

KRAV MAGA



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2018 March FDKM Newsletter

Spring is just around the corner??? It's been a fairly disappointing winter, all cold and barely any snow. Our "Winter" edition of our Members seminar landed on a 70 degree day in February! At any rate, hopefully Mother Nature can settle on it just being a beautiful Spring for a few months. Although the snow-lovers & non-snow-lovers can debate whether it was a "good" winter, what we can all agree on is that Krav training is in full swing, and turnout for our "Intro to Sparring" class was awesome!

Hello fellow FDKM'ers,

March is here!?!? Can you believe we're well on our way to being a quarter way through 2018. FDKM is kicking off March with a Range Day on the 2nd, a special seminar with Phil Scarito on the 3rd, and Practitioner level testing on the 11th! And for many families and students the month rounds out with Springbreak! Just a quick reminder that FDKM will be closed for the Easter holiday weekend from March 30th-April 1st.

Wrapping up February, we were so happy to see the great turnout we had for our Intro to Sparring class. For those of you who participated in our Intro classes on Monday & Saturday, you're now ready to join us on our regular sparring class on Wednesday nights at 8pm. For those of you who might have missed this round of Intro to Sparring, it'll come back into rotation in a few months, or we'll have it on our permanent schedule when we're in our new facility.

Our next 8 week "Intro to" topic will be Grappling. This 8 week introduction to grappling will incorporate basic grappling skills, techniques, and tactics used in Krav Maga. It will also begin to touch upon related material used in the ancient Chinese wrestling martial art of Shuaijiao. No additional equipment is required for this session.

Our Krav Junior program is also expanding and re-organizing. Parents of current Krav Junior members, please keep a look out for information on curriculum, rank progression, and some general changes being made within the program. We've reorganized things to make it clear what the expectations are for each student in our Krav Junior program. Also, we've added additional training days for those in our Youth and Junior divisions - Tuesday's and Thursday's at 5:00-5:45 pm. Well there's a lot to get to within this month's newsletter. Plus, many of you will probably spend the next two weeks training hard and preparing for your next Practitioners test! So see you class!

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

UPCOMING EVENTS



Intro to Grappling

8 week Intro to Grappling session begins on Monday March 12th. Open to all members. Join us to learn the basics of grappling.



Indian Clubs & Bodyweight training

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

Saturday March 3rd, 1-7pm.
Space is limited so register today. \$100 for 6 hours of world-class instruction.

[REGISTER NOW](#)



KMG Spring East Coast Camp

April 6th, 7th, and 8th

KMG-USA's Spring East Coast Camp is back! Join Jan Tevini for 3 days of Krav Maga Training. All registration for this event is done through KMG-USA.

[REGISTER NOW](#)

In First Defense Krav Maga News

March Practitioner Test



Mark your calendars! Sunday, March 11th will be our next all level Practitioner testing. Testing will begin at 1:30 pm. Those who were eligible to test should've received a testing invitation via email. Please be sure to register before testing day. 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. Curriculums were also provided via email.

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. Graduate rank testing is being offered at Camp. Registration for testing at Camp is done through KMG-USA.

Indian Clubs & Bodyweight Seminar

March 3rd, 1-7pm



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, 1-7pm

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 Grappling



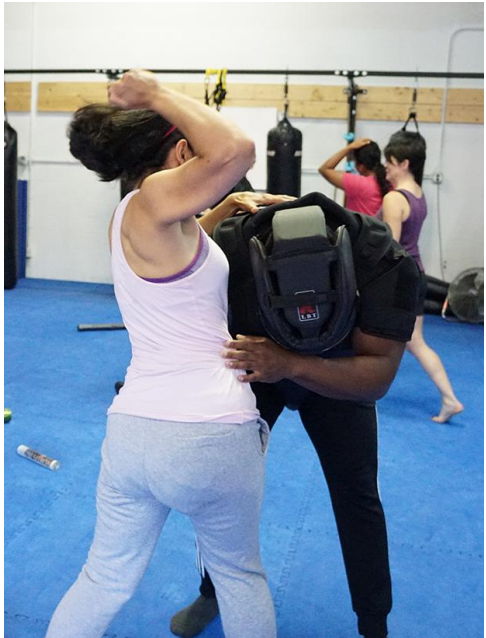
For our second "Introduction to. . ." course of 2018, we're turning our attention to what to do when going hands-on. Introduction to Grappling will introduce concepts, techniques and tactics around stand-up grappling - basic wrestling, throws, trips & sweeps, joint locks and more.

The new "Introduction to Grappling" class begins Monday, March 12 at 7:30pm.

Although we won't use them in every class, participants should have grappling gloves & boxing gloves. We'll let you know in advance to bring the equipment to the next class.

Upcoming Seminars and Courses

Spring 2018 is bustling with activity



Krav Maga for Women: 4 part Seminar Series

This 4 part Seminar Series is an introduction to Krav Maga for women. This women's only course is based on topics and threats that women commonly face.

Dates:

Sunday, April 8th

Sunday, April 22nd

Sunday, May 3rd

Sunday, May 20th

All classes are from 1:00-3:00pm.

Register for the entire seminar series for \$140 or for individual seminars at \$40 each. Free for all current First Defense Members. Minimum age for participation is 14. Registration will open on March 8th.

Spring 8 Week Foundations Course



KRAV MAGA
2018 SPRING FOUNDATIONS COURSE

Register Today!



Gear Packages Available



Openings Available in our



Keep up to date!

Krav Junior Program

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.

We have openings in our Kid's Division 5-7 year olds!

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

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

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**](#)

2018 Scheduled closings

General Holiday Closings

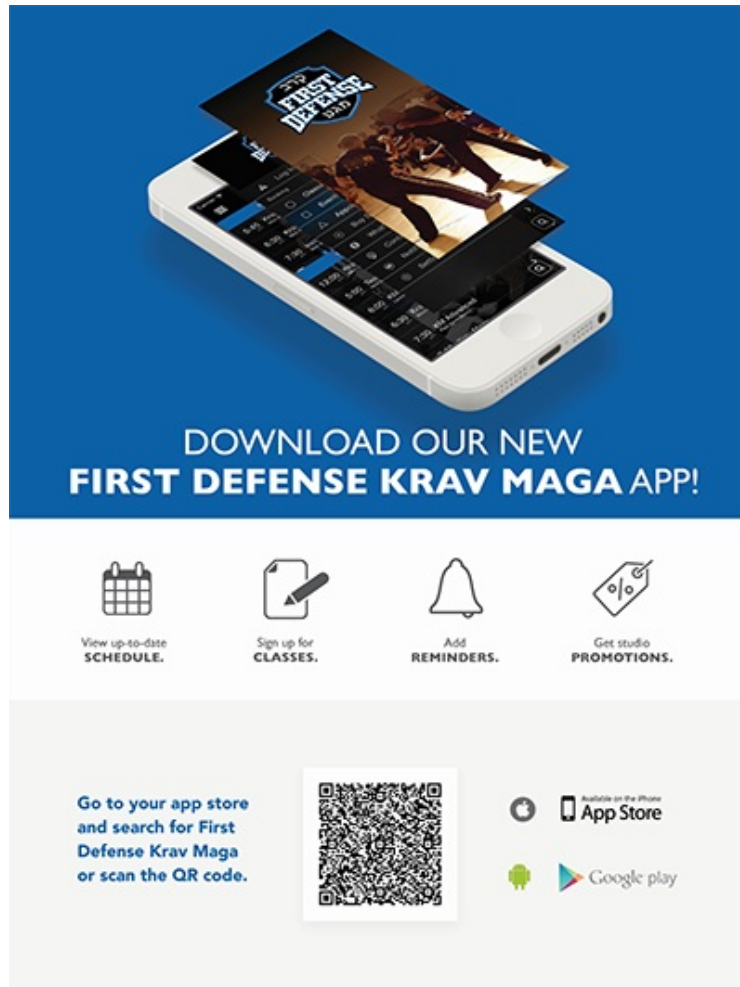


- Easter Weekend- Closed Friday March 30th-April 1st
- Memorial Day Weekend- Closed Friday May 25th-May 28th
- Fourth of July Holiday Break- Closed Wednesday July 4th-Sunday July 8th

- 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

FDKM Private Facebook page & APP

Missing events and announcements?



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

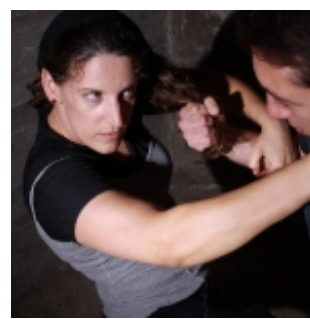
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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

