

KRAV MAGA



website:

www.firstdefensekravmaga.com

phone:

703-835-9054

email:

info@firstdefensekravmaga.com



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

September 2017 FDKM Newsletter

We hope everyone enjoyed the summer break. Even our newsletter took a summer vacation in July & August. It sounds crazy to say that Fall is around the corner. Beep..Beep... and many school districts in the area have already started the 2017-2018 school year. But Krav Maga training never stops, so keep up the good work! We've got a busy Fall planned already!

Hello fellow FDKM'ers.

There has been a lot of activity since our last newsletter in June. So we'll spend a little bit of time in this month's newsletter to catch you up on things in case you missed it. The end of summer is here, and it's one last hurrah for many this Labor Day weekend. We're gearing up for a busy Fall and looking forward to all the upcoming Krav Maga events!

Hey, did you know that First Defense is turning 7 years old?

We officially opened our doors in 2010 to a small base of members who trained with Nick previously at parks, rented spaces, and even the basement of a local Unitarian church for a few months. Since then we've had the pleasure of meeting and training so many wonderful people. It's been a journey of success and failures, but we're still learning the ropes. In the process, we know we couldn't make this a success without you, our FDKM members and supporters! So a huge thank you to our family, friends, FDKM staff/instructors, and members for being an integral part of the success of the school.

What's amazing about running a business for this long, is to be able to see the success and growth of our members. August is always a bitter sweet month for us as we usually have to say good-bye to people as they head off to college or

new jobs. Huge congrats to our recent graduates who are starting their journey's and realizing their goals and dreams.



Zach_s Last day before Utah



Joe Gealy_s last day before moving to Hawaii

Many of you are reaching your Krav Maga goals too! Both young and old are doing a great job of continual training and testing their abilities during rank tests. We are also offering more opportunity for those curious about Krav to come and try it out in either regular classes or special workshops and seminars. We're also growing our Instructor base with more specialize training and instruction for those who are interested in travelling down the path of a certified KMG instructor. So keep up the great work, and we'll see you on the mat!

Nick, Ann, and the First Defense Krav Maga Team

UPCOMING EVENTS

I ♥ FRIDAY FIGHT NIGHT



NEXT FRIDAY FIGHT NIGHT

Friday Sept. 8th ,
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

Women's Self-Defense Seminar Series begins Sunday September 17th-October 29th. Space is limited, reserve your spot today!

[REGISTER HERE](#)

2 Day Weekend Intensive: Foundations

Saturday & Sunday September 9th & 10.

\$249 non-members
Free for current FDKM members

[REGISTER NOW](#)

In First Defense Krav Maga News

Foundations Weekend Intensive

September 9th & 10th



2 Day Intensive Foundations Course

Looking to jumpstart your Krav Maga training?

Join us Saturday September 9th & Sunday September 10th for our 2 day Foundations Course! With the Krav Maga two day Foundation Course - we distill our 8-week course into a two day event, four hours each day. 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

Saturday September 9th, 2pm-6pm

Sunday September 10th, 10 am-2pm

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 HERE](#)

FDKM Women's Self-Defense 4 Part Seminar Series

Sunday September 17th-Sunday October 29th, 1-3 pm



It's back! We had a very successful 4 part seminar series in the Spring. We're bringing it back again for the Fall. It's a great opportunity to learn some specific self defense techniques and tactics for women. This Four part Seminar is free to all current First Defense Members. Cost for non-members is \$120.

REGISTER 

Week 1 (Fundamentals & Dealing with Grabs)

September 17th: 1-3 pm

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)

October 1st: 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 (Sexual Violence Prevention/ Domestic Defensive Tactics)

October 15th: 1-3 pm

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) October 29th: 1-3 pm

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.

Summertime FDKM Promotions

Both Young and Old Leveled up over the summer months



HUGE Congrats to Sam Murphy for completing GIC part 3 in the UK ! He's Official now!



Congrats to Jake Silverman for completing GIC Part 1 in Las Vegas in August!



Congrats to Bryce, Ellie, and William on their recent Kid's Division promotions!



Congrats to Cole and Kaitlyn for their Youth Division Promotions!



Congrats to Antonia, Sophia, Harriet, Alesandro, Aiden, and Mikey, for their recent Junior Division Promotions!



Congrats to Sam, Jen, Anne-Marie, Phil, and Kaela for their recent Practitioner level one promotion!



Congrats to Andy, Shawn, Malcolm, Duane, Elliot, Shari, Amy, Anna, and Chris for their recent Practitioner One promotion!

P2 and Above testing is Scheduled for September 23rd



Mark your calendars for Saturday September 23rd!

Testing will begin at 1:30 pm. Those who are eligible to test will receive an invitation and a registration link.

September 18th-23, all mix level classes will be focused on curriculum review.

Saturday Sept 16th from 1-2pm, TEST PREP

Members Seminar: Anti Car Jacking

Saturday October 28th, 1-3pm (weather permitting)



Mark your calendars! Our next Members Seminar will be on anti car jacking
Saturday October 28th , 1-3 pm (weather permitting)

August Members Seminar: Shuaijiao



Big Thanks to everyone who came to train and try out Shuaijiao with Nick. As Nick gets more involved in his board position with USA Shuaijiao Association, we're hoping to find time in the near future to hold regular training. I hope everyone has been enjoying some of the competition videos we've been posting on the FDKM private Facebook page.

- The Shuaijiao World Cup San Francisco will be held this December!
- Like their Facebook page to see more photos, videos, and upcoming events <https://www.facebook.com/USAShuaijiao/>



Just a few photos from our last Members Seminar in June. Thankfully, we didn't have to pick any pellets out of people after the seminar!!!



FDKM'ers Train Hard, and We Play Hard

Enjoying our company on and off the Mat

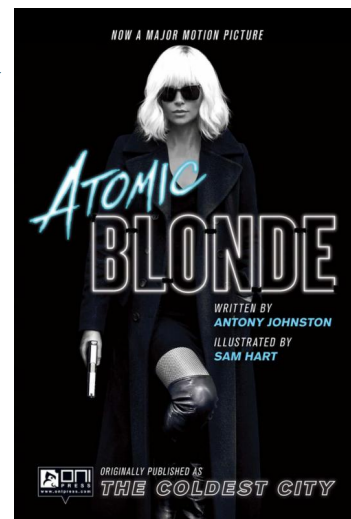




FDKM finally had a Range Night at Silver Eagle Group in Ashburn. It was definitely impressive to see what kind of arsenal people have! We capped off the evening with sweeping up the range and some beverages at Old Ox Brewery across the way. It was so much fun, we're planning another one in the near future.



The FDKM crew had a fun movie outing together in July! We all went to go see Atomic Blonde. Nothing like watching a woman kick butt!! It was pretty impressive to walk into a theater and see an entire row filled with Kravers! Chris started a groin kick count....but there were many and he might of lost track. Some of us headed to Ted's Bulletin for some after movie snacks and drinks! It's always such a great time hanging out with the FDKM family.



Renaissance Faire Family Outing
Sunday October 8th



Hussah! Join us at the Maryland Renaissance Faire. We'll be headed out to RennFaire Sunday October 8th. We'll post times to meet up and where. Buy tickets online or at the gate day of.

Come share a day full of jousting, knights, wooden weapons, and food on sticks!

Labor Day Weekend

FDKM will be closed from September 1st- 4th



First Defense Krav Maga will be CLOSED for the Labor Day Holiday weekend
September 1st-4th

Back to School and making time for Krav Maga



We've been lucky to be in business long enough to see many of our younger students grow into some very accomplished young adults. As we congratulate them on their new journeys and bigger endeavors, we're reminded of their growth with in Krav Maga. We wanted to take a moment to talk the importance of Krav Maga and why start training Krav Maga early.

I like to describe Krav Maga as effective decision-making under stressful

conditions. This is even more true for our younger students. We want to be able to put our trust in our kids knowing that they will make the right choices even if they are the

more difficult choices. We want them to understand the value of creating long-term goals and have the motivation to see them through to completion. And we want to know that if a worst-case scenario happens they will have the presence of mind and physical skills to get themselves away and to a safe place.

Over the last 4 years or so, we've worked through a couple of iterations of our Youth Classes. We've learned, we've listened & we've looked to industry experts (in martial arts and education) with the objective of making our classes better & better. And now, we believe the time is right to move beyond just a class and offer a full Youth Program. We'll make more announcements as we get closer to implementing the program.

For Teens who will be college bound next fall, we highly recommend starting them in Krav Maga training now. This gives them a full year to learn the large curriculum of techniques & tactics taught in Krav Maga. It also allows them to build muscle memory that is needed to react properly in threatening situations. It's never too early to have your children learn the life skills taught in Krav Maga.



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](#)



T-Shirts are In!

We have some new shirts in! Military Green is now available in a Dry-Fit material. Quantities and sizes are limited.

Give Anna a big welcome to the FDKM team!

Beginning September 11th Anna Wonsley will officially join the FDKM staff. She'll be assisting Ann with Adminstrative and front desk duties. Yes...yes...there will be an Ann and an Anna - it'll make one less name to remember right?

Anna has been training at FDKM since April, and is on track to become a FDKM Instructor College Member. So you'll definitely see more of her on and off the mat helping us run First Defense Krav Maga. In addition to training Krav, she is also working on earning her black belt in Tae kwon Do at H.K. Lee. She has recently earned her certification from the National Academy of Sports Medicine as a personal trainer and the Associated Body Work and Massage Professionals.

Welcome to the First Defense Krav Maga Team Anna!



Summertime travel wrap up

Where in the world is Nick Masi?

2017's Summer Break began and ended within a blink of an eye. Seriously, it barely lasted the 7 episodes of Game of Thrones over the summer. Here's just a quick summary of what we've been up to over the last 8 weeks.

The Masi's kicked off the summer with an uninterrupted vacation to Ochos Rios, Jamaica. It's been a really long time since we've been able to go on a trip where we didn't have to check emails or do conference calls. We all got to meet some amazing people, swim with dolphins, get sunburn, gained a few pounds, and climb the famous Dunn's River Falls. Myles is already asking when we can return!



One of the great things about summer time is when some of our old instructors are in town and stop in for a visit! Terry Hsu, who is one of our earliest members who also became a certified KMG Instructor,

popped in for a visit. Andy Berkin was also here over the summer. He was able to come in a few times to train and also to teach. Many of you may have also bumped into him over at Silver Eagle Group. And in September, we'll get a brief visit from our favorite marmite-loving Brit - Pat Hards!

In July, Nick traveled to Charlotte, North Carolina to participate in the StrongFirst Combat course. It was actually led by one of Eyal's friends, Ronan Katz, who some of you will recognize from the bonus disc in the G1 & G2 DVD set.

The goal of the course was to draw correlations between training principles from StrongFirst bodyweight & kettlebell exercises and combat sports (including Krav Maga). The StrongFirst & KMG communities have very strong ties. Look to see some special collaborations coming up as we continue to develop that relationship.



Towards the end of July Nick turned the big 4-0!!!! We had a great time celebrating with all of you, our friends, and family. Thank you so much for all the wonderful birthday wishes. I hope it lessened the blow of getting older for Nick. Upon reflection, I think our 30's really tested us to see if we could face challenges, deal with hardships, and learn from our mistakes. We had major life changes in our 30's such as marriage, starting a family, and starting a business.

All in all, looking forward to our 40's. We're hoping to finally reach those life goals we've set for ourselves and worked so hard to strive for in the past 10 years.



With that said, some of you may have been hearing rumors that our location might be changing by the new year. Yup, it's true. We've been spending some time over the summer scouting new locations to expand FDKM. It's an exciting and nerve wrecking prospect. Our hopes is to find a new location that will improve the training experience with us here at First Defense.



In August, you might have noticed an absence from Nick for a week. He traveled to Denver Colorado for a martial arts marketing & business seminar. While spending most of his time listening to panels and sitting in conference rooms. He was able to squeeze some time in to visit some of the local spots. He even got a chance to visit the top of Mount Evans.... boy is the air thin up there! Beware....beware of the goats! And, just like that! The summer was over.



KMG West Coast P & G Camp

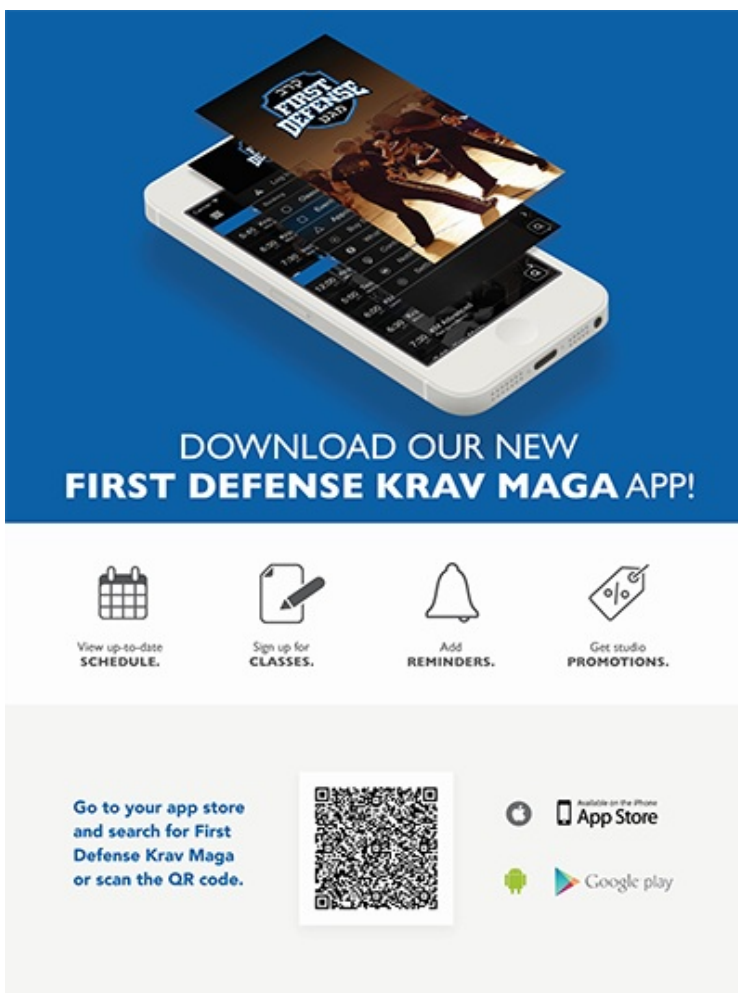
November 10th-12th







The KMG-USA Fall Camp is schedule for November 10-12, 2017 in Las Vegas, NV.
You can find more information & registration [HERE](#)

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**

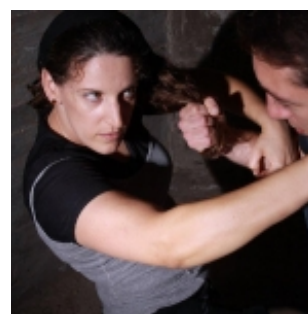
Feel like you're missing out on events and other ongoing here at First Defense? For current members who have Facebook accounts, make sure you're part of our Private Facebook page. If you haven't received an invite for our group, just visit Ann at the front desk. Many of you may have different email accounts 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.



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



Copyright © 2015. All Rights Reserved.