock in Our 2017 Membership Pricing!

Don't hesitate! 2018 is around the Corner



Lock in 2017 Membership Options & Rates

Don't wait any longer to start your Krav Maga training with us here at First Defense! Lock in our 2017 rates and membership options before they change! 3 class pass expire before you were able to finish it? Here's your chance to come in between Nov. 28th- Dec 23rd and give training another swing! For more information about Membership options, rates, and 3 class pass extension contact Ann at ann@firstdefensekravmaga.com

2018 8 Week Foundations Course

January 3rd- February 28th



The Krav Maga Foundation Course is an 8-week course designed to show you a wide variety of Krav Maga techniques in a short amount of time. Classes are on Wednesday evenings from 7-8pm.

What we'll cover over the course of the 8 weeks:

- *Effective Striking Using Hands, Elbows, Knees, & Legs
- *Defending Strikes
- *Releases from Chokes
- *Releases from Headlocks
- *Escaping Bearhugs
- *Releases from Wrist Grabs & hair pulls
- *Using Common Objects for Self-Defense
- *Defending Yourself on the Ground
- *Protecting Others
- *Dealing with Stress
- *Developing the Proper Mental Attitude



2 Day Weekend Krav Maga Foundations Intensive

Saturday January 6th & Sunday January 7th, 1-4 pm



A Two 3 hour training sessions (6-Hours Total) Self-Defense Course for Beginners

Practice tactics that will help you avoid, prevent or de-escalate conflict.

Learn the techniques to stop an aggressor quickly.

Develop the mindset to make effective decisions even under stress.

Get physical - Krav Maga is a workout with a purpose!

Are you interested in Krav Maga Self-Defense, but have a very limited schedule? Are you a parent of a High School or University student who wants them to be able to make good decisions about their safety and can take care of themselves if they become a target of an attacker? Have you been thinking about Krav Maga, but just didn't know where to start?

This Course is a condensed version of our popular 8-Week Krav Maga Self-Defense Fundamentals course.

An outline of the material we will cover includes:

- *Effective Striking Using Hands, Elbows, Knees & Legs
- *Defending Strikes
- *Releases from Chokes
- *Releases from Headlocks
- *Escaping Bearhugs
- *Releases from Wrist Grabs
- *Using Common Weapons for Self-Defense
- *Defending Yourself on the Ground
- *Dealing with Stress
- *Developing the Proper Mental Attitude

With only 20 spaces available (and filling fast), please enroll early to avoid being placed on our wait list.

REGISTER 

October P1 Promotions

Congrats to our most recent Practitioner 1's!



We held a special additional P1 Test in October for those who couldn't make our September testing. Big Congrats to Dan H., Tanya G., Rachel J., and Maryam M., on their recent p1 promotion! Keep up the great work everyone!

P1 testing is Scheduled for January 20th

**EVERY -
WAS ONCE A -**



**SO STAY HUNGRY,
TRAIN HARD,**

AND DREAM BIG!



Mark your calendars for Saturday January 20th.
Weather permitting, we are tentatively scheduling
our next Practitioner 1 test.

P2 and above will be held in March of 2018, so get
your training in!

Krav Junior Testing

For eligible Krav Junior participants, our next testing will be scheduled for Saturday December 2nd during your child's division. Testing eligibility is based on a number of requirements and is at the discretion of our Krav Junior Instructors. Those who are eligible to test will receive an email invite.

First Defense Welcomes Grandmaster Jeff Smith

October 14th 2017



A Saturday Sparring Seminar with a DC Legend

First Defense was 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.

A Huge thank you to Master Jeff Smith for spending some time with us here at First Defense. Everyone was able to pick up some great pointers about sparring, tactics, and form. We look forward to having Master Jeff Smith back in the near future!



Give the Gift of Krav

Tis the season!

Looking for a unique gift this holiday season? Why not give the gift of Krav Maga! We offer 3 class passes, 8 week foundations course, a weekend intensive, and even regular memberships. These are great options to give as a gift for someone who's been interested in trying out or starting Krav Maga training.

Have a special someone who is already a member? Gift certificates and FDKM merchandise is also available.

All Holiday gift purchases come with an option for a printed certificate and gift wrapped bag or special envelope. For more information about putting together a Krav Maga gift package for that special someone, please contact Ann for more information at ann@firstdefensekravmaga.com



Members SEG Range Outing

Friday December 1st, 6:30-8:00 pm



Mark your calendars! We've scheduled another Range outing for current FDKM members at Silver Eagle on **Friday December 1st**. For those who would like to participate please be at the facility no later than 6:30 pm for the safety brief.



We'll also plan on heading over to Old Ox Brewery afterwards for some post range Holiday libations and Cheer! Questions, please see Ann.

Krav Junior Parent/Child Training session

Saturday December 16th



Our Krav Junior members and their parents had a blast on Saturday November 11th. Working together gave everyone an opportunity to learn new skills to practice together when at home. Our next opportunity for our parents to train with their children will be on **Saturday December 16th**.



Members Seminar: Anti Car Jacking

Saturday October 28th



Chris and Sam lead our Anti Car Jacking Members Seminar in October. We hope everyone who attended had a great time!



December Friday Fight Night

Friday December 8th, 6:30-8:30 pm



Last Friday Fight Night of 2017! Join us and bring all your gear for our monthly Friday Fight Night on December 8th, 6:30 pm-8:30 pm. Be sure to have the following pieces of gear to participate, groin protection, hand wraps or mma style gloves, 16 oz boxing gloves, shin guards, and mouth piece. Head gear and chest protection optional.



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](#)



Change of Address recently?

Moved? or have had a change in mailing address? Please see the front desk to update your mailing info. Tis the season, we want to make sure your goodies get to you!

Merchandise Sale & Clearance

Special Savings this Holiday Season



CLEARANCE on ALL FDKM HOODIES

Supplies are limited! We are clearing our stock of all FDKM pullover and zip up hoodies. Limited sizes and designs are available. \$25+tax on pullover hoodies, and \$35 + tax on Zip up hoodies.



All Onnit Supplements liquidation! We're clearing our stock of Onnit Supplements, limited supply and stock.



Gently used youth training bags, \$50 each.

EXTRA HOLIDAY DISCOUNT FOR CURRENT FDKM MEMBERS! BETWEEN NOVEMBER 28TH TO DECEMBER 2ND, RECEIVE AN ADDITIONAL 10% OFF ALL MERCHANDISE PURCHASES. TO RECEIVE DISCOUNT, ALL PURCHASES MUST BE MADE IN PERSON BETWEEN 11/28-12/2.

NOT VALID ON SERVICES, PASSES, EVENTS, SEMINARS, AND CERTIFICATES.

KMG West Coast P & G Camp Wrap up

Nick and a few of our FDKM Instructor team attend this year's camp



Nick, Paul, Sam, and Bouba attended this year's KMG P & G camp and Instructors update a few weeks ago. They got the opportunity to train with Eyal, Emmanuel (Expert 5, Director of KMG France), and Ian Levia (Expert 2, Director of KMG Caribbean). It's always a great opportunity to train with each other and other KMG practitioners around the U.S. We're hoping to bring a big FDKM Group to the next camp!



Winter Training Tips

Brrrr...it's getting cold, some tips for the Winter



With colder weather upon us, our hands get colder and our skin gets drier. With dry skin, our hands and knuckles are more susceptible to cracking, splitting, and bleeding. Aside from trying to keep our skin hydrated with lotion. We highly recommend wearing hand wraps and mma style gloves to protect knuckles and hands from damage.



Sneezing? Coughing? Upset Stomach? Not feeling well? Take a break from training and spend some time recovering. Sweating it out during training isn't always the best solution to getting better. Rest is. Also, to prevent the spread of germs during cold and flu season, please remember to wash hands frequently or to use hand sanitizer conveniently available around the studio for your use.

We highly recommend using some sanitizer before and after using focus mitts. Also, we have equipment cleaning solution available to give your training gear a quick spritz.



Snow, Ice, or a Blizzard! Inclement weather closings and notifications will be posted on all FDKM Social Media outlets such as Facebook, twitter, google plus, and twitter. If you do not have a social media account, please sign up for our Free First Defense App. We will also make updates on our App.


FDKM Private Facebook page & APP

Missing events and announcements?



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 ongoing 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



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.

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.

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

