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2018 January FDKM Newsletter

Happy New Year!!!!

Congrats, you survived 2017!!!

We want to wish everyone a great and successful 2018 full of happiness, prosperity, and of course lots of Krav Maga training with First Defense and KMG.

Hello fellow FDKM'ers.

Brrrrr....hope everyone is staying warm in the recent subfreezing weather pattern we're having! 2018 has greeted us with bone chilling temps. But no worries, we're looking forward to seeing everyone back on the training floor shedding off the extra coats, gloves, scarfs, and holiday treats that were devoured! We're kicking off 2018 with a few schedule changes, events, and important things about training.

We'd also like to take a moment to thank everyone for a fantastic 2017! It was a year wrought with ups and downs in every facet of our business and personal lives. But through it all we weathered the tough moments and celebrated the great ones. We had to say farewell to some of our beloved instructors and members as life continues to take them on new journeys. But, it's also been great to see some old faces return or pay us a visit throughout the year. Thank you to our members for continually being the best cheerleaders and representatives of First Defense. So many of you reached your Krav Maga goals this year! The community that you have built amongst one another is beyond what we

could ever ask for. It's so wonderful to see you guys support one another both on and off the mat.

In 2018, First Defense plans on expanding, and exploring how to make Krav Maga training more accessible for all, improve training for all levels, provide a larger training facility, and to continue instilling confidence in each individual. We're hoping to build a stronger community and continue to encourage people that they too are able to train Krav Maga!

So, make sure to take note about our new schedule and upcoming events. Nick will also recap his travels in December for KMG and USSA. We're excited for all the things to come in 2018!

- Nick, Ann, and the First Defense Krav Maga Team

UPCOMING EVENTS



More Sparring integrated in the regular schedule

For now, we're saying bye-bye to our monthly Friday Fight Nights. However, we're offering regular sparring training in our new 2018 Winter schedule. We're offering classes appropriate for everyone from beginners to Advanced students. See our new schedule!

[NEW SCHEDULE](#)



2018 8-Week Foundations Course.

There are a few spaces left for our popular 8 Week Krav Maga Foundations Course. Register today! or give it as a gift.

Wednesday Jan 3rd- Feb 28th.
7 pm on Wednesday nights.
No class on Feb. 14th

[REGISTER NOW](#)



Weekend Intensive Krav Maga Fundamentals

Saturday January 6th &
Sunday January 7th
1 pm- 4 pm

6 hours of Krav Maga Fundamentals Training. Come learn the Fundamental techniques, concepts, and tactics used in this Self-defense system.

[REGISTER NOW](#)

In First Defense Krav Maga News

2018 Schedule Changes

Take Note of new training times



Please make note of the schedule changes for training the next two months.

We're saying bye-bye for now to our monthly Friday Fight Nights. But instead, we've incorporated more sparring & Fight classes in our regular schedule. Please make sure if you attend our new classes that you have the appropriate required equipment and that you are eligible to attend class according to your rank.

Our Krav Junior Program is also having a slight change in starting times on Saturday mornings. We're also expanding training opportunities for our Youth &

Junior divisions to Tuesday's and Thursday's from 5-5:45 pm. The Krav Junior program will also have some structural changes done in phases over the next 6 months. Please make sure to take note of all the recent changes and additions.

Introduction to Sparring

Intro to Sparring- In the Introduction to Sparring sessions we will focus on 2 main topics:

1. the category of techniques in the KMG Krav Maga curriculum known as "Fighting Tactics"
2. learning to spar safely under various conditions with a variety of equipment



Class will be held on Mondays 7:30-8:30 & Saturday 1-2 pm. Monday's lesson will be repeated on Saturday's. This class is open to all beginners and those interested in completing the prerequisite to our Sparring class on Wednesdays. Intro to sparring will begin on Monday January 8th.

Sparring

In this class, we will be working on boxing & kickboxing techniques and tactics and do conditional and free sparring.

This class is open to students who are P3+ or have completed the "Intro to Sparring" 8-week course.



Class will be held on Wednesdays 8-9 p m

Advanced Fight

For **advanced students (Practitioner 4+) only**, this class focuses on fight scenarios, weapons, and Graduate & Expert level tactics.

This class will be held on Thursdays 8:30-9:00 pm



Equipment Requirements for all Sparring & Fight classes

Required equipment for the Intro to Sparring, Sparring, & Advanced Fight are the following:

- Boxing gloves (16 oz. men, 12 or 14 oz. women)
- Grappling gloves
- Shin guards
- Groin protection
- Mouth guard

Krav Junior Saturday Morning Adjustments to Class Times



We have a lot of great enhancements to our Youth Program that we'll be implementing over the first 4-6 months of the New Year. The first changes to our program will be in effect immediately once we start classes again on Saturday, January 6th. The second phase of enhancements (including additional class times for different skill levels) will take effect when we move into our new facility in the Spring/Summer.

FDKM Kids Division (ages 5-7):

Our Kids Division is mostly unchanged. However, we are slightly adjusting the start time of our Saturday morning classes. Starting January 6th, the **Kids Division classes will now start at 9:00am**. Classes will continue to be 45 minutes in length.

FDKM Youth, Junior & Teens:

All three age groups (Youth, Junior & Teens) will work together at the same time. There will still be Divisions & the students in that Division will still wear the appropriate color t-shirt (ex: Youth will still wear their red shirts), but groupings in class will be based on skill level rather than age. This will give students a clearer path for progression and the ability to work with a peer group that will keep them challenged and striving to improve.

The schedule for the FDKM Youth Program (Youth, Junior & Teen) starting on January 6 will be:

- **Saturdays 10:00am - 10:45am**
- Tuesdays 5:00pm - 5:45pm
- Thursdays 5:00pm - 5:45pm

Lock in Our 2017 Membership Pricing!

We're extending our 2017 membership options!



Lock in 2017 Membership Options & Rates

Don't wait any longer to start your Krav Maga training with us here at First Defense! Lock in our 2017 rates and membership options before they change! We're extending our 2017 membership options and rates in January!

2018 8 Week Foundations Course

January 3rd- February 28th



We have a few spots left in our 8 week foundations course. Although, the first class has already passed, you can still join! We can arrange a make up class for those who are registering late. The Krav Maga Foundation Course is an 8-week course designed to show you a wide variety of Krav Maga techniques in a short amount of time. Classes are on Wednesday evenings from 7-8pm.

What we'll cover over the course of the 8 weeks:

- *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



2 Day Weekend Krav Maga Foundations Intensive

Saturday January 6th & Sunday January 7th, 1-4 pm



A Two 3 hour training sessions (6-Hours Total) Self-Defense Course for Beginners

Practice tactics that will help you avoid, prevent or de-escalate conflict.

Learn the techniques to stop an aggressor quickly.

Develop the mindset to make effective decisions even under stress.

Get physical - Krav Maga is a workout with a purpose!

Are you interested in Krav Maga Self-Defense, but have a very limited schedule? Are you a parent of a High School or University student who wants them to be able to make good decisions about their safety and can take care of themselves if they become a target of an attacker? Have you been thinking about Krav Maga, but just didn't know where to start?

This Course is a condensed version of our popular 8-Week Krav Maga Self-Defense Fundamentals course.

An outline of the material we will cover includes:

*Effective Striking Using Hands, Elbows, Knees & Legs

*Defending Strikes

*Releases from Chokes

*Releases from Headlocks

*Escaping Bearhugs

*Releases from Wrist Grabs

*Using Common Weapons for Self-Defense

*Defending Yourself on the Ground

*Dealing with Stress

*Developing the Proper Mental Attitude

With only 20 spaces available (and filling fast), please enroll early to avoid being placed on our wait list.



****This class is free for all current FDKM members. Please RSVP with Ann if you plan on attending. ann@firstdefensekravmaga.com**

January P1 Testing

2018 testing cycle



Mark your calendars for Saturday January 20th for P1 testing at 2pm. (Weather permitting) We'll be sending our invitations for the test with in the week.

P2 and above will be held in March of 2018, so get your training in!

FDKM/KMG Instructor Interest Meeting

Thinking about joining the FDKM Instruction team?



Interested in becoming a FDKM and/or KMG certified instructor? Curious about the process and both the time and financial commitment required to become an instructor?

We're holding two interest meetings in January for those who have been thinking of becoming more involved in Krav Maga through instruction.

Friday January 12th at 6 pm
Sunday January 21st at 10 am

If you are planning on attending, please RSVP with Ann at ann@firstdefensekravmaga.com

December 2017 SEG Range Day

FDKM Members came out to sharpen their skills

Everyone had a great time sharing their knowledge and firearms at Silver Eagle this past December. Big thanks to everyone who came out. We're looking forward to doing this with our members in the new year! Hopefully we can do it on a quarterly basis, or start implementing more specialized training for everyone.





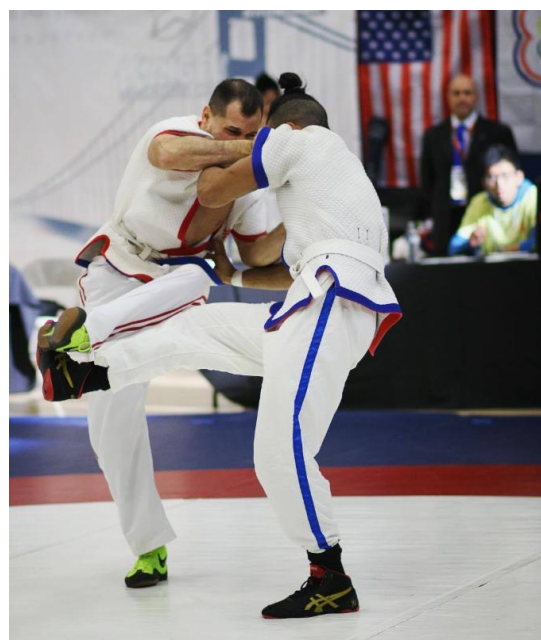
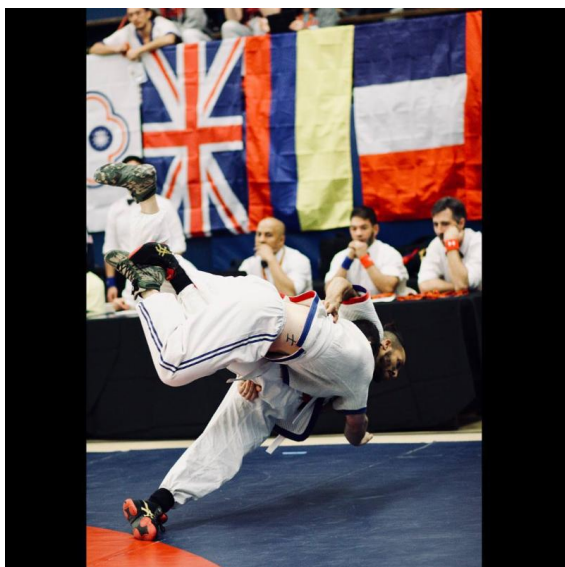
2017 Shuaijiao World Cup



On December 7 - 9 th , the World Championship of Shuaijiao (Chinese Wrestling) was held at San Jose State University. This was the first time a tournament of this size & importance was hosted in the United States. As a Board Member of the United States Shuai-Chiao Association (the organization tasked with putting on the event), I went to California to assist in any way I could in the running of the event. Although I opted out of being a referee this time, we were hosting nearly 100 athletes from about 15 different countries so there was still plenty to do.

As a veteran of 3 of these World Championships (all three in China - Tianjin, Taizhou, & Yixing), I have to say that I was impressed by the overall quality of the athletes competing. Generally, it's tough to host a true World Championship (even in China) because of financial & logistical hurdles in certain countries. However, those that captured the top prizes in their categories were certainly the best-of- the-best. It made me want to get back out there on the mats - until I realized that most of those guys were half my age.

It was a really great time & it allowed me the opportunity to reconnect with my Shuaijiao family from around the world. And it lit a little bit of fire in me to pick up my own training & start teaching again. This February, I'll head out to a board retreat where we'll work on organizational development, instructor development & the creation of a first of its kind instructor manual. I'm really excited to be involved again & look forward to help Shuaijiao & the USSA grow and develop.



Krav Junior Parent/Child Training session & Promotions

Saturday December 16th



Our Krav Junior members and their parents had a blast on Saturday December 16th. Working

together gave everyone an opportunity to learn new skills to practice together when at home.



Krav Junior Promotions

Congrats!

In 2017 we tested our Krav Junior participants in alternating intervals. The last round of testers for the 2017 year did a fantastic job finishing up the year. During this test, Nick required all the testers to demonstrate and explain a Krav Maga technique. Although some were nervous, everyone did a great job to earn their next rank!



Great Job Myles M., Nick R., Aurellia V., Greer W., Sam W.



Congrats Aidan M., Evan Y., Kira T., Nora P.



Congrats Nick M., Mina G., Arun S., Rajan S., Rishi S., Harriet L., Seraphine J., Ava D.



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](#)



Change of Address recently?

Moved? or have had a change in mailing address? Please see the front desk to update your mailing info.

KMG Global & International Team Training



About a day after getting back from San Jose, I found myself on another flight. This time to Israel to join my KMG family in our end of the year, 5-day GIT training. This was my 3rd year joining this training and I have to say I am still learning and picking up little things every time I go. It helps when you're sharing the room and mats with some of the top Krav Maga instructors in the world. With Eyal leading the sessions, it gave me the opportunity to train with a lot of the instructors that have visited FDKM in the past including Ilya, Jan, Meryav, Pavel, Albert, Moran, Jon, Balasz, and others that will hopefully get to visit in the near future. Apart from being an impressive group, they're also all great people and I really enjoy the time off the mats as much as the time on.

I was also able to visit Imi's grave this time. This was my first visit and Eyal brought us all there to pay respects (this year is the 20th anniversary of Imi's passing) and to tell us stories about training and growing up with Imi. It was really a special time and I'm glad I was able to be part of it.

This trip is always a highlight of my year. I really appreciate that all the FDKM instructors were willing to step up and take on a few more classes while I was away. It's nice not having to worry about the classes when I'm away. I know I'm leaving you guys in capable hands!





Inclement Weather Closings

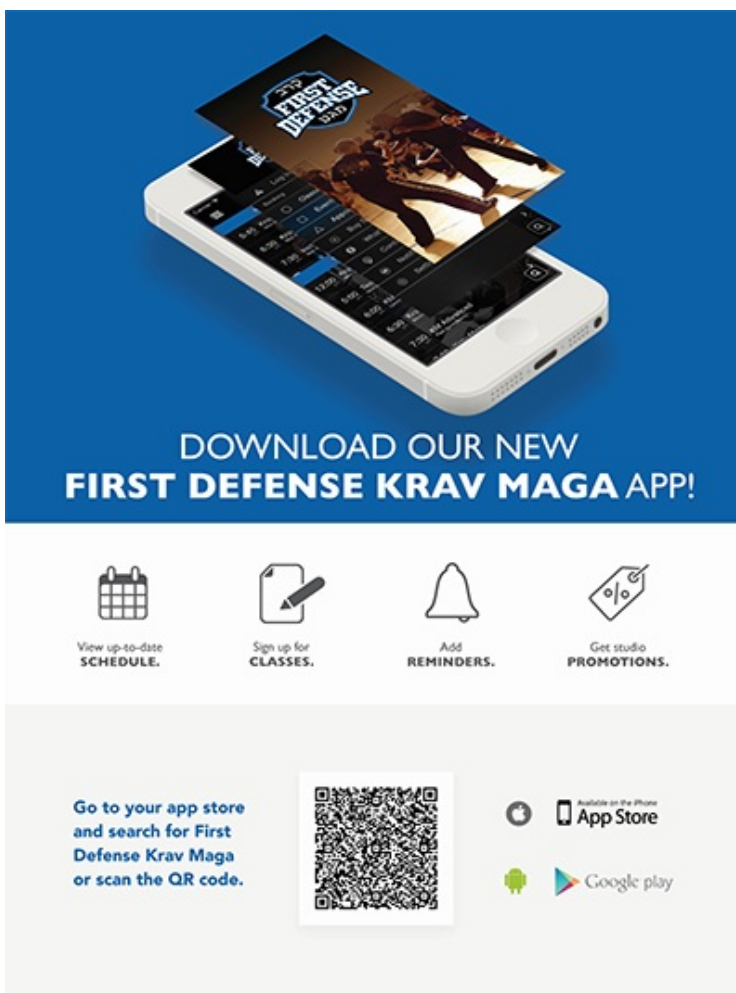
Brrrr...Are classes cancelled?



Snow, Ice, or a Blizzard! Inclement weather closings and notifications will be posted on all FDKM Social Media outlets such as Facebook, Twitter, and Google+. We will also send out updates on our FDKM app. You haven't downloaded it yet? Check out the info below!

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**

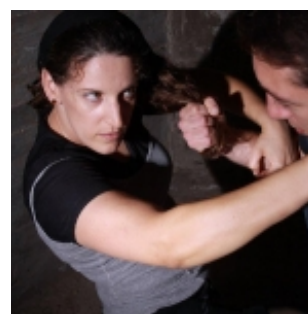
Feel like you're missing out on events and other ongoing here at First Defense? For current members who have Facebook accounts, make sure you're part of our Private Facebook page. If you haven't received an invite for our group, just visit Ann at the front desk. Many of you may have different email accounts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

