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## 2019 October FDKM Newsletter

Trick or Treat !?! Ghouls and Spookies emerge from the shadows. So be prepared and train your Krav so Halloween will be sweet with treats and not full of tricks.....

Hello FDKM'ers

Fall is here! But let's be honest, we're still getting 90 degree days, so it's been more like 4th Summer or False Fall.

Whatever the temperatures might be, training still pushes forward here at First Defense. We've enjoyed seeing all the new faces and participants in our Introduction courses over the past month, and welcoming our newest members to First Defense. So let's continue to spread the good word about FDKM! Leave a review or star rating for us on Google, Facebook, or any of our other social media outlets.

With the holiday season just around the corner we'll be hosting a few more social events for you guys. We love getting to know everyone outside training hours and it gives you guys an opportunity to learn more about your training partners. We're always open to suggestions about fun activities!

Nick, Ann, Dakota, and the Instruction team will start planning for 2020 soon. We'd love to hear any suggestions you may have about what you'd like to see in the new year in regards to training. We have a few ideas in the works for training opportunities to make Krav Maga even more inclusive here at FDKM. Plus 2020 marks a decade for First Defense, we're looking forward to celebrating it with everyone. Don't want to scare anyone... BOOOO! with my

babbling here. So read on, we'll see you on the mats!

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

## UPCOMING EVENTS



### Introduction to Krav Maga for Women, 4 Part Seminar Series.

We kicked started this series in September! Part 2 & 3 will be held in October.

PART 2: Defending Common Attacks and Threats will be held on Sunday October 13th, 1-3 pm

PART 3: Using Your Environment and Utilizing Tools will be held on Sunday October 27th 1-3 pm.



### Introduction to Krav Maga Course for Adults.

Don't miss this opportunity to kickstart your Krav Maga training. This 4 week- 8 class course is one of the best ways to learn and start training Krav Maga. Register today!

Course will begin on Monday October 7th.

[REGISTER](#) 



### S.O.S Workshops: Stick it to Them

Our next S.O.S Workshop will be held on Friday October 11th. The topic will be, Stick it to Them. These workshops are designed to be a two hour intensive focusing on a specific threat or topic.

For more information on our S.O.S Workshops Click the link below

[MORE DETAILS](#) 

## In First Defense Krav Maga News

### October Introduction to Krav Maga Course

Begins Monday October 7th



October's Introduction to Krav Maga course begins on October 7th. Each class focuses on a specific theme or topic. From choke releases to protecting others, you will get a sampling of all that the system of KMG Krav Maga has to offer.

As with our regular classes the Introduction to Krav Maga Course develops 4 components - physical, technical, tactical, & mental.

All new journeys start with a single step. Join us for our October Introduction to Krav Maga Course and step onto the the path towards increased confidence, physical fitness and personal safety.

For more information and Registration about our October Introduction to Krav Maga Course for Adults, please visit the link below



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## Women's Introduction to Krav Maga Course

Only 3 Seminars left in 2019!



Our Popular 4 Part Women's Introduction to Krav Maga Seminar series is Back for the Fall session (September, October, & November).

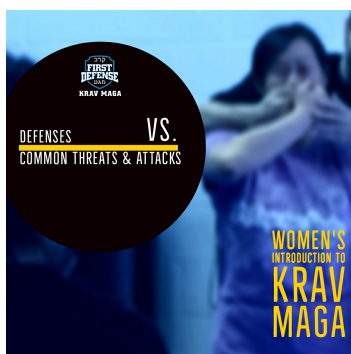
"Between 15 and 76 percent of women are targeted for physical and/or sexual violence in their lifetime"- [endvawnow.org](http://endvawnow.org)

Each seminar in this 4 part series will focus on women specific threats and scenarios. The remaining dates are as follows, October 13th, October 27th, and November 10th.

These two hour seminars are perfect for beginners who want to learn more about training Krav Maga related to scenarios that women face most often. Open to women of all ages, and to young ladies who are 14 and older.

Register for the remaining Seminars at the link below:

**Register Today!**



**Sunday Oct. 13th:  
Defenses vs. Common  
Threats & Attacks**

Continue learning basic Krav Maga skills and apply them to a variety of threats and attacks .

[Register >](#)



**Sunday Oct. 27th:  
Using the Environment &  
Utilizing Tools for Self-  
Defense**

Learn to use the environment to your advantage as well as quickly identify and utilize common objects for self-defense.

[Register >](#)



**Sunday Nov. 10th:  
Ground Tactics**

Deal with a predatory attacker that is attempting to take you to the ground and keep you there.

[Register >](#)



# 2019 SOS Krav Maga Workshops

Specific Topic training.



Join us Friday October 11th at 7 pm for "Stick It to Them", the 10th workshop in our SOS series. Sticks or stick-like objects can be a deadly tool in an attacker's hands. Learn how to effectively neutralize the advantages of an attacker armed with a blunt object.

What is the SOS workshops? 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. These workshops are being offered on the second Friday of every month in 2019! Don't miss out on this training opportunity.

For non First Defense members, you can purchase passes or single sessions:

Single session pass- \$149

Current First Defense member pricing

Single session pass- \$99

[FIND OUT MORE](#)



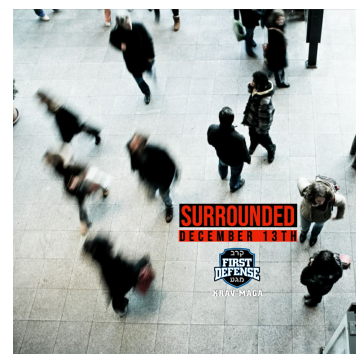
## Friday October 11th: Stick it to Them

Sticks or stick-like objects can be a deadly tool in an attacker's hands. Learn how



## Friday November 8th: Environmental Awareness

There's no rule saying a fight has to be fair. Learn to recognize objects in your



## Friday December 13th: Surrounded

For our final SOS Workshop for 2019 we'll look at scenarios involving multiple

to effectively neutralize the advantages of an attacker armed with a blunt object.

immediate environment that can be used in defensive or offensive manner and put them to use.

threats or attackers.

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## October Scheduling Notes

Please make Note!



BOO! Don't Be Scared, we're making a few adjustments to our schedule in October to accommodate all the scary activities that you'll be participating in.

- We will be OPEN Monday October 14th. Classes will run as scheduled
- Youth/Junior/Teen Division classes are all canceled on Thursday October 31st. Remember kids Treats! Not Tricks!
- Thursday October 31st we will have an adjusted training schedule for Adults. 6:30-7:30pm will be a mixed level class (including beginners). All 7:30 classes will be cancelled. FDKM will be closing early.
- No Shuaijiao Class on Saturday October 26th (Nick will be Coaching Team USA in Brazil)

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## FRIGHTFUL FUN!

Saturday October 26th @ 7pm



**Join us Saturday October 26th @ 7pm-???**

### **Who likes to be scared? well....who likes scary movies?**

We'll be hosting a scary movie night. Join us for some spooky fun as we screen a scary movie over some Halloween treats. We'll be showing a movie for the Adults on the projector, and a Kid friendly Halloween film in the conference room. Great chance to have some fun and mingle with your fellow FDKM'ers. BYOB, and a comfy cushion/bean bag. In my case I'll have a blanket to cover my face during the duration of the movie.... I scare easily.....

Hope you can join us! Let us know if you plan on attending. So we make sure we have treats for you and not tricks.



#### **Account Changes**

Just a reminder that all Account change requests need to be submitted minimally with 30 days notice. This includes all non-medical Account Holds and Account cancellations.

Beginning in 2020, there will be a Administrative fee of \$20 to process any non-medical hold on an account.



#### **Update your address & Emergency Contact.**

Don't miss out on our special Holiday mailings. Please make sure your account information is up to date. This includes address, emails, and billing information.

Also, your Emergency Contact should also be accurate and up to date. See Dakota for changes.



#### **Leave us a review!**

Enjoying your time training with us here at First Defense? Spread the word, and Leave a review on any of our online outlets, such as Google, Facebook, LinkedIn, Yelp, etc....

Need help finding us online? Let us know!

## **Congrats on Achieving the Next KMG Rank!**

Leveling up!





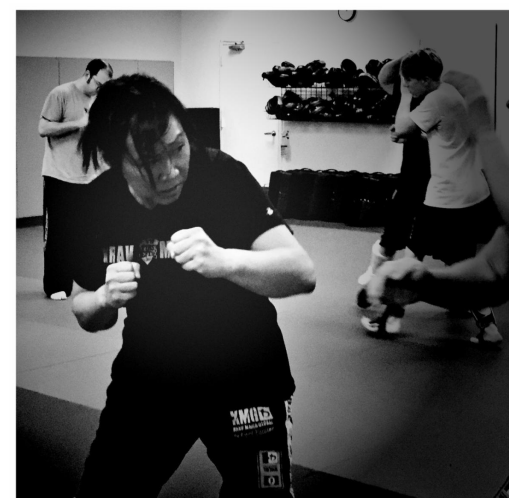
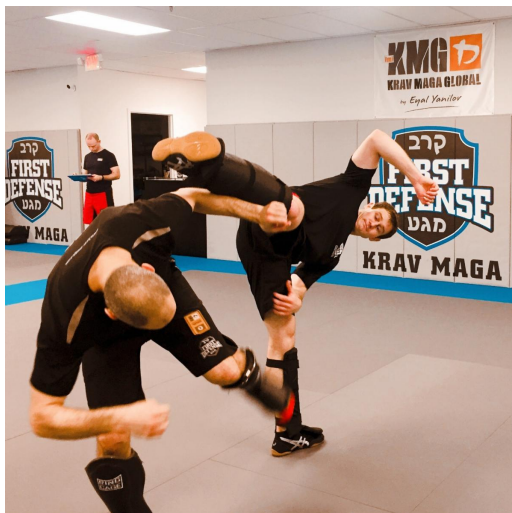
Congrats on earning the next rank! (L-R) Elliot M., Lauren K., Dan H., Blanca B., Janice R., Phil A., Chris B., (bottom row L-R) Chris R., Brittney C., Amy L., Mike M.



A few of our Krav Junior Students were eligible to test too! Congrats to our youngest Kraver's on earning their 1st rank or higher rank in their division.

Back row (L-R) Rebegrace L., Ben B., Evan Y.,  
Front Row (L-R) Myles M., Adriaan D., Tyler H., Evie H., Johanna C., Kiera M., Nathan H.






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**2019 Testing Schedule**  
 Let's work together to reach your goals!



Our next scheduled Practitioner level 1 & 2 testing will be held on Saturday October 5th, and Practitioner Level 3 and about will be on Sunday December 15th. We hope to see everyone who is eligible for testing! For those who are eligible to test you will receive an invitation and registration link to do so via email. If you have any questions about your eligibility to test please see Nick or Ann.

Here are our tentative Testing dates for 2019:

**P1 & P2 Testing:**  
**October 5, November 23.**

**P3 and above:**  
**December 15**

*Krav Junior Testing, is tentatively scheduled for Saturday November 9th. Parents will be notified in August if their Child is eligible to test and meet all the testing requirements.*

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## Shuaijiao Shoutouts!

It's been great seeing everyone for our Shuaijiao sessions on Saturday. The group is growing! We're looking forward to having more people join us and learn more about Shuaijiao. This month Nick will be headed to Sao Paolo, Brazil to participate in an upcoming International Shuaijiao Competition! Nick traveled to Rio, Back in the early 2000's as a competitor, and brought home some medals & memories of a great trip with the USSA (United States Shuaijiao Association) team.

The Pan-America Shuaijiao Federation and the Institute of Li Wing Kay has invited USSA to bring a team to Brazil for this year's upcoming International Shuaijiao Cup which will take place Oct 26th 2019 in San Paulo, Brazil. This is also the first sanctioned event for the newly formed World Shuaijiao Federation.

The following team will represent USSA as Team USA in Brazil 2019 -  
Team Leader - John Ervin  
Team Coach - Nick Masi  
Assistant Coach/Manager - Aaron Wong



- PAN AMERICAN SHUAI JIAO CUP
- LI WING KAY SHUAI JIAO OPEN



2019



## **NO SHUAIJIAO CLASS ON SATURDAY OCTOBER 26TH.**

We look forward to seeing you in class on Saturdays from 1-2 pm. For more information about the Shuaijiao program here at FDKM please feel free to contact Coach Nick at [nick@firstdefensekravmaga.com](mailto:nick@firstdefensekravmaga.com).

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## Fight or Flight

1. the instinctive physiological response to a threatening situation, which readies one either to resist forcibly or to run away.





A concept that you may hear our instructors bring up in class often- Fight or Flight (or Freeze). We wanted to share a BLOG post from KMG Instructor Ole Boe on the subject. It's a great read! Click on the link below, and it'll direct you to his Blog post on KMG's Website.

READ MORE



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## KMG Ground Fighting Course w/Rune Lind

Las Vegas November 1st-3rd



Unfortunately, there is no KMG Fall Camp in Las Vegas this year. However, there will be one of KMG's newest events - the Ground Fighting Course. In this course, GIT member and Expert 5 Rune Lind, will lead us through techniques and tactics for taking the fight to the ground and dominating from that position. 90% of the material is KMG curriculum (pulled from various levels) with the remainder being techniques, tactics, drills, combinations and transitions Rune has used with his fighters in his 20 years of instructing MMA in Norway.

The course is open to all students and instructors. Use the link below to read a few

**Register Today!**

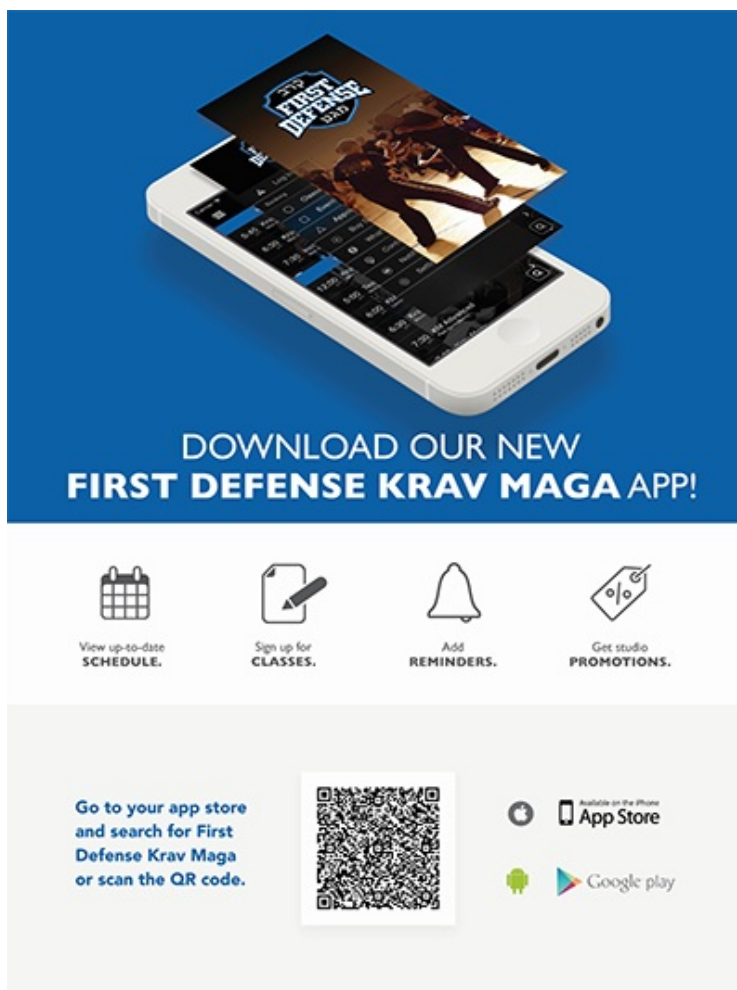
Happy Halloween Everyone!!!!



Just A Quick Reminder of some safety tips for Halloween! We hope everyone has a great time! And for parents who don't know what to do with all that extra candy, you can always donate it to us here at FDKM. The students always enjoy sweets after class!

**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**

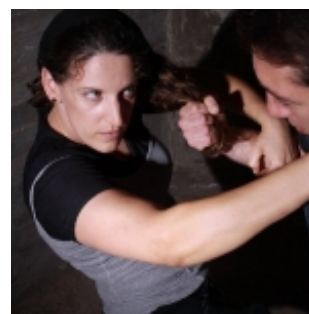
**Google play**

Feel like you're missing out on events and other ongoings 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.

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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



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