

KRAV DEFENSE MAGA



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2018 November FDKM Newsletter

Wait a minute.....was there an October Newsletter?!?! Ya, you're right, there wasn't one last month. Ann generally is the one who puts FDKM's Newsletters together, and unfortunately due to some medical issues, we weren't able to get one out. But no worries everyone! This one is jam packed with info and upcoming news and events. So read on!

Hello FDKM'ers,

Wow! Only two more months until we bid adieu to 2018, and bonjour to 2019. Where has the year been. As many of you have noticed, there has been a lot of activity and changes in the last 10 months. But, we're super excited for 2019, and plans for the new year are already underway.

One recent new change to FDKM, is a sorely needed one. We're super excited for the new addition. Please welcome Dakota D. to the FDKM staff. She joins us as a full-time staff member this month.



She'll be helping out with Operations and Admin, taking care of member accounts and new member acquisitions. So if you haven't met Dakota yet, make sure to swing by the front desk to say hello!

We're kicking off the holiday season with our annual Anti-Car Jacking seminar with the Murphy brothers on Saturday November 3rd 1:30-3:30 pm. The last session of our Intro to Krav Maga for Women: Home & Car safety finishes up on Sunday November 11th, 1-3pm. We'll also be celebrating our members through out the season, starting with our Krav Junior Graduation event on November 10th from 6-8. Also a holiday gathering December 21st, more info to come on this event. If you've got a suggestion for an event or seminar you'd like to see in 2019, then drop a line off at the front desk. We're planning for 2019 as we speak.

Nick has hopped back on the traveling train this fall and winter. Last month he traveled to Baoding China for an International Shaujiao Event. He was there as part of the United States Shaujiao Association board member. This month he heads off to Trinidad and Tobago to lead a KMG training and testing event. In December he's off to Israel for the annual KMG Global and International Team (GIT) training. Keeping his skills sharp by continual training, teaching, and education. Plus, he really enjoys to stay active and connected to both the Shaujiao and KMG community.

Keep reading on for more info on upcoming events and news. We'll see you in class.

P.S. if you've changed your mailing address in the last 6 months please visit the front desk to update your information.

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

UPCOMING EVENTS



**FDKM Closed Thursday
November 22nd-Sunday
November 25th.**



**Members Seminar Series
Anti-Carjacking Seminar**

All current FDKM members,



**Krav Maga for Women
Seminar Series Part 4:
Home & Car Safety**

Enjoy your time with your family and friends this Thanksgiving. We'll be closed for the holiday weekend.



Don't forget to VOTE on Tuesday Nov. 6th!

join us on Saturday November 3rd from 1:30-3:30 for our annual Anti-carjacking Seminar.

We will be training both indoors and outdoors for this event. Please make sure you bring appropriate attire to train in.

The last of our 4 part seminar series for women will be on Sunday November 11th from 1-3 pm. We'll be focusing on threats women face in and around home invasion and car/parking lot safety scenarios and tactics. There are a few spots left for this seminar.

\$60 per person, free for FDKM members. Contact us to register.

In First Defense Krav Maga News

Members Seminar Series: Anti-Carjacking

Saturday November 3rd, 1:30-3:30 pm



Join us Saturday November 3rd 1:30-3:30 pm with the Murphy brothers for our annual Anti-Carjacking seminar. Free for all current FDKM members. We will be working both indoor and outdoors, so please make sure you have the appropriate footwear and clothing for training.

Wondering how you can participate in our Members Seminar Series? Join us as a regular First Defense member to gain access to our bi-monthly seminars. These exclusive seminars for members only are an opportunity to train specifically on threats and topics that aren't covered in regular class or to go more in depth into training and tactics.

Krav Maga for Women: Home & Car Safety

Sunday November 11th, 1-3pm



Part four of our 4 part Seminar Series for Women is coming to a close on November 11th. The last seminar in this series will focus on Home & Car Security. Missed our Fall session? We will bring back this popular series in the Spring of 2019!

"Between 15 and 76 percent of women are targeted for physical and/or sexual violence in their lifetime"- endvawnow.org

Week 4 - November 4th, 1-3 pm (Home & Car Security)

For this week's seminar, we will discuss various safety options if you're in your home during a home invasion or burglary. Also, we'll work on various techniques and tactics inside and around a car and as you make your way to & from your vehicle.

Register for this seminar \$60/per person onsite or call to register over the phone, 703-935-9054. Free for current FDKM members
Ages 14 & up welcome.

Krav Junior Graduation and Celebration

Saturday November 10th, 6-8pm.

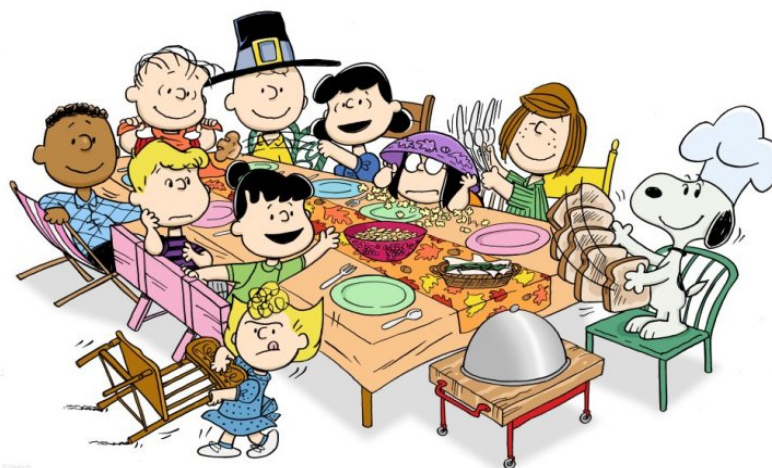
On Saturday, November 10th from 6:00-7:30/8:00pm we are holding a graduation celebration for all students. All students in the Kids, Youth, Junior & Teen Divisions are welcome to attend. Any student that has successfully completed the Sept/Oct cycle will get their stamp/button and those that have completed any of the Self-Discipline or Krav Homework sections or sheets, and/or has earned their next KMG rank will be presented with an award. Even if your child isn't receiving an award this cycle, they are still welcome to attend to enjoy some refreshments and cheer on their classmates.

Please make sure to RSVP for this event. All invitations have been sent via Evite. If you did not receive an invite, please visit the front desk to make sure we have an updated and correct email address.



CLOSED Thanksgiving Holiday Weekend

FDKM will be closed from Thursday Nov.22nd-Sunday Nov.25th



Wishing everyone a wonderful Thanksgiving Holiday break! We could not be more thankful for the wonderful Krav Maga Family and community we have here at First Defense! Please enjoy some time with family and friends. We will be closed from Thursday, November 22nd to Sunday November 25th. Classes will resume on Monday November 26th.

*Tentative FDKM Holiday Gathering & Krav Junior Graduation December 21st 7pm. Mark your calendar for some Holiday cheer and beer! Join us to ring in the Holiday season and celebrate the achievements of our youngest Krav Maga students.

*A reminder that First Defense Krav Maga will be closed for approx. a week during the Winter/Christmas break. Tentatively the dates are Monday December 24th- Tuesday January 1st. These dates are subject to change.

Shuaijiao Travels and scheduling notes

Monday night time adjustment and Nick travels to Baoding



**** Class time adjustment for Monday night Shuaijiao Class will now start at 6:30 pm.**

****No Shuaijiao Class on Saturday November 3rd and Monday November 5th.**

We hope everyone who have been participating in our Shuaijiao classes have been enjoying them. Please make note of the class time change for Monday evenings, and class cancelations for November. Just a reminder to all current First Defense members that our Shuaijiao program is included in your membership pricing. For non-members who are interested in our Shuaijiao program, we do offer Shuaijiao only memberships. All ages are encouraged to train and participate.

This past October Nick traveled to China to support the US Shuaijiao Association. The USSA brought a team of competitors to Baoding, China to compete in an international tournament. The USA team faced off with top competitors from around the world. To see more photos and videos from the event, visit the US Shuaijiao Association Facebook page. Many of the US competitors heats were streamed.

<https://www.facebook.com/USAShuaijiao/>

Training in Shuaijiao does offer the opportunity for students to compete and earn rankings, belts, and awards. There are a few national competitions that happen around the US every year, and a few around the world. We'd love to put an FDKM team together to represent! The last time we brought a team to an event back in the infancy

of FDKM, one our junior competitors actually was able to win 1st in his division and weight! We can do it again!

Congrats to our Testers!

Our last testing cycle in September!



Back in September we had another round of Testing for our Students Congratulations to everyone who participated! Great to see all the hardwork and dedication pay off! Congrats to Elliot M., Chris R., Chris B., Phil A., Brandon S., Hee-Chul C., Adrian C., Andy H., John N., Brittany C., Amy L., Chris Y., Dan H., and not pictured Ross J.



Our new crop of Practitioner 1 graduates! Congrats to Brandi A. Elon M., Doug S., Birk S., and

Remainder of 2018's Testing schedule

Let's work together to reach your goals!



Our next Practitioner 1 test is scheduled for Saturday November 17th at 3pm. Those who have completed the requirements to be eligible to test will receive an invitation via email in the upcoming week.

Our next Practitioner 2 and above test is scheduled for Sunday, December 9th. Those who are eligible for testing will receive an invitation the week of November 26th.

**Beginning in 2019, to be eligible to participate in Level 1,2, and 3 classes based on current rank will be enforced.



Seriously Showering is a good thing!

Chiller weather is around the corner, and we may not sweat as much during our day to day activities. But, that doesn't mean, skip that shower. Be a good training partner and keep up with good hygiene practices. For some, a quick shower before class might be a good idea. Don't be the smelly trainer in



Cold and Flu season

It's that time of year when it's extra important to wash hands. There are hand sanitizers located all around the studio for your convenience.

Feeling sick? It might be a good idea to skip training until you're feeling 100% better.



Smelly training gear? Might be time to retire that favorite training shirt

Unfortunately, it only takes one stinky shirt or piece of gear to make a training session unbearable for your fellow members. Sometimes clothing and pieces of equipment will not let go of offending odors no matter how often we wash them :(

Intro to Krav Maga 4 week Course

Begins on Monday January 7th



Since 2010, First Defense Krav Maga's Foundations Course has been a unique starting point for many people interested in the self-defense system of Krav Maga.

We're continuing this popular course in 2019! This course meets twice a week for 4 weeks. Our 8-class format will be supplemented by online & offline resources designed to support and enhance the in-person training at the studio. This course is designed to introduce individuals to Krav Maga and the benefits of learning self-defense. It's a great way to jump start training in 2019 and get a head start before joining our regular Fundamentals Group classes during the week.

Some of the topics we'll be working on in the course include:

- *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

The January Introduction to Krav Maga Course begins on Monday January 7th & runs every Monday and Wednesday at 7:00pm through January 30th. Only \$249 per person. Register before December 1, 2018 and receive a free t-shirt. Space is limited, so reserve your spot today!



<https://www.firstdefensekravmaga.com/product/4-week-introduction-krav-maga/>

Free Holiday Training Sessions

Curious about Krav Maga and Training at First Defense?



Have you been curious about what Krav Maga is? Or hesitant to try it out? Waiting for an opportunity to visit First Defense Krav Maga to ask more questions, see the facility, and meet some of the instructors and staff? This holiday season we're offering 3 opportunities to come in for a free introduction to Krav Maga here at First Defense. Join us for a Free one hour session, where we will show you what Krav Maga is about, benefits of training, learn a fundamental technique and tactic to a common threat, and ask all of those questions you may have.

Monday November 26th, 7:30-8:30 pm

Monday December 3rd, 7:30-8:30 pm

Monday December 10th, 7:30-8:30 pm

Space is limited, please register and RSVP your spot in this informative Krav Maga event. For more information please contact us directly via email info@firstdefensekravmaga.com or call 703-835-9054.

Home for the Holidays! Welcome back College Students.



Got a College Student home for the extended Winter break? We're offering a winter training special for College Students who are interested in getting some Krav Maga training in while they're on break! With a valid college ID or current transcript, sign up for 1 month of unlimited Fundamental Krav Maga training for only \$157!

Flexible Steel Training and Certification



Flexible Steel is a comprehensive training system whose main premise is to be both strong and flexible in perfect balance. The Flexible Steel system borrows many ideas from other training modalities and seamlessly puts them into a logical, progressive order.

Learn the Flexible Steel system of body hacks that will allow you to show your students instant plateau shattering results in both strength and flexibility.

Get hands on instruction and be assured that you can implement the system safely and effectively.

Join the ranks of our International Flexible Steel Instructors for instant recognition and client referrals. Check out our team here:
<http://www.flexiblesteel.com/instructor-team.html>

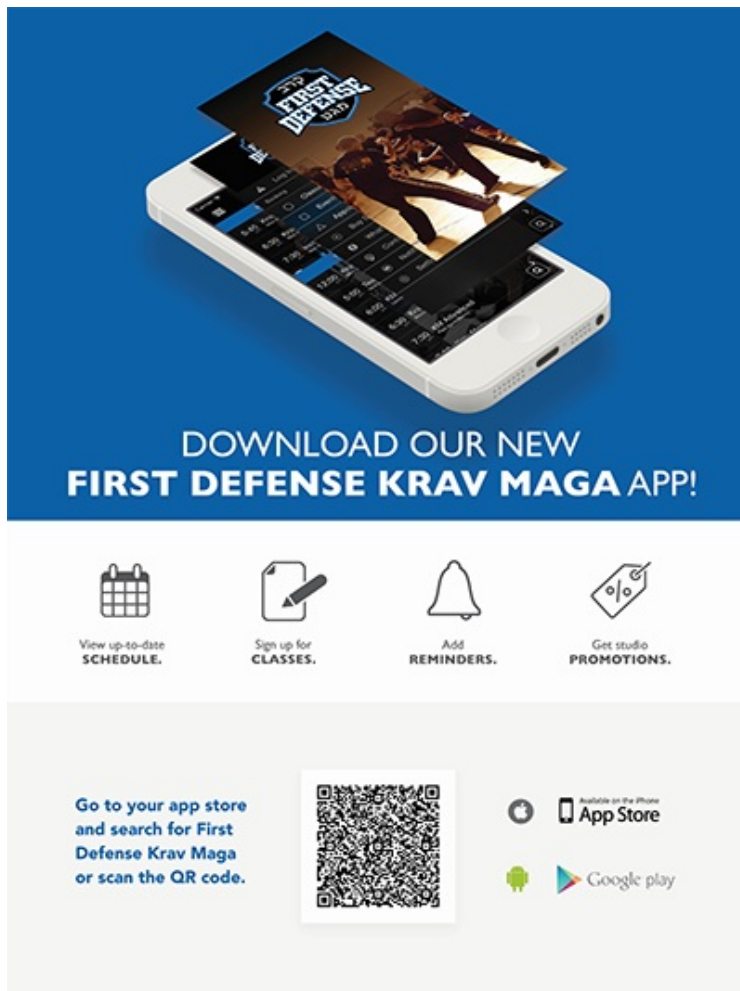
Receive the coveted and detailed Flexible Steel Instructor Manual that has all the formulas for unlocking troublesome stubborn inflexibility that is sapping your movement and power.

Discover techniques that will benefit the stiffest clients all the way to teaching the most amazingly flexible students to be even more strong and flexible. The system is scalable to most all populations of clients.

Learn Progressions and Regressions that make sense to everyone.

For more information about becoming Flexible Steel visit our website at
<http://www.flexiblesteel.com/index.html>

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Available on the iPhone
App Store

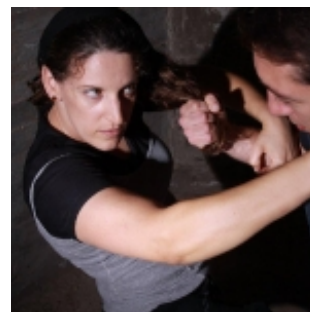
Google play

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



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

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.

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

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.

Forward this
email

STAY CONNECTED

