

# KRAV MAGA



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## March & April 2017 FDKM Newsletter

Better late than never, right! We've had a super busy month since Pat left, and we're playing a little catch up. So this month's newsletter will cover both March and April announcements and news. And having a snow day to catch up on work helps too!

Spring is almost here! Well aside from the snow storm that rolled through the DC area. Since mother nature can't make up her mind about what season it is, we'll try our best to keep the climate inside the studio as comfortable as possible. We'll roll up the garage doors on nicer days before the pollen or bugs get too bad. Next thing well know it'll be 90+ degree weather!

February was a busy month, there was a lot of activity going on. We had to say good bye to Pat as he moved back to England. It was great to see everyone make it out for his going away party at Carpool Herndon. Since everyone really enjoyed hanging out outside of the studio, we're planning a Karaoke night for later this month.

It is really exciting to see a group of FDKM'ers complete part one of the KMG GIC course. It's the first step in the process of becoming a certified KMG instructor. We're looking forward to working with them to help reach their Krav Maga goals. Don't be surprised if you see them help out with warm ups every once and awhile. If you're interested in becoming an instructor see Nick. Here at FDKM we do have an Instructor's College program that will help prepare you for teaching Krav Maga.

There are a lot of upcoming events mentioned in this newsletter, make sure you mark your calendar!

Nick, Ann, and the First Defense Krav Maga Team

## UPCOMING EVENTS



### NEXT FRIDAY FIGHT NIGHT

Friday May 12th,  
6:30 pm- 8:30 pm

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

There will not be a Fight Night in April due to the Kid's Instructor Course Scheduled at FDKM.

### Women's 4 part Self-Defense Seminar

Part one of the four part series starts March 26th! Free to all FDKM Members. For non-members: only \$120 for all four seminars, or \$40 each.

[\*\*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. Still grab your attendance card to hand off to your instructor at the start of class, too.

## In First Defense Krav Maga News

### Foundations Course Spring 2017

March 8th- April 26th



Thank You to all of our 2017 Winter 8 week Foundations Course participants! We had a fantastic time training all of you in some basic Krav Maga techniques. We're definitely looking forward to having some of you join us again in the next 8 week course or join our FDKM family for continual Maga training.

Interested in our next 8 week Foundations Course? Registration is open! Our next course will run from March 8th- April 26th. Missed the first class, no problem, just see Ann or to register, you can visit the link below:

**[REGISTER](#)**

## FDKM Women's 4 part Seminar Series

March-June 2017



It's back! We had a very successful 4 part seminar series last year for women.



We're bringing it back this year. It's a great opportunity to learn some specific self defense techniques and tactics for women. Register for all Four Seminars to receive a discount, or sign up for each seminar individually. This Four part Seminar is free to all current First Defense Members. Cost for non-members is \$40 per seminar or \$120 for all 4 seminars.

**REGISTER** 



### **Week 1 (Fundamentals & Dealing with Grabs)**

**March 26th: 1-3pm**

This week's seminar will concentrate on defending against being grabbed. Grabs can be dangerous or non-dangerous, but both types can be used to injure, control or as a precursor for something even worse.

*What Will I Learn?*

Learn how to defend against these types of attacks and avoid being grabbed or choked by an attacker.



### **Week 2 (Defending with Common Objects)**

**April 23rd: 1-3 pm**

This week's seminar will see you use your everyday objects to assist you in defending yourself. Using your purse as a defensive or offensive weapon to turn the tables on an attacker or using the contents of your purse to your advantage is always a valuable skill.

*What Will I Learn?*

Learn how to defend yourself with common objects against an attacker.



### **Week 3 (Anti-Rape / Domestic Defensive Tactics) May 21st: 1-3pm**

This week's seminar will focus on dealing with a predatory attacker who tries to take the attack to the ground and pin you down. This week will also see you work in clothing that you commonly wear out on the town, such as skirts or jeans.

(Please wear Yoga pants under skirts, and wear clothing that you do not mind getting dirty and/or possibly damaged)

*What Will I Learn?*

Learn how to stop someone pinning you to the ground, sitting on you and trying to punch or choke you, and how to use your everyday clothes to your advantage.

### **Week 4 (3rd Party / Family Protection) June 11th: 1-3pm**



This month's seminar will focus on dealing with attacks on other people, including protecting your family members and friends. You will also see how you will need adapt techniques to protect a 3rd party, such as a child.

#### *What Will I Learn?*

Learn techniques of how to deal with group situations, whilst protecting others and getting everyone away to safety.

## Congrats to our GIC Part One Participants

March 1st- March 5th



Congratulations to Sean G., Josh G., Angelo S., Jon W., Pete S., and Richard B., for completing Part One of the three part KMG General Instructors Course! It was a rigorous 5 days of training. They're on their way to becoming fully Certified KMG Instructors, so lets root them on! Moving forward you'll probably see them assisting with warm ups and helping out on the mat too. Interested in becoming a KMG Instructor through FDKM? For more information, just speak to Nick or Ann. They'll tell you all about our Instructor College Program and every once and awhile we hold an interest meeting reviewing all the requirements and commitments involved in becoming an instructor with us.

## KMG Kid's Instructor Course

April 5th-9th



KMG's KIC (Kid's Instructor Course) is coming to FDKM. We're always looking for any individuals who are interested in becoming an instructor in our Krav Junior program. For more information about the course, registration, and expected commitments please speak to Nick. The course is not limited to those who are already KMG instructors. If you love Krav Maga & have an interest in teaching kids, this course is for you!

## Practitioner Testing

March 18th, 2pm



Testing Invitations have been sent out. Please remember to register and bring your KMG passport to test. Also, please be sure to wear the correct attire for testing and have your gear ready as well.

Questions about testing procedure? Please contact Ann or Nick.

See you guys Saturday!

The next P1 testing will be on Saturday April 1st.

## Pat's Going Away Party

Carpool Herndon







Big Thanks to everyone who came out to celebrate with us! Pat has landed safely in his mother country of England, and is settling back in to English life well. He even got another dog named Yogi! We miss him and wish him the best! Looking forward to seeing him at KMG events around the world! To see more photos from this event, visit our Facebook page.

## 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 one KMG Global Team member teaching at the camp and one National Team member, Master Ze'ev Cohen (Master Level 1) and Tito Otero (Expert Level 1).

There will also be an opportunity to test for your next level at the camp if you have completed the necessary time requirements.

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

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### **Members Seminar**

Join us Saturday April 22nd from 1-3 pm for our bimonthly Members Seminar.

Subject: Knife Attacks. Please be sure to wear, or bring an extra, plain white t-shirt. You will get marked up, and your t-shirt may get damaged.

### **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

### **FLASH FREEZE Hoodie Sale**

Wednesday March 15th-  
Saturday March 18th

SALE on FDKM Hoodies- \$25  
for Pull over hoodies  
\$30 for Zip up

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## **Member's Seminar: Knife Attacks**

April 22nd, 1-3pm





Mark your calendars, our next FDKM members seminar will be on April 22nd from 1-3pm. Please be sure to wear (or bring with you) a white t-shirt that can be marked up. We will be doing drills that will possibly stain your t-shirt. We may even train with the shock knife. Looking forward to seeing you all there!

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## Karaoke Night!

March 25th, 8pm-11pm

**WHAT  
HAPPENS  
AT  
KARAOKE  
STAYS  
AT  
KARAOKE**



OK, FDKM'ers you asked for another outing! So we're gonna do a Karaoke night

at Cafe LuLu on March 25th, 8pm-11pm. RSVP on the Private FB Group Events page or let Ann know if you're planning on attending. Looking forward to hanging out with everyone!

<https://www.lulu-cafe.com/>

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## Upcoming Holiday Closures

FDKM will be closed on the following weekend



First Defense Krav Maga will be Closed for Easter Weekend on Saturday April 15th- Monday April 17th. Classes will resume on Tuesday April 18th.

Other important dates:

March 25th- 8-11pm Karaoke Night at Cafe LuLu

March 26th- 1-3 pm Women's 4 part Seminar Series: Part one

April 1st- P1 Test

April 5th- 9th KMG Kid's Instructor Course

April 15th-17th FDKM CLOSED Easter Weekend

April 22nd- 1-3pm Member's Seminar: Knife Attacks

April 23rd 1-3 pm Women's 4 part Seminar Series: Part two

May 5th- 7th KMG East Coast Camp with Zeev and Tito

May 12th- 6:30-8:30pm Fight Night

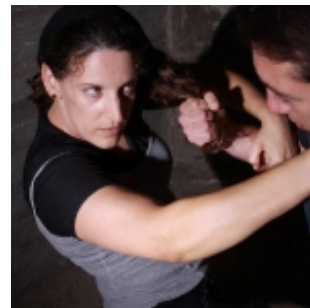
May 27th-29th FDKM CLOSED Memorial Day Weekend



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### First Defense Referral Program

Did you know that First Defense Krav Maga



### Reminders

If you have had an address change or need to

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.

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.

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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

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Forward this  
email

STAY CONNECTED

