

# KRAV MAGA



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## June 2017 FDKM Newsletter

Summer is here! Things are warming up, and here at FDKM we're getting ready to turn up the intensity for training. Sure it's time to for some R&R, but don't slack on your Krav Maga training. Like any skill, it fades over time. Don't lose all that muscle memory you've worked so hard to build. To help you out, we've scheduled some training events for the summer months to keep everyone engaged!

Hello fellow FDKM'ers.

Wow, can you believe we're half way through 2017 already! There have been lots of changes in the last six months, and as we look into the next six months we're envisioning lots of positive changes as well. Summer alone we'll be introducing a few new classes for a trial period to see how they go and if you guys like the additions and training.

With a blink of an eye May came and went. FDKM members had a strong showing at this year's KMG East Coast Camp! It was a fun and intense 3 days of training with Zeev Cohen. Next KMG Camp will be held this November in Las Vegas. Next month, FDKM will be running a 1 day, 8 hour Fundamental Intensive course on July 16th from 9am-5pm. It's free for all current members. It's a wonderful way to get a full day's training in and really refine those core fundamental Krav Maga techniques. For anyone who can't wait until August for our regular 8 week Foundations Course, we'll definitely encourage getting your feet wet in this 1 day intensive Foundations Course.

Just a quick reminder to stay aware of your surroundings while enjoying some R&R. As we visit and enjoy summer destinations it's also the season for criminals to lurk and seek out their next victims. Remind your kids, friends, and family members some key points about staying safe this summer while traveling. And before heading off on your trip, check out this [traveler's checklist](#) from the US

Department of State.  
And finally, a quick reminder to take note of: First Defense will be closed for the Fourth of July Holiday break- June 29th-July 4th.

See you in class!

Nick, Ann, and the First Defense Krav Maga Team

## UPCOMING EVENTS

### I ♥ FRIDAY FIGHT NIGHT

#### NEXT FRIDAY FIGHT NIGHT

Friday June 9th,  
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 wrapping up our 4 part Women's Self-Defense Seminar Series this Sunday June 11th from 1-3pm! Free to all FDKM Members. For non-members: only \$40.

[\*\*REGISTER HERE\*\*](#)



#### Members Seminar: Conceal Carry & Gun Defenses

Saturday June 10th, from 1-3pm is our next Members Seminar. We'll be working on some Conceal carry techniques and training with air-soft guns.

## In First Defense Krav Maga News

### Foundations One Day Intensive

July 16, 9-5 pm



### 8 Hour Intensive Foundations Course

Looking for a one day Intensive Course? Join us Sunday July 16th from 9am-5pm 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.

\$249 for non-members

Free for all current FDKM members- Please see Ann for registration. Space is limited

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**

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**

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## FDKM Women's Self-Defense Seminar: 3rd Party/ Family Protection

Sunday June 11th, 1-3 pm



The last seminar of our 4 part Women's Self-Defense Seminar Series. Join us

this Sunday from 1-3 pm. The remaining seminar is \$40 each for non-members, and free to all current FDKM members. We will be running this 4 part Women's Self Defense Seminar Series again in the fall. Join our Facebook page for the latest updates on FDKM seminars & events!



### **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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## What's better than training with Dad?

Krav Junior classes on Saturday June 17th.



Nick & Myles having some fun dong mitt work!

Have a Dad who's Curious about your Krav Maga training? Bring him in all June with you to try out Krav with us here at First Defense! See Ann for more details to how to get him started!

For all of our Krav Junior Students- on Saturday June 17th bring your Dad (or mom) in to train with you during class. We have special classes planned for our Kids & parents to work together!.

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## Summer Schedule

Trial schedule additions for the summer months





### Introduction to Sparring

Starting Monday June 19th, from 7:30 pm- 8:30 pm we'll be running an intro to sparring class for 8 weeks. Great way for all of our new and old members to learn basic sparring and striking techniques for our monthly Friday fight nights.

We recommend the following equipment for this class:

- mouth guard
- Shin guards
- 16 oz gloves for men, 12 or 14 oz for women
- strike/mma type of gloves, handwraps

### Krav Junior Training During the Week

Kids Division (blue shirts) & Youth Division (red shirts) Students are invited to train for a trial 8 weeks on Wednesdays from 5 pm- 5:45 pm. This will begin on June 21st and run through August 9th. No additional cost for current Krav Junior members.



Junior Division Students are invited to join our Teen class on Tuesday's from 5 pm-5:45 pm from June 20th- August 15th for a trial 8 week training session over the summer. (No class on July 4th) No additional cost for current Krav Junior members.

We are running these classes over the summer to gauge interest in expanding our Krav Junior program into the week and offering more opportunities for training within these age groups. For non members who are interested in having their children try out our Krav Junior program during the 8 week course, there is a special offer of \$196 per child. For more information please contact Ann at [ann@firstdefensekravmaga.com](mailto:ann@firstdefensekravmaga.com)

## Next P1 Test & Krav Junior Testing

July 22nd, Times TBA

**EVERY -**  
**WAS ONCE A -**  
**SO STAY HUNGRY,**  
**TRAIN HARD,**  
**AND DREAM BIG!**



On July 22nd we will be running a Practitioner 1 test. All those who are eligible to test will receive an invitation and registration link for testing a few weeks prior to the test date. We require a minimum of 30 classes for eligibility.

Combined Krav Junior Testing for all divisions is also scheduled on the same day. We will announce testing times in a few weeks. There is a minimum amount of classes required for eligibility for testing, and a review of each student's conduct & execution of skills during class will also be in consideration. Testing invitations will be sent via email by the beginning of July.

## Happy Birthday America!

FDKM will be closed from June 29th-July 4th



First Defense Krav Maga will be CLOSED for the 4th of July Holiday weekend. Please take note of the days the studio will be closed.

**CLOSED Thursday June 29th- Tuesday July 4th.**

Classes will resume on Wednesday July 5th.  
Have a safe and wonderful Fourth of July weekend everyone!

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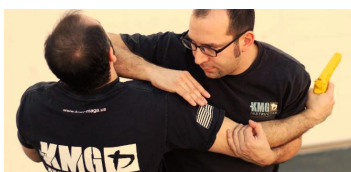
## First Defense Members Seminars: Conceal Carry & Gun Defenses

Saturday June 10th, 1-3 pm



Join us this Saturday from 1-3pm for our Member's Seminar. The topic will be conceal carry/ Handgun retention and gun defenses. We recommend bringing in your holster if you have one for the conceal carry portion of our seminar. We have some holsters & blue guns for participants to use as well. We'll only be training with blue guns and the rubber training pistols. Please leave your own firearm at home. If you have eye protection, please bring that in as well. For the second half of the seminar we will be working with air-soft guns.

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### **Members Seminar**

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



### **Openings Available in our Krav Junior Program**

We have openings in our Kid's Division 5-7 year olds! Also, if you're interested in trying out our weekday classes during our 8 week trial session, let us know!

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



### **T-Shirt order submissions call!**

We've extended accepting orders until 6/9!

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!

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## **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)

## Summertime Funk.... but the kind you can't dance to!

Whoa what's that smell?!?!



Sniff..Sniff...wait... what's that smell? It's not warm breezy summer air, or charcoal briquettes on the bbq, or even the smell of chlorine from the neighborhood pool! ACK! Is that someone's Gym Bag?!?! Yup, it's that time of year again where we here at FDKM like to send a friendly reminder about Summer Stink! It happens to the best of us. Especially when Northern Virginia starts to hit 90% + humidity levels with 80+ degree days. We forgot to take our gym bag out of the car after a hard Krav Maga workout the night before. Now that Funk smell has had 24 hours to bake in to our workout gear.

Here are some tips and tricks to keeping your gear smelling fresh and avoiding that ring of death smell during class.

- Disinfect and wipe down your gear after class. Don't let all that sweat seep into those \$100 gloves you have! Around the studio you'll find sprays and wipes specially formulated for gear. Give it a quick wipe! To keep things dry, we suggest things like Boxing Glove rings to help keep air circulating while they dry or



charcoal packets. Some great hacks for these items are newspaper balls or cutting out a two liter soda bottle.

-Wear handwraps! you can throw these in the wash.

-Remember to remove your sweaty clothes from your bag in the evening. Wash them immediately if you can. Here's a great article with some additional tips: <http://organized31.com/tips-to-wash-smelly-workout-clothes/>

-Of course general hygiene practices are always the way to go!



## 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



