

KRAV MAGA



HAPPY NEW YEAR 2018

YEAR OF THE DOG
FEB 16TH 2018-FEB 4TH 2019



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2018 February FDKM Newsletter

Happy New Year!!!! Yes, we're wishing you a Happy New year again. February 16th, 2018 will kick off the Chinese New Year, and this year, it's the year of the Dog. You may be thinking, wait... FDKM is a Krav Maga school, why are you celebrating a Chinese Holiday? Well, we're part of an inclusive community and we enjoy celebrating the multicultural events and people that train with us here. So read on as we share our love for all things Krav in this month's newsletter.

Hello fellow FDKM'ers,

2018 has already been off to a busy start. As many of you have been noticing, there have been a lot of new faces trying out Krav Maga for the first time last month. We've had a great time welcoming all the new-comers and showing everyone what First Defense has to offer. Many of you have also started training in our Intro to Sparring class. We're half way through our 8 week introduction. It's been great to see everyone's progression!

It feels like I blinked, and January was over and we're roaring right into February at light speed. February brings us lots of opportunities to celebrate different things. Such as, the appearance of the groundhog, finding the baby in the king cake, the exchange of love notes, chocolates & flowers,

president's of the past, and the most important day to celebrate for Ann, Tet! (Otherwise known as Vietnamese New Year or Chinese New Year)

We know people are curious about the big gold buddha that resides in the front of the school when they visit. It was a gift from Ann's mom when we opened up the studio. The gift represents good fortune, prosperity, and luck for our business. It's definitely doing it's job! We here at First Defense like to celebrate every facet of our cultural diversity. So many of you come from all around the world, different traditions, unique perspectives to share. FDKM has become a place where people of different backgrounds come together to participate and train together. Thank you for fostering a community of inclusiveness and positivity amongst each other.

For those of you who are curious about Chinese New Year, we'll share some interesting factoids further in on our newsletter. This month we're encouraging everyone to continue to keep up the great energy and attitude they've been brining to classes! Testing is just around the corner, about 6 weeks, so get your training in! We're also offering a member's seminar towards the end of the month. February is relatively a short month, next thing you know we'll be out of winter and sneezing our way into Spring! Alright, FDKM'ers read on more important news and updates. We'll see you class.

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

UPCOMING EVENTS



More Sparring integrated in the regular schedule

Hope everyone has been enjoying the additional classes we've added. We're half way through our 8 week Intro to sparring class. There's still time to join in!

[NEW SCHEDULE](#)



Indian Clubs & Bodyweight training

Join us for a special seminar with Master SFG, Phil Scarito.

Saturday March 3rd, noon-7pm. Space is limited so register today. \$100 for both members and non-members.

[REGISTER NOW](#)



February Members Seminar: Close Quarter's Fighting - Winter Edition

Sunday February 25th, 10 am-noon

Extra layers during cold winter days means more restrictive clothing to maneuver around. Come train and practice defending against attacks wearing bulky coats and scarfs.

[REGISTER NOW](#)

January P1 Testing & Krav Junior Testers



Mark your calendars! Sunday, March 11th will be our next all level Practitioner testing. Many of you have completed the minimum requirements for eligibility to test for your next rank. However, there are a few who need to make sure to make it into training the next few weeks to ensure eligibility. If you have questions about eligibility to test for your next rank, please speak to Lead Instructor Nick Masi.

We will have a curriculum review week between March 5th-March 11th. Make sure to pick up curriculum sheets now to review.

If you can't make the March date, there will also be an opportunity to test Sunday, April 8th during the East Coast KMG Camp.

Congrats to our newest P1's!

Richie C., Sherin J., Chris Y., Eva-Marie K.,

Hannah U., Alex M., and Lena O.

Great work everyone! Keep up the training!





We had a few more Krav Junior students who needed to test for their next rank. Big congrats to:

Michael M., Sebastian S., Jack M.,
Ben B., Sofia A., Jack K., Dany R.,

and not pictured Konstantin O.

For the Love of Krav!

February Training opportunity for our members' loved one.



Valentine's Day, a day to celebrate the ones we love in our life. Well, all month long, First Defense would like to help you celebrate your Love of Krav Maga with your significant other! So bring in that important someone in your life to train with in our Fundamentals class all month long free of charge for all of our current First Defense Members.

All that is required is a completion of a waiver prior to class. For questions about this training opportunity, email

ann@firstdefensekravmaga.com

*Current member's account must be current, up to date, and active to participate.

Indian Clubs & Bodyweight Seminar

March 3rd, 12-7pm



In this specialty workshop, we will dive into learning how to create tension within the body through movements such as the one-arm push-up (OAP), one-arm one-leg push-up (OAOLP), the pull-up, and the pistol. This is your opportunity to learn these movements and key progressions, practicing them with live and individualized cueing by Master Instructor Phil Scarito, hand selected to this rank directly by Pavel Tsatsouline. Included: the concept of feed forward tension and how to use your body as a wedge to maximize strength and power. The other half of this course is dedicated to learning how to use an ancient tool called the Indian Club, and the pairing of these two modalities.



Having studied under modern day Clubs pioneer Ed Thomas, who does not instruct the public, Phil Scarito has been offered the opportunity to carry on these teachings, with the blessing of Dr. Thomas. Proper practice of turning Indian Clubs alone will create more mobility and stability in the shoulder and T-spine, as well as give you greater body awareness regarding posture and alignment.

The ability to create and control tension paired with relaxation goes a great distance in making students better fighters and all around athletes. To this goal, the combination of bodyweight and Indian Clubs is a perfect pairing of two modalities that have been misunderstood at best and forgotten at worst.

Scarito will seamlessly blend the concepts and drills in this 1-Day course to make you stronger, more mobile, and offer a few added benefits to problem areas in comfort and functionality, like the shoulder, that students must experience to really understand.

We look forward to seeing you there!



SPACE IS LIMITED! REGISTER TODAY!

March 3rd, 12-7pm

Registration: \$100 per person

Register Today!

March 2018 SEG Range Day

FDKM Members came out to sharpen their skills

Our next members range outing is scheduled to be on Friday March 2nd, Safety briefing begins at 6:30 pm.

We're looking forward to seeing you guys out on the range with us at silver eagle in Ashburn to get some practice time in. In 2018 we are also planning on having a members only basics firearms course and also offer an intermediate course at SEG as well. More info to come as we finalize dates.





Introduction to Sparring & 2018 Supplemental classes



Way to kick off 2018 FDKM'ers! It's been great to see everyone participate in all of our new supplemental classes, such as Intro to Sparring, Sparring, and our Advanced Fight classes. We're half way through our 8 week introduction to sparring. We hope you guys can feel and see the

improvements to your sparring techniques and tactics. Just a quick reminder that the Introduction to Sparring and Sparring class is a supplemental class to your regular Krav Maga training. These classes are to help you improve your striking, stance, movement, and timing, but not a replacement for Krav Maga training.

Some of our next topics for 2018 8 week supplemental classes will be, Intro to grappling, and Intro to ground fighting. We're looking forward to implementing more supplemental classes to improve your overall Krav Maga training.

Upcoming Seminars and Courses

Spring 2018 is bustling with activity



We've been bustling with activity here at First Defense! Our popular Winter 8 week Foundations Course welcomed many new faces to our studio in January. We're looking forward to introducing Krav Maga to more people in the upcoming Spring Courses in Seminars we're planning for 2018!

March 3rd, 12-7pm Indian Clubs and Bodyweight
March 11th, 1:30 pm (time tbd) Practitioner level Testing

April 6-8th, KMG EAST COAST CAMP, testing option on the 8th
April 4th- May 23rd, 7-8pm Spring 8 Week Foundations Course

April 8th, April 22nd, May 6th, May 20th- Women's 4 Part Self-Defense Seminar Series

May 26th-June 3rd, KMG General Instructors Course Part 1 & 2

2018 Scheduled closings

General Holiday Closings



- Easter Weekend- Closed Friday March 30th-April 1st
- Memorial Day Weekend- Closed Friday May 25th-May 28th
- Fourth of July Holiday Break- Closed Wednesday July 4th-Sunday July 8th
- Labor Day Weekend-Closed Friday August 31st- September 3rd
- Thanksgiving Break- Closed Thursday November 22nd-November 25th
- Winter Break- Closed Monday Dec 24th-January 2nd



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](#)



Keep up to date!

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

February Members Seminar

Sunday Feb.25th, 10 am- Noon



Close Quarter's Fighting - Winter Edition!
Sunday, March 25: 10am-noon

Winter clothing like large jackets and scarves can be tempting targets to grab in a close quarter's situation. In this month's seminar, we'll work on defending grabs & holds on our winter clothing. We'll also look at ways we can use an attacker's own clothing against them.

* Please bring a winter jacket, scarf and hat. We might be outside for a part of the seminar, so please have appropriate footwear as well (no flip-flops - I'm talking to you, teenagers!).

KMG East Coast Spring Camp



The KMG Spring Camp will take place at FDKM on April 6, 7 & 8. There will be an opportunity to test on the last day of the camp (Non-testers will be in a regular training session). I definitely recommend to participate in the full camp if you can. It's a great opportunity to get some focused training & meet and train with other Krav Maga practitioners from around the country. Details and registration can be found on KMG-USA's website: [**KMG-USA Spring Camp**](#)

The Rumors are True! We're moving!



Many of you have been hearing whispers and rumors that FDKM will be moving locations. Guess what! Yes, they are true! We're really excited to have finalized agreements on our new space just a few blocks away. No worries, we are literally only moving a block down Herndon Parkway. Rejoice! No more funky left turn into the Sunset business park, no more repetitive dance recital music, and best of all, more room! The new space is approximately 5,700 sq. ft. roughly double the size of our current studio. It will allow us to have two separate training areas, larger restroom/locker room facilities, a kitchenette, and a conference/media room. There isn't a final confirmed date on when

the relocation will happen, but we're projecting late spring/early summer! With the new location, we're hoping to expand our Krav Maga training offerings to include an expanded youth program, tactical and mindset training, training opportunity for seniors, and more cardio equipment. We'd also love to bring back our beloved Shuaijiao program.

We're looking forward to sharing more information about our relocation as information is available to us. Keep an eye out for our "moving" party!

2018 Year of the Dog!



"Xin nian kuai le" (Mandarin) or "chúc mừng năm mới" (Vietnamese) is the traditional way of wishing Happy New Year! February 16th marks the New Year, and this year we're celebrating the year of the Dog. Woof! Woof! Many of you have a trusty furry friend at home, and maybe it's a good opportunity to give them some extra snuggles and treats. Ranking as the eleventh animal in Chinese zodiac, Dog is the symbol of loyalty and honesty. People born in the Year of the Dog possess the best traits of human nature. They are honest, friendly, faithful, loyal, smart, straightforward, venerable and have a strong sense of responsibility.

We celebrate Vietnamese Tet (Lunar New Year). In Vietnam, this is the most important holiday of the year. It's celebrated over a course of days. It's almost a pilgrimage to visit family, friends, and temples. Some traditions include cooking traditional holiday foods, wearing lucky colors such as yellow, gold, and red. Children receive red envelopes filled with lucky money to spread prosperity through the new year. For the superstitious, there are many things we make sure to do or not to do, to bring happiness, luck, and prosperity to the upcoming year. So expect to see some yellow and red sprinkled around the studio in the upcoming week!

Another tradition we do during Tet, is we make an offering to our ancestors. Typically a spread of food, treats, and fruits are laid out. We light incense, and make a prayer to our ancestors to look over us, provide us with protection, prosperity, and happiness in the new year. Often we'll share our offerings with our family and friends. So expect to see some oranges and tangerines around. There is a lot more history and traditions that happen during the Tet/ Chinese new year celebrations, but this newsletter can only go so long.

So from our family to yours, "chúc mừng năm mới!" Thank you for your friendships, loyalty, and hard work you've put into your training and support of First Defense Krav Maga. We hope the year of the Dog, brings happiness, prosperity, good health, and luck!

Inclement Weather Closings

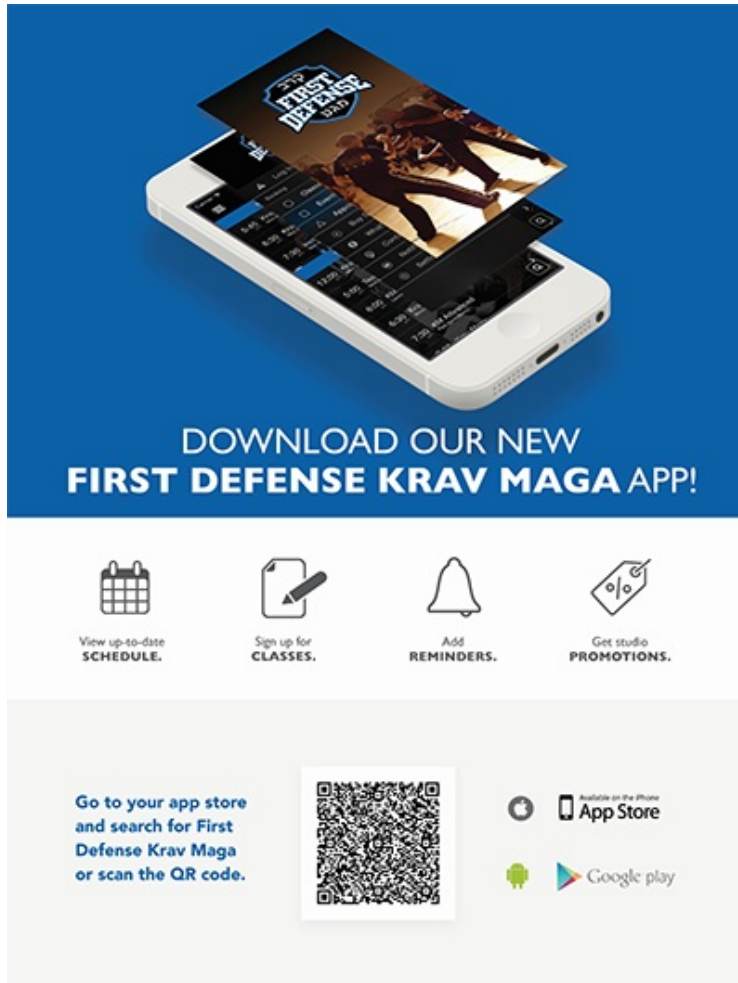
Brrrr...Are classes cancelled?



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

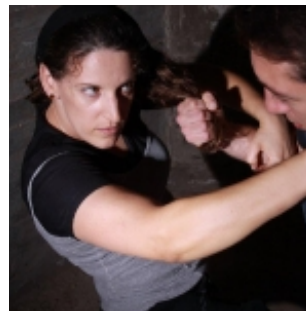
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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.

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



