

# KRAV MAGA



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## May 2017 FDKM Newsletter

Things are warming up! Summer is knocking on the door! We're looking forward to all the upcoming KMG & FDKM events this month and those planned for the summer. Looking to get that beach bod in shape? Make sure to attend our weekly Fit Class!

May we please get back on track with the newsletters?!?! It's been a crazy hectic few months here at FDKM. There have been lots of events and things keeping us busy. So much new news and promotions to catch everybody up on! Very exciting. We've had a lot of new accomplishments amongst the members in the last two months. We can't wait to share them with everyone! Summer time is just around the corner. Make sure you get your Krav Maga training in. Many of you will be off enjoying a summer vacation. But don't let your guard down! It's the time of year when criminals like to lurk in the shade, scoping out their next victim. It's a great time to remind your love ones some key safety points about safety during travel. There's a lot of news to get too! So I won't hold you up here!

See you in class!

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.

## Women's 4 part Self-Defense Seminar

We're half way through our 4 part Seminar Series. But there's still time to participate! Free to all FDKM Members. For non-members: only \$40 for each of the remaining seminars.

[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 One Day Intensive

July 16, 9-5 pm



Thank You to all of our 2017 Spring 8 week Foundations Course participants! We had a fantastic time training all of you in some basic Krav Maga techniques. Many of our participants have joined the FDKM family to continue their Krav Maga training. If you see them in class, give them a welcome hello!

Interested in our **next 8 week Foundations Course?** Registration is open! Our next course will run from **August 2nd-September 20th**. You can visit the link below:

[REGISTER](#)

## 8 Hour Foundations Course

Looking for a one day Intensive Course? Join us Sunday July 16th from 9-5 pm for our 8 Hour Foundations Course! With the Krav Maga Foundation Course - One Day Intensive, we distill our 8-week course into a one day event. Just like the regular course, the event is designed to show you a wide variety of Krav Maga techniques in a short amount of time.

What we'll cover over the course of the day:

- \*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

**REGISTER**

## FDKM Women's 4 part Seminar Series

March-June 2017



2017 FDKM Women's Self-Defense Seminar Series

We're half way through our 4 part Women's Self-Defense Seminar Series. All of the participants have been training hard! There are still two more seminars in our four part series. Our next seminar will be Sunday May 21st from 1-3 pm. Each remaining seminar is \$40 each for non-members, and free to all current FDKM members.

**REGISTER** 



### Week 3 (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 week'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.

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## May is for Moms!

All May

Looking for an empowering gift for mom? Why not some Krav Maga! Get her a 3-class trial package for just \$20 and we'll throw in an FDKM t-shirt. Or maybe one of our upcoming Women's Self-Defense Seminars? Give the Gift of Krav!

For all of our current FDKM members, it's mom month! Bring in the mom in your life to train with you all month for free! Or if you are a mom, bring in your daughter! Just see Ann at the front desk for more information.



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## Congrats to the KIC Participants!

April 5th-9th



Last month we welcomed Natasha to FDKM for the KMG Kid's Instructor Course. Many of our Instructors and upcoming instructors spent 5 days of training to get a special certification to teach the KMG approved Kid's program. We capped off the week of training with some testing of our own Krav Junior students. Big Congrats to Josh G., Richard B., Chris M., Sam M., and Pete S.



Nick travelled to Trinidad & Tobago!  
April 27th-April 30th





You might have noticed that Nick was gone for a few days in April. He was headed down to Trinidad and Tobago to run some seminars, training, and testing for KMG as a national team member.



Nick ran several seminars over the three days and finished up the visit with testing some Graduate level students from Trinidad and Suriname! Everyone was so nice and Nick got a chance to learn and experience some of the local fare and culture while he was there.



Nick had some of the local food like roti & doubles as well as some Sorrel juice. Sorrel is made from the flower of the Roselle, a type of hibiscus. It's pretty tasty! He also got up & close to some of the local wildlife. Some large lizards ran on the grounds of the guest house where he stayed & he found a



toad as big as a small chihuahua hanging out by the front door in the evenings!



## Recent Rank Promotions

P1-P5 & Krav Junoir promotions

March and April was busy with testing and promotions. Congrats to everyone who participated!



Our newest P1's, Munindra S., Kit F., Brandon S., Scott E., Phil A., Dakota D., Jason C., Alec F., Charlie B., Wesley B., and John N.



Our newest P2's, Joe G., Chris B., Jake S., Jose B., Blanca B., Janice R., and finally after many years Caroline I.



Our newest P3's Josh G., Rachel K., Jon M., Richard B., Richard L., and Declan T.



Our newest P4's Hee-chul C., Jon W., Sean G., Angelo S., and Adrian C. Congrats to John D. for earning his P5!





Congrats to our Krav Junior Participants who earned their next rank! From left to right Congrats to Sky R., Mina G., Aidan M., Aiden R., Ava D., Seraphine J., Nick R., Kira T., Myles M., Ben B., Sofia A., and Emine M.

## Those who sing together Krav together!

LuLu Cafe, Chantilly



Big Thanks to everyone who came out for our FDKM Karaoke night! I know you guys have some fighting chops, but singing chops too! It was a fantastic night. We're looking forward to more Social outings. Some in the works are game night, escape room, happy hour, a overnight camping trip, and our annual picnic! Looking forward to hanging out with everyone soon! .

# First Defense Members Seminars

Next one will be on June 10th



Our most recent Member's seminar was a cut above the rest! We hope everyone had a great time learning defenses against a knife attack and got a chance to try out the shock knife. More videos and photo's will be posted on our Member's page. Our next Members Seminar is scheduled for June 10th, 1-3 pm, and the topic will be on Handgun retention.

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### Members Seminar

Join us Saturday June 10th  
from 1-3pm  
Subject: Handgun Retention



### 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



### T-Shirt order submissions call!

All requests need to be pre-paid and ordered by June 2nd.

Wanting a special FDKM shirt in a particular color or size? See Ann for options. We're doing a run on our small logo and banner logo!

## Student Summer Special

June/July/August



It's back! Our 3 month Student Summer Special here at First Defense. Have a teen or a college bound student who has been interested in training Krav Maga? Or a College student who is home for the summer? It's a great opportunity to get three months of Krav Maga training in before heading back to classes in the fall. Our Student Summer special is only \$330 for all 3 months of unlimited Krav Maga training. (\*Valid student ID required at the time of registration) For more information about our program email [ann@firstdefensekravmaga.com](mailto:ann@firstdefensekravmaga.com)

## Upcoming Holiday Closures

FDKM will be closed on the following weekends



First Defense Krav Maga will be Closed for the Memorial Day Weekend on Friday May 26th - Monday May 29th. Classes will resume on Tuesday May 30th.

Other important dates:

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

May 21st- 1:00- 3:00 pm Women's Self-Defense Seminar Part 3

May 27th-29th FDKM CLOSED Memorial Day Weekend

June 9th- 6:30-8:30pm Fight Night

June 10th- 1:00-3:00 pm Member's Seminar: Gun Retention

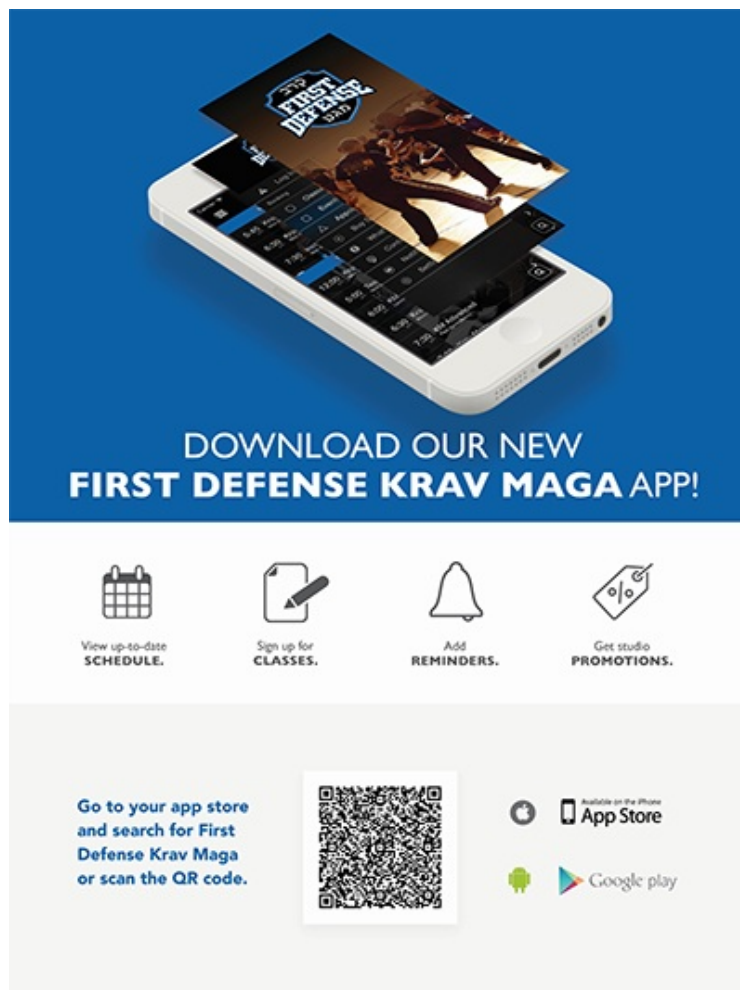
June 11th- 1:00-3:00 pm Women's Self Defense Seminar Part 4

July 29th- July 4th FDKM will be Closed for the 4th of July Holiday

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## 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 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.

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### 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.

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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

