

KRAV MAGA



website:

www.firstdefensekravmaga.com

phone:

703-835-9054

email:

info@firstdefensekravmaga.com



First Defense Krav Maga
291 Sunset Park Drive
Herndon, VA 20170

2018 May FDKM Newsletter

Aaaaachoooo! This year's pollen has been quite the attacker. Relentless in it's intensity and numbers, most of us are doing our best through the haze. To deal with the effects, we turn to medications and routines that help us combat allergy season! Of course, we train Krav Maga to help us defend ourselves from real life attackers. Consistent and deliberate Krav training helps us build that muscle memory and sharpen our decision making skills. So keep up the great work everyone! Aaaaachoooo!

Hello fellow FDKM'ers,

Can you believe that it was just 30 days ago we had snow and now we're basking in 90 degree weather! So a lot can happen in a month, and boy, is there a bunch of news to announce and review. We're prepping for a very busy summer with lots of activity and NEW, NEW, NEW, things.... like, uhmmm, new training facility! Things on that front is finally picking up some steam, and it's moving fast. We're looking at a soft opening by July.

My State of Mind Now



We kicked April off with KMG's Spring East Coast Camp. It was great to welcome GIT member Jan back for a weekend of Krav training. It was also a great opportunity to welcome back some familiar faces and meet some new KMG affiliates. I think Ann might have had a side quest of taking Jan on a food tour. He got to go eat everything from Peking duck to Sno-cream the size of your head. Here at First Defense we're always so excited to host our KMG brothers & sisters from around the world. Our beloved Pat Hards also popped in at the end of the month to say hello and make you guys sweat in his class. Ann also sent him on his way with a belly full of Texas de Brazil. I'm beginning to see a pattern here..... Up next will be Ilya Dunskey Expert Level 4! He'll be here for the General Instructors Course Part 1 & 2, hosted here at First Defense May 26th-June 3rd.

We also kicked off our Spring Four Part Women's Introduction to Krav Maga Series last month. We've got a feisty and fun group. There's still room in our second half of the series this month if you're still interested in joining us. Sunday May 6th we'll be working on ground defenses and Sunday May 20th car & home safety. Free for current FDKM members and \$40 each for non-members.

Pew...pew...pew... we finally squeezed in a quick social event and went to play laser tag. Boy... 10-12 year olds know their laser tag game, brutal. As we prep for our move, we'll probably have a movingday "party", and a come help us build stuff for the new studio event. Yeah....manual labor! No worries, Ann will feed you.

Moving forward in May, just a reminder FDKM will be closed for the Memorial Day Weekend, Saturday the 26th-Monday 28th. Keep reading on for other news and events and see you in class!

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

UPCOMING EVENTS



FDKM Closed for Memorial Day Weekend

Just a reminder that First Defense will be Closed from Saturday May 26th-Monday May 28th in observance of Memorial Day.

Classes will resume Tuesday May 29th.

Krav Maga for Women: 4 part Seminar Series

2 more seminars are left in our 4 part series. There is still room for participants!

Sunday May 6th. &
Sunday May 20th

[REGISTER NOW](#)

KMG General Instructors Course Part 1 & 2 with Ilya Dunsky

May 26th-June 3rd

Instructor Certification through Krav Maga Global's 3 part Course begins on May 26th. If you're interested in the Instructor Path with KMG via FDKM, speak to Nick for more information.

In First Defense Krav Maga News

KMG's East Coast Spring Camp

April 6th-8th



We had a great time welcoming familiar and new faces to this year's KMG East Coast Spring Camp.

Everyone spent 3 days training hard with GIT member Jan Tevani. Congrats to our own Josh G. for earning his next rank of Practitioner 4 during testing. We always encourage FDKM'ers to participate in KMG events held not only here, but around the nation and world. It's a wonderful opportunity to meet other Krav Maga

practitioners and train under the best Krav Maga instructors that are part of KMG.

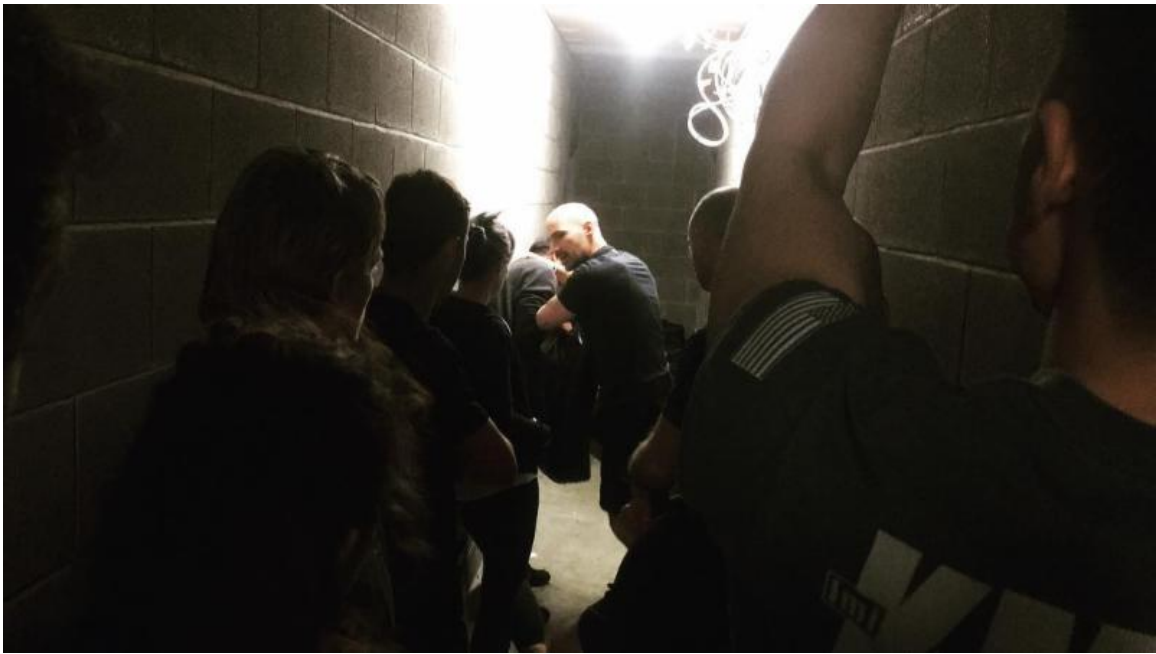


Photo courtesy of TJ Dunn



Some food
training
happened too!



Special seminar with KMG's Global Team Member Ilya Dunsky

When throwing a punch isn't the best option



Join KMG GIT member, Ilya Dunsky (Expert 4) for a seminar focusing on the "softer"

side of Krav Maga - controls and restraints.

There are many situations where we may need to monitor our use of force and avoid striking or hitting. For these situations, we need techniques and tactics that are effective at neutralizing the threat and keeping us safe, but also minimizes damage to the threat.

This seminar is open to all Krav Maga students as well as those in occupations where they may need this particular set of skills - teachers, doctors and nurses, law-enforcement, etc.

When: Tuesday, May 29, 6:30-8:30pm

Fee: \$35 FDKM Members and KMG students with KMG passports; \$55 general public

[REGISTER HERE](#)

Spring 2018 Krav Mega for Women: 4 part Seminar Series

2 More Seminars left!



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

What a Fantastic start to our Krav Maga for Women Seminar Series. We've worked on

basic blocks, releases, time line, soft defenses, and using common objects. We're looking forward to working with everyone on the next two topics Ground Tactics and Home & Car Security. There's still available for participation so register today to secure your spot. Free to all current FDKM members, and \$40 for each seminar.

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.

Ages 14 & up welcome.

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

Register Today!



2018 Spring Women_s Intro to Krav Mega Part 1



Enjoying using Common Objects_ Part 2

Practitioner 1 Testing

Saturday May 12th, 2pm

**EVERY -
WAS ONCE A -**



**SO STAY HUNGRY,
TRAIN HARD,**

AND DREAM BIG!



Practitioner 1 testing is scheduled for Saturday May 12th at 2pm. Those who are eligible to test should've received an invitation via email. Please register beforehand, or let Ann know if you plan on testing or not.

Next Practitioner Test is scheduled for Sunday June 10th. Time, TBD. Eligible testers will be notified via email for testing invitation by May 30th. So make sure you get your required number of training hours in before then!

Questions- please see Ann or Nick

2018 Student Summer Special

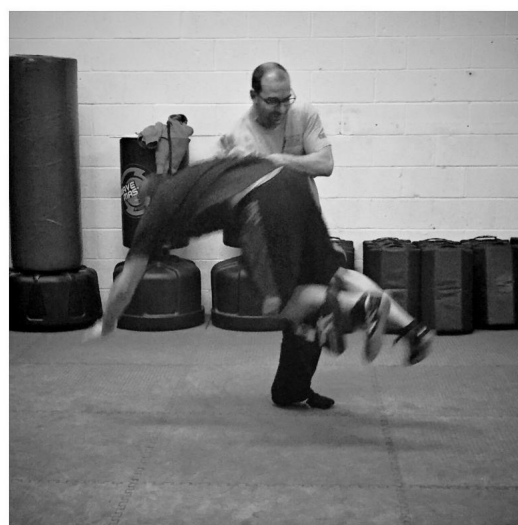


It's that time of year again where parents and students are celebrating the next chapters in life. One of those being, heading off to college. It's not too late to get some Krav Maga/Self-Defense training in before your child heads off on their own. Or many students are returning home for the summer 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 restrictions 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.

Introduction to Grappling



We are wrapping up the Intro to Grappling 8 week session. We hope everyone enjoyed learning some sweeps, throws, and takedowns! Unfortunately, we're going to have to postpone our next 8 week "Intro to" session. Due to the upcoming relocation, events, and holidays, we've decided to wait until we're in our new space to continue. Tentatively, Intro to Ground Fighting will be the next topic when we resume this training series in the new location.



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.

If you can smell yourself,



others have been able to for a while.

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 sure your gear is in good smelling condition. Also a



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!

Account Holds and Documentation

Spring Cleaning is upon us! Well for us here at FDKM we're cleaning up our databases and outstanding memberships and holds. Moving forward all requests for Account holds/freezes will require the completion of an account hold form. For those of you who's account is currently on hold, you'll receive an updated form via mail and email. A signature and completed form is required to continue your account freeze. There is a maximum of time allowed for account holds per 12 month period. Those on hold for medical reasons, who need an extension beyond the maximum 6 month period will be required to provide a doctors note. We will make an attempt to reach everyone. If there is no response, we will cancel the hold, and cancel the membership. If your account/membership is cancelled & you want to re-join FDKM in the future, the current membership rates will apply at that time.



****Note:** Upon relocation, FDKM will have new rules, regulations, and procedures regarding Account holds/freezes. The new policy will apply to all current and new members at that time. If you have additional questions, please feel free to contact ann@firstdefensekravmaga.com

KMG General Instructors Course Part 1 & 2

May 26th-June 3rd



KMG's General Instructors Course Part 1 & 2 is coming to FDKM at the end of May. Let's cheer on our members who will be Participating in this 3 part Course. We'll be welcoming Ilya Dunskey back to FDKM, who will be leading the group of future KMG certified Instructors. For those of you who have been curious about the training path to becoming a Certified KMG Instructor, please feel free to ask Nick about it. Here at First Defense we have an Instructors College that helps pave the way through mentorship, additional instruction, additional training, and shadowing that prepares you for the 3 part certification. We are always looking for members who are ready to take their Krav Maga training to the next level.

We are currently looking for anyone who is interested in working with us in our Krav Junior Program. Must love working with kids to young adults, weekly time commitment necessary, and additional instructional training outside of regular Krav Maga training. Please see Ann or Nick for more information.

May schedule adjustments

Please take note of the few changes for the month of May



- 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.
- Monday's in May- 7:30 will be open mat
- Tuesday May 29th- No Youth/Junior/Teen Class
- Tuesday May 29th- All regular Training classes are cancelled
- Tuesday May 29th- 6:30-8:30 pm. Special Training Seminar with Ilya Dunskey, Registration is required for participation
- Wednesday May 30th- Sparring Class is cancelled
- Saturday May 26th-June 3rd- GIC Part 1 & 2 , 9am-5pm

New Facility for First Defense on the Horizon

Demo has begun!



The long awaited start to our new location has finally begun! Demo of the interior has begun earlier in the week, and they're already going to frame the new walls by next. Things are rolling along quickly and picking up steam. We're already in the process of picking out finishes, flooring, and paint. Decisions! Decisions! If everything runs on schedule, we're looking at a soft opening after the Fourth of July Holiday.

Being a Good Training Partner: Body Odor

To be delicate? or straight forward about the subject?



There are many things that go into being a good training partner. We always strive to create the best training environment. However, sometimes we all need a reminder on what we can do or not do to make everyone's training experience a good one. One of them is Odor, everything from body odor, smelly workout clothes, smelly equipment, and the age old bad breath. Let's be honest, we've all smelled an offender, and we all hope that it's not me. Let's just take a moment to discuss what strategies and habits we should be practicing so we can avoid the awkward comment from your fellow partner needing to say, "hey you really smell."

Why is this even being discussed in a Krav Maga newsletter??? Well, unfortunately things have a tendency to get a little riper in the summer months, and nothing is worse then getting the unrelenting whaff of a mix of onions, sourness, and just plain funk. And it's been making an appearance more often than my nose would like to smell. Krav training requires people to work together, and with a lot of contact. It can be extremely distracting to not only your partner, but to others in class when they're unable to focus on the material being taught because, well frankly, someone smells. And, who wants to go home smelling like someone else's funk? So lets break it down.

Hygiene. We're all adults, so lets not be lazy. Parents, if you're teen is smelly, give them a nudge. Obviously, showering on a regular basis, using deodorant, and just overall good hygiene practices is the way to go here. If you think you might smell, you probably do. Soap, soap is your friend! Cologne, not your friend, if anything it might exacerbate the problem. Don't forget your hair, too! No need for fancy deep conditioners, just a good washing will do. And to combat that bad breath? Maybe that extra garlicky meal beforehand wasn't the best choice, but we always have mints floating around the studio!

Laundry. The rule of thumb for training clothes is one use, wash, and then it's ok to wear again. We don't recommend re-wearing that sweaty shirt/pant from last night that happens to be dry again. It's likely to be funky. Even worse, is when it's been left in a gym bag, in a hot humid car, and then worn multiple times. If you happen to train more than once a week, it's a good investment to own more than one training outfit.

Sometimes, you might just have to retire your favorite training shirt. Those dry-wick shirts love to hold on to odor and not let go.

Equipment and Gear. Yup, this stuff gets stinky too! Unfortunately, if not taken care of from the beginning, it might be a losing battle. There are many products on the market that help with this issue. But at the end of the day, just take a few minutes to take care of your gear too! We always recommend wearing hand wraps. They not only protect your knuckles and support your wrists, but they also help soak up sweaty hands when using boxing gloves. What's easier than throwing a pair of hand wraps in the wash. Always clean your gear after each use, and let it dry. LET IT DRY! Gear gets it's funk when they're not cleaned properly, and moist sweat gets trapped in the material and begins to bake in. In the summer months, we definitely recommend bringing your gear bag inside and not leaving it in the car, the mobile oven in the summertime.

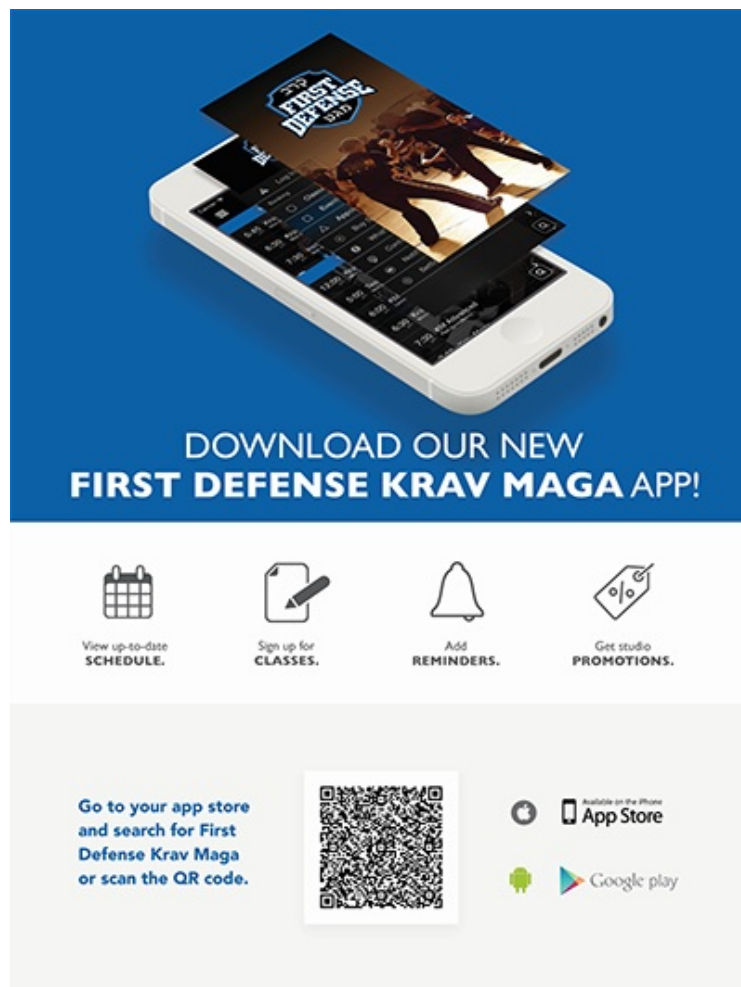
Try not to be offended if someone brings up the subject. There's really not a great way to bring up the issue. It's embarrassing and extremely awkward. Here's an online article about it. Take it into consideration:

[How To Tell Someone They Smell Bad \(And Other Awkward Conversations\)](#)


So hopefully this brings everyone one step closer to being a good training partner. See you on the training floor!


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 things 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

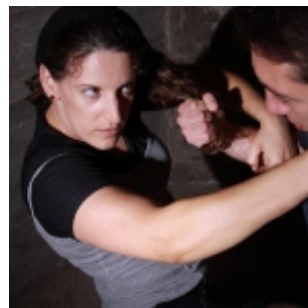
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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 its 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,

Forward this
email

STAY CONNECTED

