

KRAV MAGA



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2019 January FDKM Newsletter

Happy New Year!!!! 2019 is here but before we know it 2020 will be just around the corner. Will all of our sci-fi dreams become a reality? I dunno, but sometimes it feels pretty close. We're bringing you a new year full of exciting Krav Maga classes, courses, and fun community events! We've got plenty planned for January 2019 already!

Happy New Year FDKM'ers!!!!

Wow! Another year in the books, and we're so excited for the upcoming 2019. We've got lots of plans in the works for even better training, new seminars, and a cohesive path of programs. We're kicking off 2019 with our popular Intro to Krav Maga course, straight from the headlines week, and soon to be inducted Practitioner 1's and 2's.

We hope everyone had a wonderful Winter/Holiday break. The Masi's took a much needed Vacation and headed out to the West Coast. There was a lot of sunshine, but we got surprised by how chilly it was. We got to pick lemons, but boy were we served some while traveling out there. But like they say, make lemonade when life gives you lemons. And we did! Our diverted flight took us to San Jose, where we got an opportunity to visit with Jan-yu Weng (the president of the US Shaujiao Association) and his family. Also, as

luck would have it, we had an opportunity to visit one of our first students at FDKM, Adam M. First Defense Krav Maga has given us that second family that we love spending time with.

Speaking of spending time with friends and colleagues, Nick traveled to Israel in December to participate in Krav Maga Global's - Global and International Team training. A week was spent training both the mind and body. It's a great opportunity to catch up with fellow KMG instructors and leaders from around the world. Nick is super excited to share what he's learned on his trip with everyone in classes throughout the year.

Well, lets get reading to see what's in store for the next month or so! Looking forward to seeing everyone back on the mat training.

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

UPCOMING EVENTS



Straight from the headlines week

Jan 28th-Feb 2nd will be our popular Straight from the Headlines training week. This real life scenario training week is a fun and popular opportunity to discuss and train threats that we've seen in the news.

Is there a specific scenario, threat, or headline you'd like to discuss and train during this week? Let us know!



Intro to Krav Maga 4 Week Course February Session

Missed the January session of this course? Our next one will begin on February 4th. This introductory course teaches you the basics of Krav Maga and introduces you to the tactics and techniques used in this growing self-defense system. Space is limited. Register today!

[REGISTER NOW](#)



2019 Special Krav Maga Workshop Opportunity

In 2019 FDKM will be offering an opportunity to participate in a monthly workshop. This specialized training will be offered on the 2nd Friday night of every month.

We will be offering a 5 workshop pass and a 10 workshop pass for 2019.

In First Defense Krav Maga News

2019 Members Seminar Series: Knife Attacks

Sunday, January 27th 10 am- 12pm



Kicking off 2019 with our First of many Seminars for our Members only Seminar Series. Join us Sunday January 27th, 10 am-12 pm for some knife attacks. We'll be using the marking blades and finally get the chance to break out the shock knives! Make sure you bring a disposable white t-shirt or two.

Strike and Sparring classes back on Schedule

2019 additions to the schedule



First Defense Krav Maga's Strike and Sparring classes have returned for 2019!

30-minute Strike Classes added: Mondays, Wednesdays, Thursdays @ 7:30pm; Tuesdays @ 6pm; Saturdays @ 10:30am

30-minute Spar Classes added: Thursdays @ 8:00pm; Saturdays @ 11:00am

*Strike classes - 30-minutes of pad work & partner drilling. Goal is to give a workout and improve striking ability. Also serves as preparation for sparring and a way to work on fighting tactics.

Requirement: Practitioner 1 and up only (exceptions to be approved by Nick Masi only)

Required equipment: hand wraps, boxing gloves, shin guards

*Spar classes - 30-minutes of sparring and fighting drilling.

Requirements: Practitioner 3 and up only (exceptions to be approved by Nick Masi only)

Participation in Thursday 7:30 pm Strike class and Saturday 10:30 am Strike is

required. No drop-ins for Sparring only.

Required equipment: hand wraps, mouth guard, boxing gloves, grappling gloves, shin guards

Intro to Krav Maga 4-week Course February Session

Begins on Monday Feb. 4th



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.

Miss it in January? No worries, we're running it back to back this winter! The next session will begin on February 4th at 7pm. 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 in 2019 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 February Course starts on Monday, February 4th and meets on Monday and Wednesday nights at 7pm-8pm for 4 weeks. Only \$249 per person. Space is limited, so reserve your spot today!

[REGISTER HERE](#)

2019 SOS Krav Maga Workshops

Workshop-only membership option



We're introducing a new workshop series in 2019! Our SOS Krav Maga workshops is for anyone who is looking to supplement their current KM training OR for the individual who has a more restrictive schedule and can't make it to regular training.

For more information and for the 2019 SOS Workshop schedule, just click on the image above!

Flexible Steel Training and Certification

February 9th, 9am-6pm

JON ENGUM'S FLEXIBLE STEEL

INSTRUCTOR CERTIFICATIONS—U.S. & WORLDWIDE



FLEXIBLE STEEL CERTIFICATION

DATE: February 9th, 2019

LOCATION: First Defense Krav Maga
360 Herndon Parkway
suite 1200
Herndon, VA 20170

Jon Engum's one-day, entry-level *Flexible Steel Instructor Certification*.

Learn how to master the essentials of flexibility, mobility and strength to dramatically boost your power and effectiveness as a personal trainer or coach.

REGISTRATION DEADLINE:

More information at
www.FlexibleSteel.com

Register Online at
www.FlexibleSteel.com/Events



Learn from the best in the business!
To find a *Flexible Steel Instructor* near you go to:
www.FlexibleSteel.com/Instructors

© Engum's Extreme Training

CONTACT:

Flexible Steel is a comprehensive training system whose main premise is to be both strong and flexible in perfect balance. The Flexible Steel system borrows many ideas from other training modalities and seamlessly puts them into a logical, progressive order.

Learn the Flexible Steel system of body hacks that will allow you to show your students instant plateau-shattering results in both strength and flexibility.

Get hands on instruction and be assured that you can implement the system safely and effectively.

Although listed as an Instructor's Course, it is open to everyone regardless if you would like to teach. As a participant in the course, you'll learn some amazing techniques and "tricks" that will help you become more flexible and improve your range of motion.

For more information about becoming Flexible Steel visit our website at
<http://www.flexiblesteel.com/index.html>

Register Today!

Krav Junior: Kid's Division Introduction

Saturday's 9 am-9:30 am, Feb 2nd-Feb 23rd



First Defense's Krav Junior: Kid's Division will hold a 4 session Introduction for children between the ages of 5-7 from February 2nd-23rd. This special course will be held on Saturdays from 9 am-9:30 am.

Our four session introductory for our youngest participants gives both parents and child an opportunity to experience what First Defense's Krav Junior program is about before joining our full program. This introduction will allow the kid's to experience how a class is run, learn basic self-defense and self-awareness techniques. Participants in this introduction will be given priority to the available openings in our Krav Junior Program: Kid's Division.

Limited registrations available, Reserve your child's spot today. \$80 registration Fee, per child.

Register Today!

Interested in having your child try out our Krav Junior Program sooner?

We always welcome families to bring their families in to try out our Krav Junior Program. We offer a three class pass, for our youngest participants for \$20. (*3 class pass will expire within 3 weeks of first trial class) Children will join our regularly scheduled Fundamentals level classes.

For more information about our Krav Junior program at First Defense, please contact us directly or schedule and purchase your child's pass below.

KRAV JUNIOR TRIAL PASS

2019 Testing Schedule

Let's work together to reach your goals!



Our next scheduled Practitioner 1 and Practitioner 2 level testing will be held on Saturday January 26th. Our next Practitioner level 3 and above testing is scheduled for Sunday, March 24th. We hope to see everyone who is eligible for testing in our next round!

**Beginning in 2019, eligibility to participate in Level 1, 2, 3, Strike, and Sparring classes based on current rank will be enforced.

Here are our tentative Testing dates for 2019:

P1 & P2 Testing:

January 26, February 23, April 27, March 18, August 24, October 5, November 23.

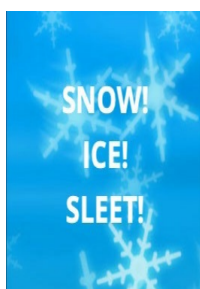
P3 and above:

March 24, June 2, September 15, December 15

***New Krav Junior testing eligibility requirements will be sent out to current students. Please mark your calendars for the following days for the Krav Junior Testing, no make-up days will be scheduled. Like the Adults, invitations to test will be sent out prior to testing if the child has successfully completed all requirements to be eligible to test for either their next rank, division, or class level.

***Krav Junior Testing (All divisions, Kids, Youth, Junior, and Teen):

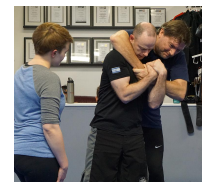
March 9, May 11, July 13, September 7, November 9



Inclement weather



Cold and Flu season



Instructor Interest

closings and delays

In the event of inclement weather due to snow, ice, sleet or other emergency events, FDKM will make every effort to pass along any closures, delays, or schedule changes.

For the most up-to-date scheduling changes please follow us on Facebook and Instagram.

It's that time of year when it's extra important to wash hands. There is hand sanitizer located all around the studio for your convenience.

Feeling sick? It might be a good idea to skip training until you're feeling 100% better.

Meeting - Saturday February 2nd @ 3pm

Looking for a few good men and women! We're holding another Instructor Interest meeting on Saturday, February 2nd. It's a great opportunity to learn more about the process, training, and commitment required to become a certified KMG Instructor or FDKM Instructor/Assistant. This meeting is open to everyone. Please RSVP with Ann if you are interested in attending.

First Defense Krav Maga Holiday Party!

Friday December 21st at





We finished out 2018 with some fun, food, and white elephant gift stealing! The Holidays at its best. It was so great to see everyone come out and join us in celebrating the holidays. Huge thank you to everyone who brought something to share. It was so much fun we're already talking about the end-of-the-year 2019 holiday party!

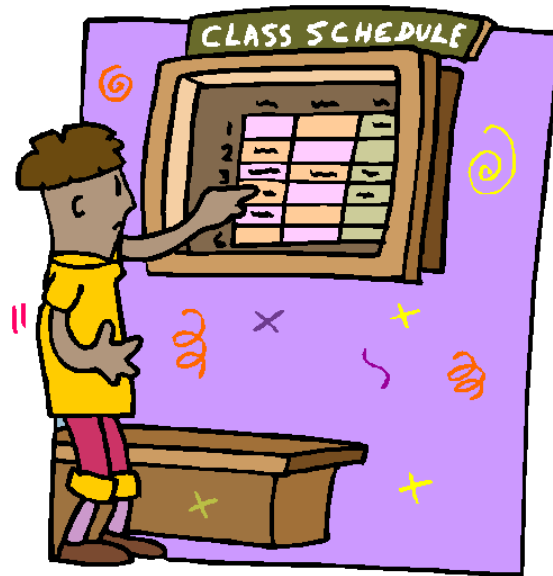
Nick traveled to KMG HQ for GIT training





About twice a year our lead instructor Nick Masi travels to KMG HQ in Israel to continue his own training and education with Eyal and some of the world's top Krav Maga Instructors. This past December, Nick spent a week in Netanya with KMG's Global & International Team members training in KMG techniques and teaching methods.

2019 Schedule Changes



We've made a few changes to our Training Schedule here in 2019. Please note the new class times and class availability to train in by rank.

Krav Junior:

- Kid's Division- Wednesday classes will begin at 5:15 pm (instead of 5 pm) beginning January 9th. We are also excited to announce that Bridget Anderson will be leading this class in 2019.
- Wednesday night Krav Junior Class Fundamental and Level One classes at 6 pm have been cancelled
- Krav Junior Level 2 classes on Tuesdays and Thursdays will begin at 5:45 pm (instead of 6 pm)

Adult level One classes

- 7:30 pm Adult level One classes have been cancelled

Strike Classes (for Practitioner 1 and up)

- 30-minute Strike Classes added: Monday, Wednesday, Thursday @ 7:30pm; Tuesday @ 6pm; Saturday @ 10:30am

Sparring Classes (Practitioner 3 and above)

- 30-minute Spar Classes added: Thursday @ 8:00pm; Saturday @ 11:00am

Shuaijiao classes

- Saturdays 1 pm- 2 pm

Blood, Sweat, and Tears



It's that time of year where Ann makes a PSA Announcements and Reminders about personal hygiene, general rules about attire, and common courtesy towards your fellow Krav Maga Practitioners.

It's winter time! which also means dry dry dry skin season. When skin gets dry, it's prone to crack, peel, bleed. In the past few weeks we've noticed some blood on the mats, which we clean up promptly. Ideally, we'd like to circumvent this happening in the first place.

Prevention

- Moisturize. Yes that simple bottle of lotion can do wonders to keep your skin from peeling and cracking. There's even a bottle provided in both the men's and women's rooms to use.
- Consider wearing hand wraps, light bag gloves, or MMA-style gloves if your knuckles have a tendency to crack and bleed. For hand wraps, we recommend 180" for men, and 120" for women. If you need recommendations on the other gloves please visit our front desk - we're more than happy to help
- We're guessing our biggest culprit of blood on our mats come from those who

have decided to train barefoot. For those of you who prefer to train barefoot, please inspect your feet carefully for any open cuts, abrasions, or cracked skin.

If your feet show signs of any of the above please take appropriate action in wrapping up affected areas and/or wear socks or shoes.

- Why wear shoes opposed to training with out them? For some it's pure preference. However we do highly recommend having a pair of training shoes just for Krav Maga here with us. Many prefer wrestling shoes. Wrestling shoes offer good support for the foot and ankles, while the soles are appropriate for the mats. We also recommend any kind of light sneaker with low to no tread on the bottom. Also, if you've ever gotten your foot stepped on by someone who is wearing shoes in class, it's a good time to go get a pair for yourself. It's a small investment in terms of equipment. However, it's a good one for your feet, plus this way it'll prevent bloody feet being trekked across the training floor.

When Things Start to Bleed

- STOP.... If you notice any sort of bleeding even a small amount, Please stop training immediately and step off the mat to take care of your wound. Be courteous to your fellow members and to our school by not spreading blood throughout the mats or sliding bloody fingers/knuckles into focus mitts.
- Take care of the wound immediately and thoroughly:
 - 1) Rinse and/or disinfect the wound
 - 2) Use the appropriate size band-aid or wound covering
 - 3) Use athletic tape provided in the first aid cabinets to reinforce the bandage before heading back to class.
- If you need help dressing your wound, please do not hesitate to ask Ann or Dakota
- Before returning to class, please inspect the area or equipment you were using and training in to clean up anything you might have bleed on. This is crucial. We have appropriate cleaning solutions for blood provided all around the training areas.
- The Instructors and Staff will ask you to leave class if we notice that you have not taken the steps needed to take care of your bleeds. We will stop class all together until all blood is cleaned.

Hygiene and Attire

For the comfort of all participants we ask that everyone wear the appropriate attire for training here with us. Generally, most things you would wear to the gym to work out in is acceptable except for a few items we'll talk about below. We highly encourage everyone to train in First Defense and or Krav Maga Global attire such as shirts, shorts, and training pants. The training pants and shorts sold at the studio also provide a patch on them where you will wear your rank patch when you have earned one. We do also offer cotton, poly mixes, and dry-fit shirts for training. Below we'll talk more about specifics and frequent questions people have.

- Bottoms. As mentioned above, we do have a selection of shorts and pants for sale here that also have a spot for patches. However, any type of short or pant can be worn as long as they are in good condition, and don't stink. Please launder your active wear frequently. For women, since our selection of shorts and pants are limited, we do allow yoga-type bottoms for training. However, we do discourage short shorts. Super short shorts are distracting in class, and in some techniques while training are not the most appropriate attire.
- Tops. Generally, t-shirts and dry-fit/dry-wick shirts are recommended. Please be sure to keep your shirts well laundered and good condition. In previous newsletters we've talked about retiring your favorite training shirt because it

won't let go of certain odors.

- No Tank tops. Lets face it, we all get pretty sweaty in class. No one really wants to soak up your sweat from your bare arms and pits onto their shirts. So, tank tops are a no-no for Krav Maga training. (unless you've talked to Ann directly about the issue.) For practicality purposes, tank tops aren't conducive to Krav training. We can't do shirt grab training in them. And when doing headlock techniques and the like, no one wants to experience your sweaty pits against the back of their neck. So, yeah.... no tank tops.....
- Protective Gear. Make sure you have it! Especially for men, groin protection is required. You will get kicked in that area. We highly recommend groin protection as well for anyone training in class. Protect your teeth with a mouth guard. It may take some trial and error to find the right one for you.
- General upkeep of your own gear. Little things like loose velcro can easily scratch your partner during training. And stinky gear is always hard on your partners nose, so make sure to clean your gear and let them air dry.
- We're all adults here, but unfortunately there's a few of you who really stink up the place. I'm not sure if it's from gear, attire, or just lack of deodorant and good ole soap. If you suspect that you're stinky, then more than likely you are and everyone else is smelling it too. So to avoid that embarrassing encounter with a more forward partner who will tell you that you stink, let's circumvent this by doing some of the things mentioned above.
- Nails. Everyone's nails need to be kept trimmed and short while training both Krav Maga and Shauijiao. Let's avoid both drawing blood and bleeding all together. This can be avoided by keeping nails trimmed. Also, trimming nails in the middle of class is frowned upon. Parents, please remind your children that it's also not appropriate to pick, peel, and discard their nails on the training floor. If you happen to have a hang nail, chipped, or broken nail, please see Ann or Nick to use our nail clippers.

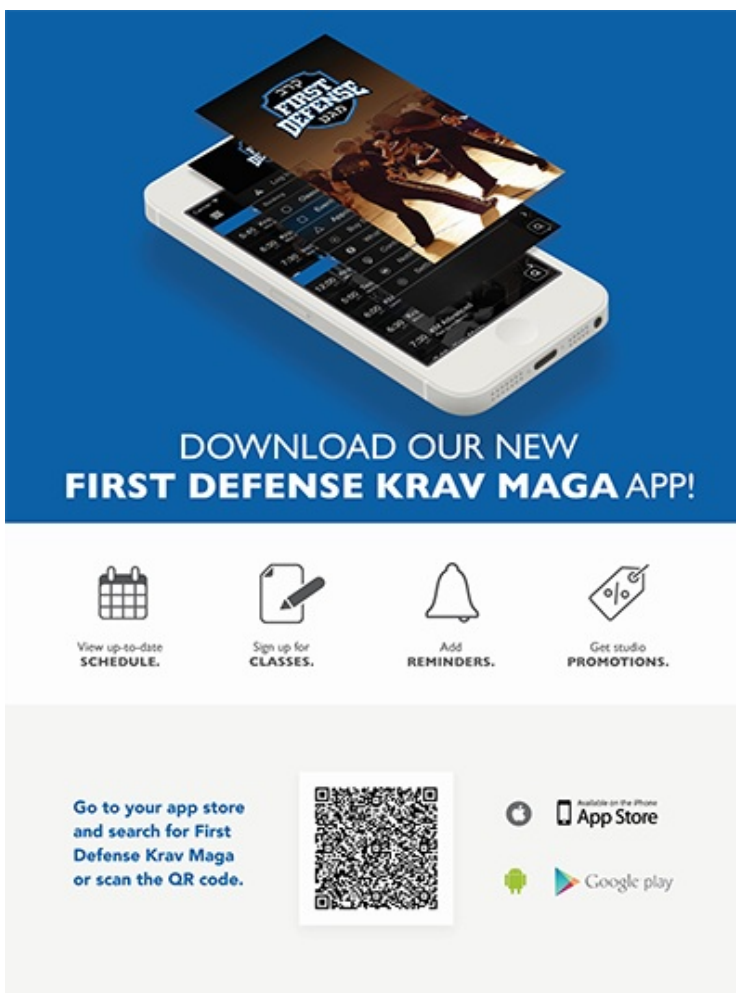
General Conduct

- Please be respectful of the Instructors and the instruction that is given in class
- Everyone who trains with us has varying experience in Krav Maga and other martial arts. We ask that members refrain from commentary and stick with what the instructor is asking everyone to do. Please feel free to ask instructors and assistants questions about techniques during class.
- Safety first. Control of movements and our bodies is definitely a skill we work on in class. It's an important skill because having control of our movements will help reduce the chance of injuries in class.

If anyone has any questions, please feel free to reach out to Ann to discuss. We've covered the blood, we've covered the sweat, and the tears..... Let's keep everything smelling fresh and clean, and avoid the tears.

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

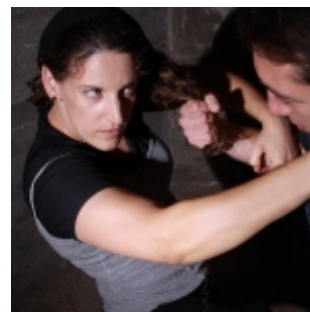
Google play

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, please visit 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.



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

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.

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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