

KRAV MAGA



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2019 November FDKM Newsletter

As the air begins to crisp and the leaves change color signifying autumn, it's a cue to give thanks to those we care about. So, THANK YOU to all who have supported First Defense over the years!

Hello FDKM'ers

For some reason November always catches me off guard. Hence why the November newsletter has a tendency to be a bit tardy. Maybe it's all of that Halloween fun & traveling that happens in October, then BAM! It's November 1st! My apologies for the tardiness of this month's newsletter. We're going to make it up with some fun events for you guys. We have a Friendsgiving gathering this month and we've penciled in a date for this year's December Holiday Party gift exchange. The last session for many of our seminar and workshop series in this month, too.

If you haven't noticed already, our FDKM team has been growing over the past year. We're really excited and proud of everyone who has been putting in the extra time and work into their training. I hope you've enjoyed getting to know all of our new assistants - and soon to be instructors.

To keep the momentum going, we'll have another instructor interest meeting in the new year for those of you who want to learn more about the commitments, responsibilities, and process.

We're also deep into planing for 2020! There are a lot of

things FDKM will be celebrating, attempting, adjusting, and creating in the new year. We'd love to hear from all of you! If you have any suggestions about anything we could improve on, please let us know. If you love something we're currently doing and want to see more of it, send us a note too!

Otherwise, we'll see you on the mat!

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

UPCOMING EVENTS



Introduction to Krav Maga for Women Part 4: Ground Tactics

The last session in our four part series will be on Sunday November 10th, 1-3 pm. The topic will be Ground Tactics. We'll be working self-defense and fighting from the ground.

Free to all Full FDKM Members. \$60 for non-members.



Members Only Seminar: Hostage Situations w/Guns & Knives

Our last Members Only Seminar for 2019 will be on Saturday November 16th. The topic will be Hostage Situations with Guns & Knives.

These seminars are open to FDKM Members with full memberships. Please RSVP if you plan on attending.



S.O.S Workshops: Environmental Awareness

Our next S.O.S Workshop will be held on Friday November 8th. The topic will be, Environmental Awareness. 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

2020 Introduction to Krav Maga Course

Begins Monday January 6th



First Defense Krav Maga is Kicking 2020 off with the return of our most popular course! Introduction to Krav Maga course begins on January 6th. 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 January Introduction to Krav Maga Course and step onto the the path towards increased confidence, physical fitness and personal safety.

Reserve your spot before the class fills up! Want to be notified of when this registration opens? Get on the waitlist now by emailing Dakota@firstdefensekravmaga.com

Women's Introduction to Krav Maga Course

Final Part 4 on Sunday November 10th



Ladies, join us Sunday November 10th from 1-3 pm for our final part from our Women's Introduction to Krav Maga Course. Topic will be Ground Tactics. Too often as women we find ourselves in a vulnerable position on our backs or on the ground. Learn some fundamental Krav Maga techniques to deal with this threat.

Open to women of all ages, and to young ladies who are 14 and older.

Free for all First Defense Members who have full memberships.
\$60 for all non-members

Register Today!

2019 SOS Krav Maga Workshops

Specific Topic training.



Join us Friday November 8th at 7 pm for "Environmental Awareness", the 11th workshop in our SOS series. There's no rule saying a fight has to be fair. Learn to recognize objects in your immediate environment that can be used in defensive or offensive manner and put them to use.

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 December 13th: Surrounded

For our final SOS Workshop for 2019 we'll look at scenarios involving multiple threats or attackers.

Members Seminar Series

Hostage Situations with Knives & Pistols



Our next Members Seminar Series will be on Saturday November 16th 2-4 pm. Our training topic will be hostage situations with knives & pistols.

This seminar series is free and open to all levels and all members who have a full membership with FDKM. Members who have a basic level membership who wish to attend are required to register for a small fee. For more info, please visit us at the front desk!

FDKM Friends Giving around the world!

Saturday November 30th

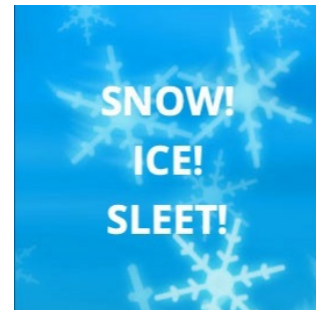


Join us Saturday November 30th
Doors open at 5pm, eating will begin at 6pm

FDKM Family & Friends Food Potluck around the world!

Bring a dish or two to share with your fellow FDKM'ers. It's a gathering of friends and family, giving us a chance to share more about ourselves through stories and food! We definitely don't get enough chances to sit and chat with one another, we hope everyone can make it.

Please be sure to RSVP!



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.

Not feeling well?

Aaachooooo!
Flu and cold season has reared it's ugly head early this year. We politely ask everyone who think they may be sick to take a break from training until they feel well again.

Also, we offer hand sanitizer stations all around the studio to help keep germs at bay.

Inclement weather notices

Tis the season for snow, ice, and sleet. If FDKM needs to close due weather, we will make an announcement via all of our social media outlets and a notification push through our App. So make sure to follow us on Facebook, instagram, or Twitter. Not a fan of social media? Download our free App.

Congrats on Achieving the Next KMG Rank!

Leveling up!



Huge Congrats to Hal S.! At 71 years young we're proud of his achievement with us upon earning his P1 rank! Keep up the good work Hal!



Congratulations to our newest P1's! L-R Elan k., Emma V., Ben G., Thomas D.



Congratulations to our newest P2's! L-R Gerardo C., Mag C., Alanna S., Alec B., Madeleine W., and Lindsey F.

2019 Testing Schedule

Let's work together to reach your goals!



Our last scheduled Practitioner level 1 & 2 testing for 2019 will be held on Saturday November 23rd, and Practitioner Level 3 and above 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.

FDKM's remaining testing dates for 2019:

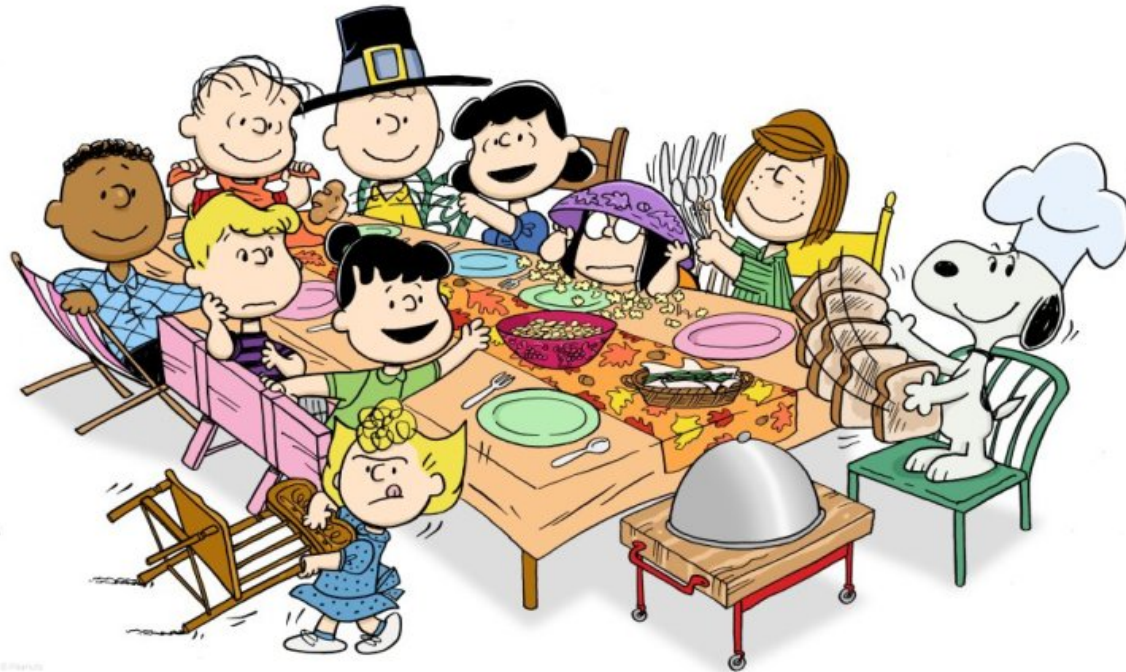
Krav Junior Testing:

November 9th

P1 & P2 Testing:
November 23

P3 and above:
December 15

Holiday Schedule and Closings



Please make note that we will be closed for the Thanksgiving Holiday, Thursday November 28th-Sunday December 1st

(Except for our Friendsgiving Event on Saturday November 30th from 5-???)

There will be an adjusted Training schedule for Wednesday November 27th.



December Dates to make note of:

FDKM Holiday Party & Gift Exchange
is scheduled for Friday December 20th
6pm- 10pm

FDKM Winter Break Monday
December 23rd-Wednesday Jan 1st.
Classes will resume on January 2nd.

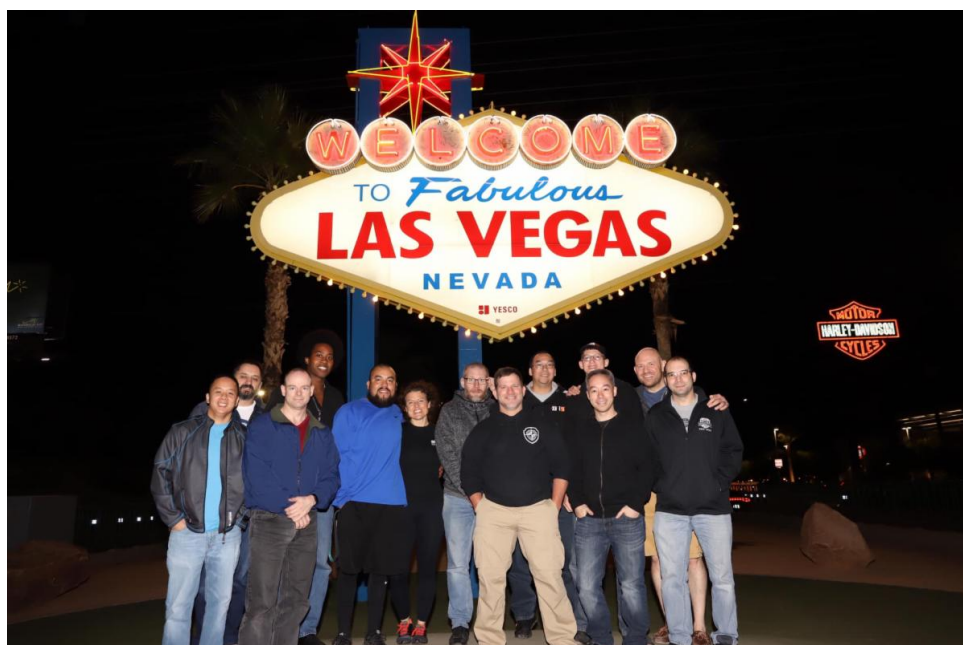
FDKM Instructors Traveling & Training

We take our training seriously!



Nick, Paul, and Chris traveled to Las Vegas to participate in KMG's Ground Fighting Course with Rune Lind KMG-GIT, and brush up on some skills at the Instructor Update that followed.





At the end of November Sam will be traveling to Germany to participate in KMG's VIP Instructor's Course, November 30th-December 7th. Taught by Jan Tevani (E4), Sam will spend a week training and learning techniques and skills used in VIP scenarios. We're excited to have Sam represent FDKM and to have him share some what he'll learn at the course when he returns!

Shuaijiao Shoutouts!



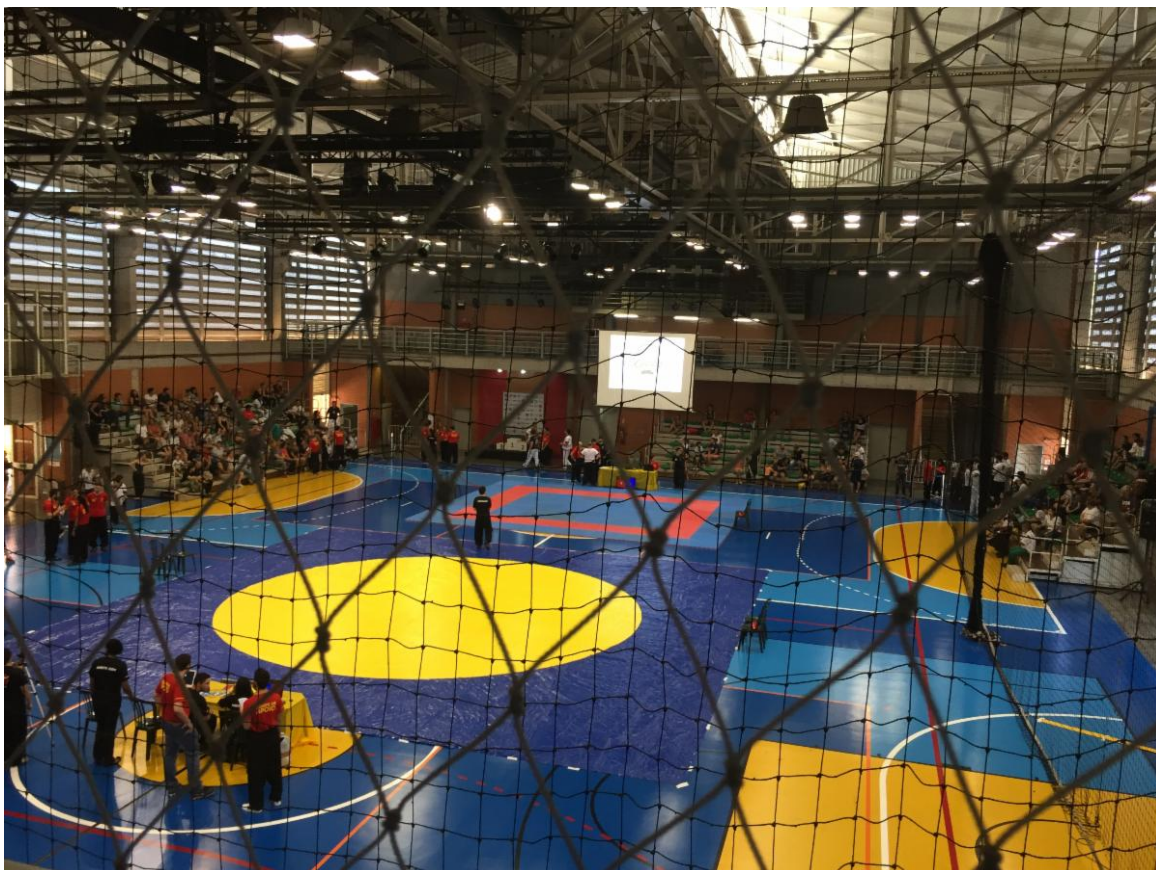
CLASS Is BACK!

Shuaijiao is back on track for the next few weeks! Saturday classes will resume beginning this Saturday November 9th. The only break we'll have will be for the Thanksgiving Holiday weekend, where the studio will be closed on Saturday November 30th.

New Additional Time

We'll also be testing a new time for class. Starting on Tuesday November 12th, Nick will start an hour Shuaijiao class from 6:30-7:30. We'll run this class for 6 weeks November 12th- December 17th. Hope to see everyone there!

Viva Brasil!



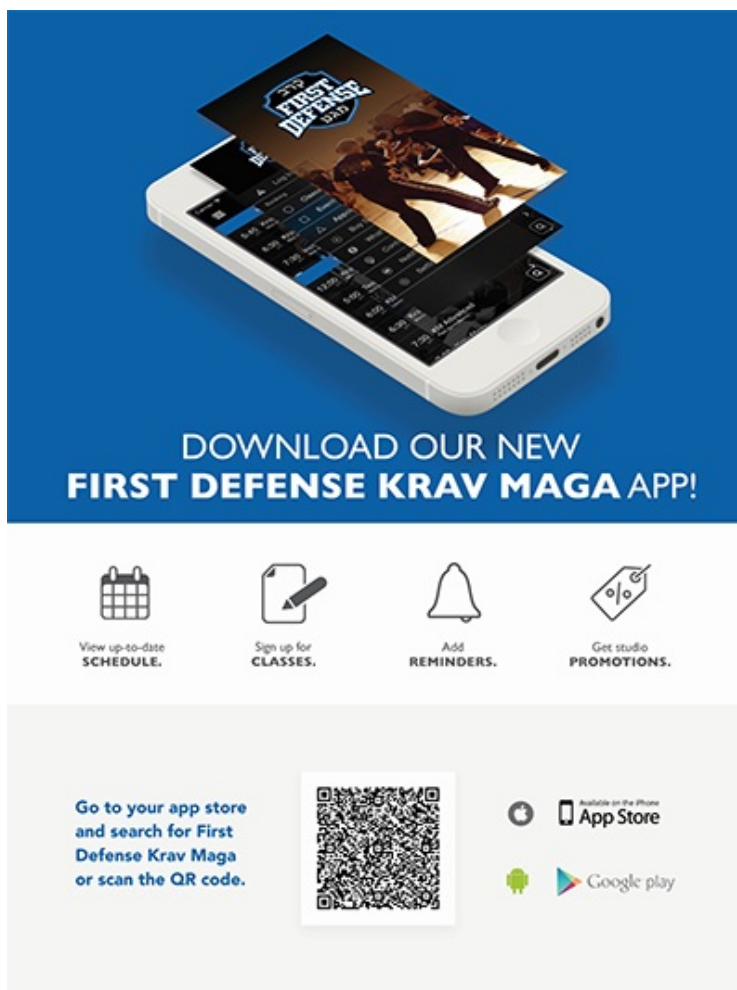


The Pan-America Shuaijiao Federation and the Institute of Li Wing Kay has invited USSA to bring a team to Brazil for this year's upcoming International Shuaijiao Cup which will take place Oct 26th 2019 in San Paulo, Brazil. This is also the first sanctioned event for the newly formed World Shuaijiao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

Look for a write up of this trip in next month's newsletter.

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

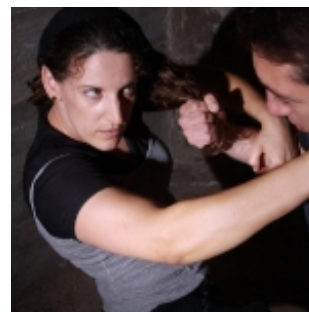
Google play

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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