

KRAV MAGA



website:

www.firstdefensekravmaga.com

phone:

703-835-9054

email:

info@firstdefensekravmaga.com



First Defense Krav Maga
360 Herndon Parkway
Suite 1200
Herndon, VA 20170

2018 August FDKM Newsletter

Wow! A lot has changed since our last newsletter! I hope everyone has found their way to our new studio located at 360 Herndon Parkway. We've also made some changes to our schedule, and it'll take a little bit of time before we're all settled into the new routine. Summer began in the last newsletter, and summer is already ending in this one. Whew, time does fly!

Hello FDKM'ers,
We're already saying good bye to summer and hello to school being back in session. It's been a hectic 2018 thus far, especially with First Defense relocating. Thankfully, the transition went fairly smoothly. But that's because of YOU! Our wonderful members who lent a hand in the process of our move was more than we could ever ask for. So thank you to everyone for being patient with the transition and us getting everything rolled out and ready. It's an understatement when we say we couldn't have done this without you!

There were a few bumps in the road, though. Like our A/C breaking down for a few weeks. But I'm pleased to announce that "HOT" Krav Maga training sessions are over! Thankfully we now have a brand new HVAC system pumping out cool air once again for classes. There has been a little confusion about our new schedule and the class times and levels. We'll explain this more in this month's newsletter. Aside from a few more finishing

touches yet to be completed, we hope everyone has been enjoying all the new amenities our new space provides!

There was a lot of activity here at FDKM as soon as we opened. We welcomed Jan-yu Weng (USSA President) out to do some Shuaijiao training to help us relaunch our Shuaijiao Program this upcoming fall. Eyal Yanilov taught a 3-hour Active Shooter Seminar during our opening week. We also welcomed a new batch of Practitioner 1 members to the ranks. BTW, did we mention that our own Sam Murphy reached the rank of Expert 1 in Israel! Huge congrats to Sam for reaching this achievement. We're so proud of him!

There's a lot of information to share in this month's newsletter. So, keep on reading, and squeeze in those last minute Summer adventure! Oh yeah, one last thing.... Happy Birthday to First Defense! We turn 8 this month!

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

UPCOMING EVENTS



FDKM Closed Saturday Sept 1-3 for the Labor Day Weekend

We will also be closed for Labor Day Weekend, Saturday Sept 1st- Monday Sept 3rd.



September Introduction to Krav Maga Course.

Looking for an introduction to Krav Maga training? Our four week course is the perfect way to start. This course meets twice a week for four weeks, giving you that kickstart you're looking for to start your Krav training. Next session starts Monday September 10th

Space is limited
[REGISTER NOW](#)



Krav Maga for Homeschoolers Pilot Program

First Defense will be launching a 10 session Krav Maga Pilot Semester this Fall exclusively for Homeschooled children Ages 8-14. For more information and to get on the waitlist for this program email [Ann Masi](#).

10 week semester starts
Thursday Sept 6th, 1:30-
2:30pm

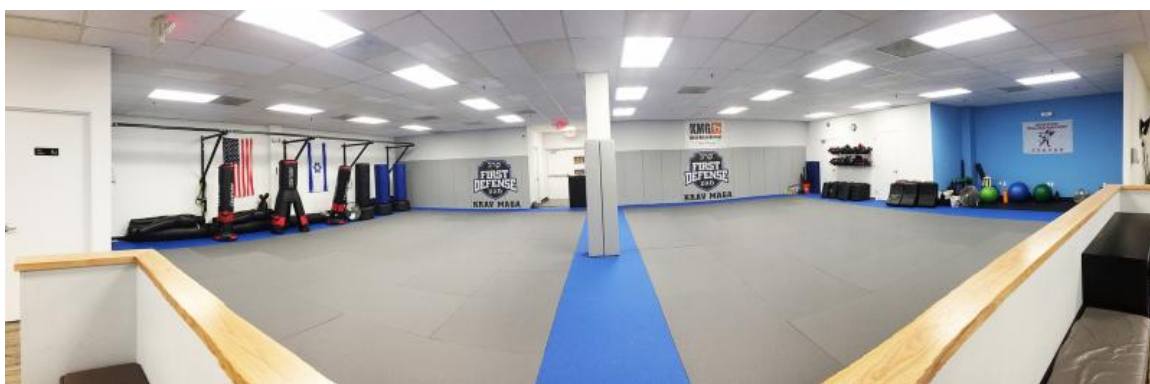
In First Defense Krav Maga News

Welcome to Our New Location!

360 Herndon Parkway, Suite 1200



We made it! Both literally and figuratively. We hope everyone has had a chance to visit and/or train in our brand new facility here at 360 Herndon Parkway, Suite 1200. We said good-bye to our old 2,700 Sq studio that we were in for at least 7 years, and moved into our new 5,700 sq ft. studio at the end of June. We are pleased to announce that our new studio upgrade enables us to offer an expanded Krav Maga schedule and program, re-introduce our Shuaijiao program, offer a more in-depth Youth Program, and offer upgraded amenities for our patrons. Here's a quick overview of the new space!





Two! Yup, two separate training areas. We can now hold larger classes, and two congruent classes during the evenings and weekends.



Multiple seating areas for Parents and visitors. (A Huge THANK YOU to Nick Mercorelli for building us these beautiful benches for studio A)



New Merchandise wall and Krav shop. We'll be increasing our merchandise offerings in the upcoming months. Looking for something you don't see? Ask Ann, Nick or Dakota for assistance.



New men's and women's bathroom/locker room facilities. Our new restrooms offer a clean and convenient

place to get ready for class. Each bathroom is equipped with a shower for a post workout refresher. There is a changing area located in the back of each restroom. We also offer a vanity nook for the ladies to get ready, with complementary toiletries.



Our Conference Room/ Study Hall is a convenient place for children waiting for their parents to hang out in. The glass panels give an opportunity for both kids and parents to be in view of each other. During weekday evenings there will be quiet times for homework/study/reading hour. On weekends, kids get a chance to hangout in there to watch tv, play games, and get to know each other while they wait for their siblings or parents. With the conference room option, we'll be able to expand our Krav Maga training to go over material that we usually don't have time to get into in a physical class.



Need a place to sit and have a quick snack? Now we have a kitchenette! For members, visitors, and families, it's a great spot to eat a meal or have a snack. With a full size fridge, our members are welcome to keep food cold while they work out. We also have a microwave and oven for those who need to warm up a meal for a quick lunch or dinner.



Clearly marked First Aid Kit Cabinets. You'll find one in Studio A and another one in the back lounge area near studio B. You'll find all first aid supplies in these cabinets - bandaids, Advil, tape, etc.... And through a generous donation from Deidra Denson, we have a AED machine. (We hope to offer a First Aid and AED certification course in the near future)



And last but not least, a larger parking area. Parking at 360 Herndon Parkway offers more spaces than our old location. However, please refrain from parking in any space that is already reserved/marked by our neighboring businesses. Such as the ones marked RTL or PTS. We share our lot with another martial arts school (Pedro Sauer BJJ), so there will be evenings where the lot might be fuller than others. If you're having trouble finding a spot in the front lot, there is a back lot too.

CLOSED Labor Day Weekend

FDKM will be closed from Friday August 31-September 3rd



First Defense Krav Maga will be closed for the Labor Day weekend from Friday August 31st to Monday September 3rd. Classes will resume on Tuesday September 4th.

September Introduction to Krav Maga Course

Monday's & Wednesday's starting September 10th



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.

This September's Introduction to Krav Maga course will continue in the tradition of our 8 week Foundations Course. However, 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 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 September Foundations Course begins on Monday September 10th & runs every Monday and Wednesday at 7:00pm through October 3rd.

Krav Maga for Women

4 Part Seminar Series introducing Krav Maga to Women, begins September 30th.



First Defense Krav Maga presents the fall session of our 4 part Women's Krav Maga Seminar Series.

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

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

Week 1 - September 30th, 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 - October 14th , 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 - October 28th, 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 - 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.

The 4-Part Women's Krav Maga Seminar Series begins Sunday September 30th.

Register for the complete series for \$220 or each seminar individually for \$60/each. Ages 14 & up welcome.

Dates:

Sunday, September 30th

Sunday, October 14th

Sunday, October 28th

Sunday, November 4th

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

Register Today!

Shuaijiao Program returns to FDKM

Classes begin on Saturday September 8th



Shuaijiao returns to First Defense!

We are pleased to announce that with our recent relocation to a new facility we are able to bring Shuaijiao back into our schedule!

Shuaijiao (also spelled Shuai Chiao) is a traditional Chinese martial art that focus on stand-up wrestling, throwing and take-downs. Nick is a 3rd degree black belt, a 2-time National Champion, and has medalled in many international tournaments.

In our classes at FDKM, we'll cover all the aspects of Shuaijiao training from strength & conditioning, basic forms, throws (of course) to competition tactics and

full-contact sparring (SanDa).

Come try out Shuaijiao with us on Saturdays from 1-2pm starting September 8th, and on Mondays from 6-7 pm starting September 10th.

Free Shuaijiao trial on Saturday Sept 8th & Monday September 10th.

For those interested in joining our Shuaijiao program, SJ-only membership is \$80 per month. Shuaijiao Youth ages 8+, Adult Shuaijiao program all ages welcome. Upon joining the program there will be a uniform requirement of a Shuaijiao Gi, wrestling shoes, and groin protection (males).

Please contact us for more information.

Krav Maga Homeschool Pilot Program

Try out a semester of Krav Maga



We are launching a pilot Krav Maga program for area homeschoolers. This 10 week course will cover some Fundamental Krav Maga techniques, tactics, and philosophy for children between the ages of 8-14.

RSVP for a trial class on Thursday September 6th, 1:30-2:30pm, email Ann at, ann@firstdefensekravmaga.com.

The 10 week session will begin on September 13th. 10 week semester cost \$199, additional siblings 50% off. For family's of 4 or more please inquire about additional discounts.

Congrats to our most recent Practitioner 1 Graduates!

Our 1st group of P1's here at the new space



Back in July we had our first testing group in our space. Huge congrats to our newest P1's!!! Great job everyone! Congrats to Thomas M., Lauren K., Wendy L., David P., David R., Akshaya S., and Jeanette M.

Remainder of 2018's Testing schedule

Let's work together to reach your goals!



Our next Practitioner 2 and above test is scheduled for Sunday, September 16th starting at 12pm. Those who are eligible for testing will receive an invitation the week of the 4th.

Our next Practitioner 1 test is scheduled for Friday, September 21st at 6:30 pm. Those who have completed the requirements to be eligible to test will receive an invitation via email in the upcoming week.

Next P2 level testing is scheduled for December 9th, and P1 leveling testing is scheduled for November 17th.

Krav Junior Celebration Party!

Friday September 7th, 7-8pm

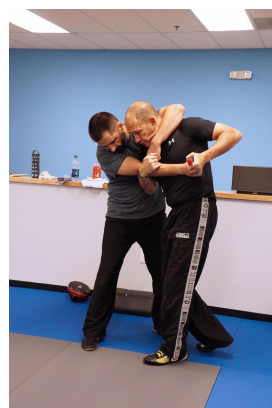


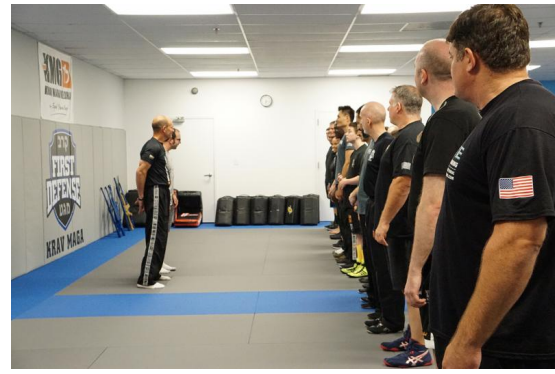
We'll be celebrating the accomplishments and achievements of our Krav Junior members on Friday September 7th from 7-8pm. We've implemented our new Krav Junior curriculum back in July. At the end of each 8 week cycle we'll be hosting a celebration for our Krav Junior participants. It's an opportunity for us to acknowledge the great job they're doing, and highlight individuals who have gone above and beyond on and off the mat. We're looking forward to seeing our Krav Junior members and their families.

Active Shooter Seminar with Eyal Yanilov



First Defense Krav Maga was excited to Host KMG's Founder Eyal Yanilov to our brand new studio back in July for an Active Shooter Seminar. The 3 hour seminar covered scenarios and tactics that could be used in an Active shooter situation. Huge thanks to everyone who participated. And First Defense Krav Maga would like to send a Special Thank You to Eyal for teaching this seminar. It was a great learning and training experience.





Congratulations to Sam Murphy!!!!

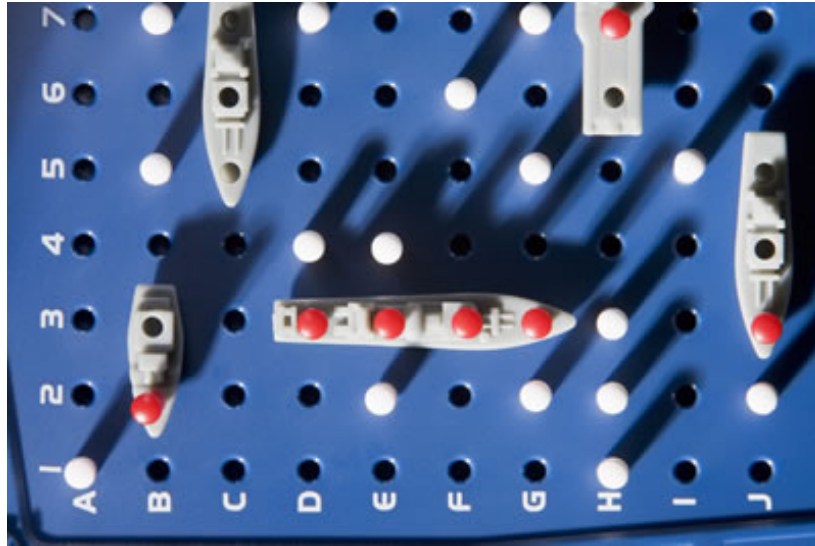


A huge Congratulations to our very own Sam Murphy for achieving his KMG Expert

Level One Rank in Israel this past June at Expert camp! We're so fortunate to have so many dedicated and talented Krav Maga practitioners here at First Defense. We're so proud of this amazing achievement Sam has earned.

Game Night

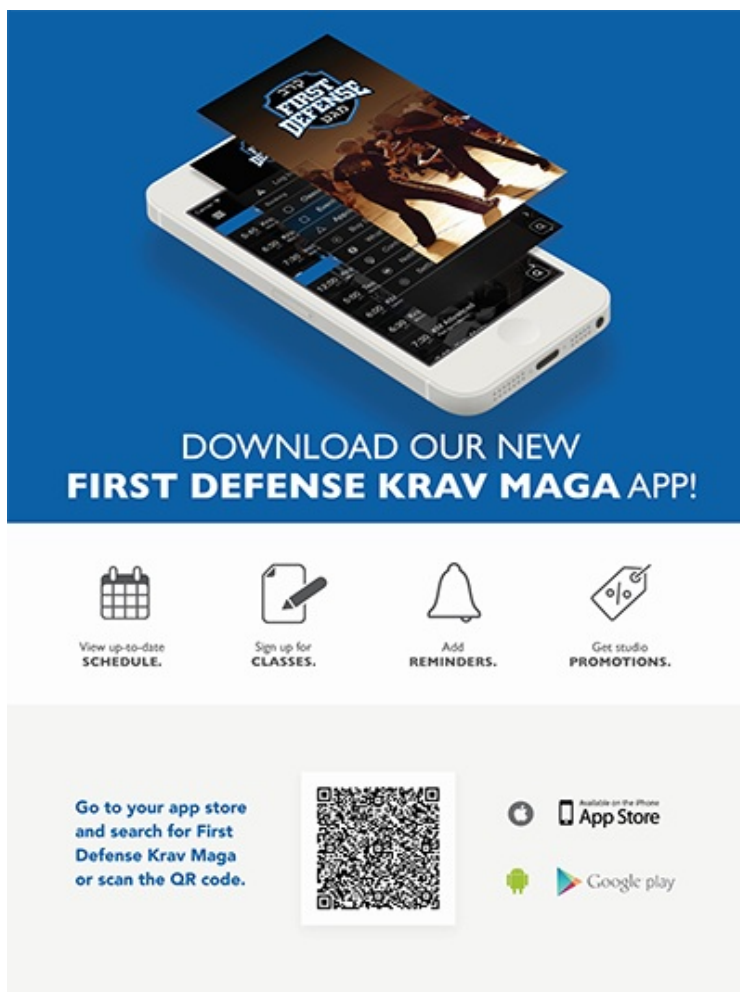
Saturday September 29th



Join the FDKM Family on Saturday September 29th for some old School Competition.... Board Game style!!!! We're bringing back Game night. Come join us for some old and new style board and card games. Bring the whole family for some competitive spirit and refreshments!

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

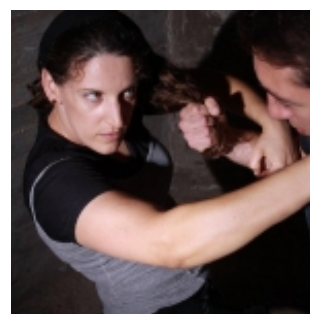
Google play

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



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.

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.

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



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