

# KRAV MAGA



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## 2018 April FDKM Newsletter

Spring is here! Well, sort of. Mother Nature greeted the DC area with a measurable snow storm the first day of Spring. Things will start warming up....even if it does it slowly. No matter, things at FDKM will still move forward, even if the weather doesn't want to cooperate. Spring time at FDKM means the momentary days where we can open the garage doors to enjoy the warm breezes, before things get too hot, and we no longer have a garage door to open!

Hello fellow FDKM'ers,

We're kicking off April with lots of activity here at First Defense! April 6th-8th, the KMG East Coast Camp is being held here. Jan Tevini (KMG GIT Member & on the Board of Directors of KMG Germany) will be leading the Camp.

We're excited to welcome Jan back! We'll have camp participants from other KMG affiliated schools training here as well, definitely looking forward to welcoming everyone to First Defense!

This Sunday April 8th, from 1-3pm also kicks off our 4 part Krav Maga for Women Seminar Series. This seminar series focuses on common threats women face and how Krav Maga training fits into these scenarios. It's a great introduction for any young lady or woman who have been curious about what Krav Maga training is and how it relates to threats and scenarios we often find ourselves in. Also a great opportunity for any upcoming College freshman to get some self-defense training in before heading off to college in

the Fall. There are still spots left, so register today!

On the topic of College students, our Student summer special will be returning again! Don't wait until the last minute to get your child some self-defense training. We offer a special 3 month pricing package for students (high school & College with valid School ID or transcripts) Registration are for the months of May/June/July or June/July/August. For more information about our Student special, please contact Ann directly.

We love seeing you guys enjoy and participate in our "Intro to" series. We've been working on our "Intro to Grappling" session right now. There have been lots of tosses, sweeps, and feet in the air! Shuaijiao jackets were used in the most recent class. It was a great opportunity for the participants to work one on one to try to take each other down. Great work everyone.

The assumption is that winter is behind us, and Spring is near. So we're looking forward to some nicer and sunnier days, hopefully nice enough to open our garage door while we can. Things in the new space are moving forward, but we still don't have a more concrete move in date yet. We love the excitement everyone has been sharing with us! Once we have more info, we'll definitely let you guys know too! Alright, read on for a recap of March, and future events below. We look forward to seeing everyone on the mat training this month!

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

## UPCOMING EVENTS



### Intro to Grappling

8 week Intro to Grappling session continues through April. Open to all members. Join us to learn the basics of grappling.



### Krav Maga for Women: 4 part Seminar Series

4 Part Introduction to Krav Maga for Women

Join us in learning and training Krav Maga techniques against common threats women face.

[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.

## In First Defense Krav Maga News

## March Practitioner Test



## 2018 Spring P-Level Testers

Huge Congratulations to our recent practitioners who participated in our March 11th Testing. It was a fantastic effort put in by all! All of your continued hard work and commitment to training showed during the test. We are always so proud to have you guys as members here at First Defense!

There are a few FDKM'ers who will be testing during the KMG East Coast Camp with Jan. Wishing you guys the best of luck! Make us proud!

Next scheduled Testing days for Adults are, May 5th at 2pm for Practitioner Level one. June 10th, Practitioner level 2 and above





Congrats to Peter K., Daniel L., Konstantin O., Souny W.



Congrats to Shari N., Chris R., Phil A., Malcolm B., Munindra S., Evelyn T., Elliot M., Alec F., Kaela P., Dan H., John N., Brandon S., Amy L., Robin S., Rachel J., and Mike M.



Congrats to Bob K., Richard L., Chris B., Sarah E., John Z., Blanca B., Richard B., Caroline I., Jake S., Julius J., Amanda J., and Janice R.

Just a few outages from this go around of testing.







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## Spring 2018 Krav Mega for Women: 4 part Seminar Series

Begins April 8th!



First Defense Krav Maga presents a 4 part Women's Krav Maga Seminar Series this April & May.

"Between 15 and 76 percent of women are targeted for physical and/or sexual violence in their lifetime"- [endvawnow.org](http://endvawnow.org)

Each seminar in this 4 part series will focus on women specific threats and scenarios.

**Week 1 - April 8, 1-3pm (Fundamentals: Situational Awareness, De-escalation & Releases from Common Grabs)**

In this week's seminar, we will explore the concept of situational awareness and practice ways to de-escalate potentially dangerous situations. We will also cover the Krav Maga techniques for releasing various common grabs and holds.

**Week 2 - April 22, 1-3 pm (Utilizing Common Objects & Self-Defense Tools)**

This week's seminar will focus on using everyday objects to assist you in defending yourself. Using objects such as your bag or purse as a defensive or offensive weapon to turn the tables on an attacker. Being able to quickly identify and utilize an everyday object as a self-defense tool is as valuable a skill as striking & kicking.

**Week 3 - May 6, 1-3 pm (Ground Tactics)**

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)

### Week 4 - May 20, 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 you vehicle.

The 4-Part Women's Krav Maga Seminar Series begins April 8th.

Register for the complete series for \$120 or each seminar individually for \$40/each. Ages 14 & up welcome.

Dates:

Sunday, April 8th

Sunday, April 22nd

Sunday, May 3rd

Sunday, May 20th

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

**Register Today!**

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## March 2018 SEG Range Day

FDKM Members came out to sharpen their skills

Our FDKM members enjoyed an evening at the Silver Eagle Group Range in Ashburn. Both those who are familiar with firearms and those who are new to them all had a good time practicing and learning. Our next scheduled range day will be on June 8th. We'd also like to arrange a firearms safety/beginners class and an intermediate class for anyone interested. Speak to Ann or Nick, if you're interested so we can organize.





# Indian Clubs & Body Weight with Phil Scarito



We also welcomed Phil Scarito of DV8 Fitness, who came in and ran an Indian Clubs & Body Weight Seminar here at First Defense. Our participants learned the ancient art of Indian clubs and discovered the intricacies of movement and probably discovered new muscle groups too! We're looking forward to having Phil back in the near future.



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## 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.

If you can smell yourself,



others have been able to for a while.



### Warm Cars can create smelly bags and gear

Hot weather is around the corner. Just a reminder to not leave sweaty gear in your gym bag in the car for long periods of time.

### Friendly reminder about good hygiene practices

The meme rings true. And many times your training partner might be too polite to raise the issue. Good rule of thumb is to not re-wear dirty training clothes, shower, quality deodorant, and make

### Might be time to retire that FDKM shirt

Can't get that funk out of that trusty FDKM shirt? Might be time to retire it, and get a new one! See Ann for what's in stock. Summer/Spring shirt order is on the horizon!

sure your gear is in good smelling condition. Also a good reminder to keep your nails clipped too :)

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## 2018 Student Summer Special



It's that time of year again where parents and students are celebrating the next chapters in life. One of those being, heading off to college. It's not too late to get some Krav Maga/Self-Defense training in before your child heads off on their own. Or many students are returning home for the summer break, what better time than now to squeeze in some Krav Maga training. Here at First Defense we're offering our popular Student Summer Special again. 3 months of unlimited training for the price of \$330. (valid School ID or transcripts are required to be eligible for this special promotion, \*certain descriptions apply, please inquire)

3 month training blocks are as follows May/June/July or June/July/August.

Looking for additional opportunities for Krav Maga training? Stay tuned for additional announcements about Courses and Seminars.

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## KMG East Coast Spring Camp is Here!



Spring Camp is just a few days away. Looking forward to meeting all the participants and welcoming Jan back to the studio. So don't be surprised if you see increased activity in the studio over the weekend of April 6th-8th.



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## 2018 Scheduled closings

General Holiday Closings

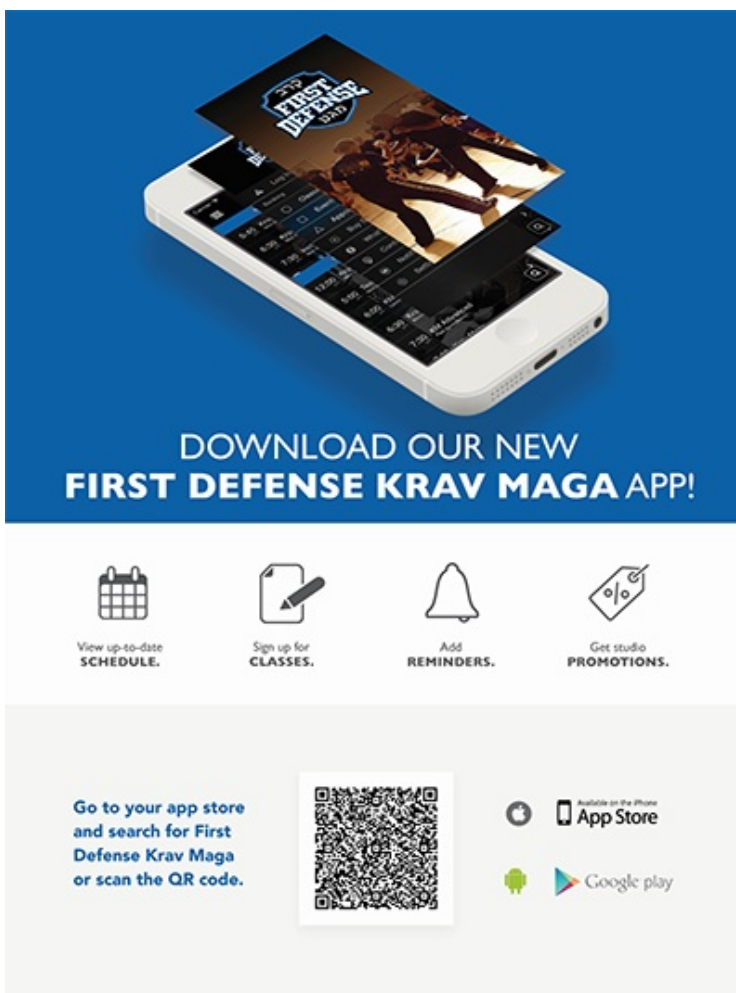


- Memorial Day Weekend- Closed Friday May 25th- Monday May 28th
- Fourth of July Holiday Break- Closed Monday July 2nd-Sunday July 8th \*\*We have made a slight change to the schedule and tentatively will be closed for the week of the 4th.
- Labor Day Weekend-Closed Friday August 31st- September 3rd
- Thanksgiving Break- Closed Thursday November 22nd-November 25th
- Winter Break- Closed Monday Dec 24th-January 2nd





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## 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**

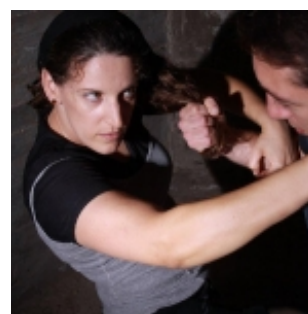
Feel like you're missing out on events and other ongoing here at First Defense? For current members who have Facebook accounts, make sure you're part of our Private Facebook page. If you haven't received an invite for our group, just visit Ann at the front desk. Many of you may have different email accounts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

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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

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Forward this  
email

STAY CONNECTED

