

KRAV MAGA

LOVE IS IN THE AIR!



SHARE YOUR LOVE OF
KRAV MAGA!



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February 2017 FDKM Newsletter

Happy New Year Fellow FDKM'ers! It's the year of the Rooster! It's been awesome to see some old faces back on the training floor this month. There's a lot of announcements in this month's newsletter, so make sure to read it all!

We kicked off the new year with lots of new faces trying out Krav Maga. Our 8 week foundations course had an incredible showing! We love to see all the new interest in Krav Maga here at First Defense. Thank you to many of you, who have helped out the new students. I'm still looking for those who are interested in becoming Krav Buddies. Even more exciting was to see some old faces return to training. Keep up the good work everyone.

We have a lot of announcements to make in February which are very important. Please make sure you read through the entire newsletter this month. Exciting news is that Eyal is doing a pit stop here at FDKM. It's a little short notice but he'll be running a seminar Monday night February 6th! Not to miss opportunity to train with KMG's one and only Eyal Yamilov. We're trying our best to schedule the upcoming year for you. That way you'll be able to make plans accordingly. We'll release a schedule of events for 2017 in the next week or so.

With Love and not much snow in the air.....where is the snow this season? We always like to make February, bring

your significant other in for some free training all month. Or bring in someone you've been wanting to try out Krav Maga with you! Well, it's a lengthy news letter, with some really important information & announcements, so lets get reading. See you in class!

Nick, Ann, and the First Defense Krav Maga Team

UPCOMING EVENTS



NEXT FRIDAY FIGHT NIGHT

Friday February 10th,
6:30 pm- 8:30 pm

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

Special Seminar with Eyal Yanilov

First Defense Krav Maga is excited to welcome Eyal Yanilov back for a special Seminar.

\$45- FDKM & KMG members
\$65- Public

[REGISTER HERE](#)

New Check-in Process

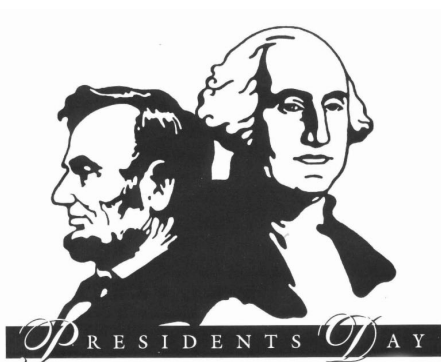
FDKM is now in the 21st century!! Now you can check into class by using the Ipads by the front door.

Please select your class and add yourself to the attendance log for all of the classes that you plan on taking that day.

In First Defense Krav Maga News

FDKM Holiday Closures and Class Cancellations

The Holiday season class cancellations



First Defense Krav Maga will be closed on Presidents Day, Feb. 20th, 2017

Classes on Monday February 5th will also be cancelled due to the special seminar we're hosting with Eyal Yanilov.

Share the Love of Krav Maga!

Feb 1st- Feb 28th



February is the month to share your love of Krav Maga with that special someone in your life! As a First Defense Member, you can bring in someone you care about all month to try out Krav Maga with you free of charge.

They've heard you talk about enough, so why not bring in your significant other! Just visit Ann at the front desk if you have questions.

Special Seminar with Eyal Yanilov

Monday February 6th, 6:30 pm- 9:30 pm



Join us Monday February 6th from 6:30 pm-9 pm here at First Defense for a Special Seminar with Eyal Yanilov. Regular classes for the evening will be cancelled due this seminar. Cost of the seminar will be:

\$45 for FDKM or KMG members

\$65 for non-members/public

****Please remember to bring your KMG passport if you would like him to sign off on the seminar**

[REGISTER HERE](#)

Foundations 2017

4th Jan - 22nd Feb



What a way to kick off 2017! Our first Foundations course of 2017 started with a bang. Not only did we have a record number of people who registered for it, but you guys came out to kick start your regular training in 2017 too. We had great attendance all month in January. Keep up the good work everyone!

Interested in our next 8 week Foundations Course? Registration is open! Our next course will run from March 8th- April 26th. To register, you can visit the link below:

[REGISTER](#)

Pat is going back to the Queen

February will be his last month with us here at FDKM



It is with great sadness that I must announce that I will be leaving First Defense in late February/ early March 2016. My wife and I will be moving back to the UK.

Since I arrived at FDKM a year ago, I can honestly say that I have had a great time and I have enjoyed having the opportunity to teach you all, despite the language barrier. I have managed to grow as an instructor, work with a variety of people and see a group of exceptional students' progress. I have also made some great friends, and I will miss you guys, but it won't be the last you see of me in your KM journeys.

I will still be teaching at events in the UK, and I will be attending events in the US and Israel periodically. So, feel free to come and train if you're in the London/Essex/Cambridge area.

I'm sure we will find time to have a few beers together in the coming weeks and feel free to ask me any questions you have before I go.



Join us Friday February 17th to wish Pat well going back home to the Queen! More info to come about where. But save the date!

Nick Resigns as U.S. KMG Coordinator



Over the last 3 years, I've put in a lot of time and energy into building the KMG brand, instructors & schools, in the US. However, times change & priorities shift, so I am resigning from the position of North American (really US & Canada) Coordinator. Last year, as many of you know, was a very busy year for Ann & me. I traveled a lot for KMG events & training. I love to travel & I love to teach, but that was really pushing the limits of how much I could be away from the studio.

We have a great team of instructors here, so it was easy for me to take on a larger role in developing KMG-USA and leave the day-to-day at FDKM to others. However, a new year is bringing on new challenges. Pat (read his message if you haven't already) will be moving back to London soon and Bouba will be in Cybersecurity school until late September. Pat has been a huge asset to FDKM since he first arrived last year and his absence will not be unnoticed.

So, I've decided I need to be more focused on where I apply my time & energy. And although I love KMG & will still be affiliated and still be on the National Team, I feel I need to refocus on my family & on FDKM (which is kinda the same thing). I'll be picking up some of the classes & administrative tasks that Pat had previously taken care of. I'll also be dedicating more time to developing the next generation of FDKM & KMG-USA instructors in our Instructor College. This will also allow me to expand our kids program and develop more opportunities for the adults to train on different topics.

KMG-USA is here to stay with me or without me. I'm honored to say that I had a small part in building the organization and look forward to putting my full attention back to FDKM.

-Nick Masi

GIC Part 1 - Herndon, VA March 1st - 5th 2017



After a very successful KMG GIC Interest meeting, we are pleased to announce that there will be a GIC part 1 held at FDKM in March 2017.

The course will be held between 1st and 5th March 2017.

If you are interested in registering for the course and you meet the requirements to attend the course, please register by [clicking here](#). If you have any questions, please speak to Nick, Ann or Pat, who can answer any questions you may have.

KMG Spring Camp

May 5-7th 2017



The first annual KMG spring camp is going to be hosted in Northern Virginia in May 2017. The camp is a great way to accelerate your Krav Maga skills and ability by immersing yourself in training and learning from the KMG Global Team of Experts. It is also a great opportunity to meet other practitioners from around the country & world, make new friends and to have fun.

This year we will have two KMG Global Team Experts teaching at the camp, Master Ze'ev Cohen (Master Level 1) and Jon Bullock (Expert 3).

There will also be an opportunity to test for your next level at the camp.

If you're interested in booking a space at this event or would like more information, please [click here](#) or speak to Pat or Nick.



Members Seminar

Join us Saturday February 25th from 1-3 pm for our bimonthly Members Seminar.

Subject: Street clothes (winter edition!). Although, judging from January's weather, there's a good chance it may be 60 degrees, please bring your winter coats, scarves, hats & gloves.



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



Open Mat & Test Preparation Training

Saturday February 4th, 1-3 pm.

We will be having an open Mat & Test prep session. Great opportunity to ask questions and train.

Congratulations to our newest P1's



Big Congrats to our newest P1's! Great job Lena, John, Jason, Evelyn, Ben, and Brandon!

Some important dates for testing:

March 18th: P2-G1 testing

April 1st: P1 testing

April 29th: Krav Junior testing, all levels including Teens

May 7th: P2 and above, testing on the last day of KMG East Coast Camp in Arlington
July 22nd: P1 testing & Krav Junior testing
September 23rd: P2 and above testing

We Skated!

and no injuries happened too!



Our Ice Skating outing was a success! We had old pros and first timers come out and join us. Thanks for participating everyone. Looking forward to seeing everyone out for our next FDKM social!

Richard and Jungshin





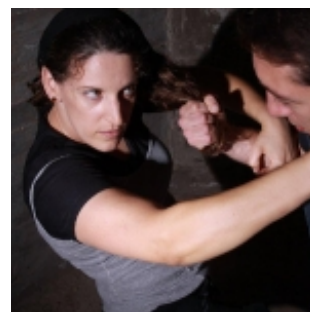
Big thanks to Richard for leading a class on Jungshin. Everyone had a great time trying it out. If you would like to learn more about Jungshin, contact Richard!

Inclement weather policy

[Download the APP!](#)



Winter is here! And when bad weather hits, keep up to date about class cancellations and school closures on FDKM's social media outlets such as Facebook, twitter, Instagram, and google plus. Better yet, if you're not on social media, download our free App, and receive notifications about FDKM announcements. Just go to your App store on IOS or Android, and search First Defense. Our free app is available to download.



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

