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2019 December FDKM Newsletter

Tis the season for Holiday Cheer! We've got a lot to celebrate this upcoming year, and we're looking forward to doing it with you! So make a cup of hot chocolate and settle down for our end of the year newsletter!

Hello FDKM'ers

Happy Holidays from all of us at FDKM! Thank you so much for taking the time to read our newsletter throughout the year. It's where we share a lot of news about what's been going on with FDKM and what's coming up. We hope that you continue to enjoy and read our monthly newsletter in 2020!

November was definitely a busy month for us here. We had both young and old earn their next ranks. Finished up some of our Courses and Seminar Series to round out the end of the year. And, of course celebrate some of the community bonds we have with our first annual FDKM Friendsgiving.

If you couldn't make it, no worries, look forward to our annual Holiday party on Friday December 20th. White elephant returns, so get your Krav Maga skills ready to grab that present you want. LOL... the true test of skills!

There's a lot of exciting stuff we're announcing in this newsletter, so I won't keep you here long. Both this month's and next month's newsletter will be chuck full of

updates, courses, and things to come in 2020. So read on, and we'll see you on the mat!

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

UPCOMING EVENTS



Introduction to Krav Maga Course Begins January 6th!

Our popular Introduction to Krav Maga Course is back! Kick start your new year's resolution with learning what Krav Maga is all about in this beginners course. Space is limited so register today! Special Gift for the first 15 registrations!

REGISTER 



FDKM Annual Holiday Party!

Join us Friday December 20th at 6 pm for our annual Holiday Party! Our White Elephant Gift Exchange was a blast. So we're bringing it back. Anyone who wishes to participate please bring in a wrapped gift (\$20-\$25 in value).



S.O.S Workshops: Surrounded

Our last S.O.S Workshop will be held on Friday December 13th. The topic will be, Surrounded. These workshops are designed to be a two hour intensive focusing on a specific threat or topic.

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 what the system 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!

First 15 registrants will receive a free gift



2019 SOS Krav Maga Workshops

Specific Topic training.



Join us Friday December 13th at 7 pm for "Surrounded", the 12th and last workshop in our SOS series. For our final SOS Workshop for 2019 we'll look at scenarios involving multiple threats or attackers.

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.

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

10X10 for 2020!

We're raffling prizes to celebrate our 10 year anniversary!



We're kicking off our 10 year anniversary early!!!! 10 months of prizes celebrating each year we've been in business. September of 2020, First Defense Krav Maga will celebrate our 10 year anniversary with a big ole party. But until then we'll be raffling off prizes for the next 10 months to our students. And we're starting this December! To enter, all you need to do is attend classes. We'll enter your name each time you come into train. There are additional opportunities to earn more tickets into the raffle, such as referring a friend, renewing a membership, purchasing merchandise, and weekly social media challenges! Train often and compete to improve your chances of winning!



Our First 10x10 drawing will be done at our Christmas Party on Friday December 20th!

We will have two raffles, one for our Adult members and one for our Krav Junior Members.

Our First raffle prize..... will not be announced just yet! It's a special surprise that we'll unveil soon, so keep an eye out for it at studio!

Good Luck everyone!

FDKM Annual Holiday Party & Gift Exchange!

Friday December 20th



Join us Friday December 20th

Holiday Cheer starts at 6pm

White Elephant Gift Exchange begins at 7:30!

FDKM Family & Friends Annual Holiday Party

Join us for an evening of Holiday Fun & Cheer! We'll be celebrating the holidays with some light refreshments, laughter, and fighting over gifts Krav style. Please feel free to bring your family and friends, we had a great time last year. BYOB.

Please be sure to RSVP!



White Elephant Gift Exchange is Back!

We had so much fun with this last year!

-If you would to participate please bring in a wrapped gift (\$20-\$25 value)

-Each person who would like to draw a gift, must also bring a gift.

-Please no R rated gifts. We will have families and children present. (wine/beer/liquor ok)



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.

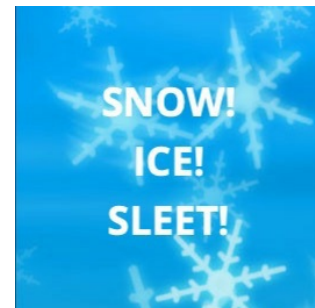
Beginning in 2020, there will be a Administrative fee of \$20 to process any non-medical hold on an account.



Not feeling well?

Aaachoooo!
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 Krav Maga Rank!

Leveling up!



Congrats to our newest P1's & P2's! (L-R) Giovanna G., Tovah S., Bob G., Idir B., Emil B. and Harriet L.



Congratulations to a few of our Krav Junior Participants! They earned their next rank! (L-R) Kahaan K., Yazhini S. Wyatt L., Jeron D., and Oliver S.



Congratulations to our youngest Krav Maga students, Krav Junior Kid's Division. Some of them earned their next rank! (L-R) Aidan A., Tristan L., Sarina C., Nathan H., and Dilan L.

Last Grading of 2019!

Let's work together to reach your goals!

Our last scheduled testing for 2019 will be held on Sunday December 15th for P3 and Above. 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.

We will release our 2020 testing schedule for both Adults and Krav Junior dates in our next newsletter.

Holiday Schedule and Closings

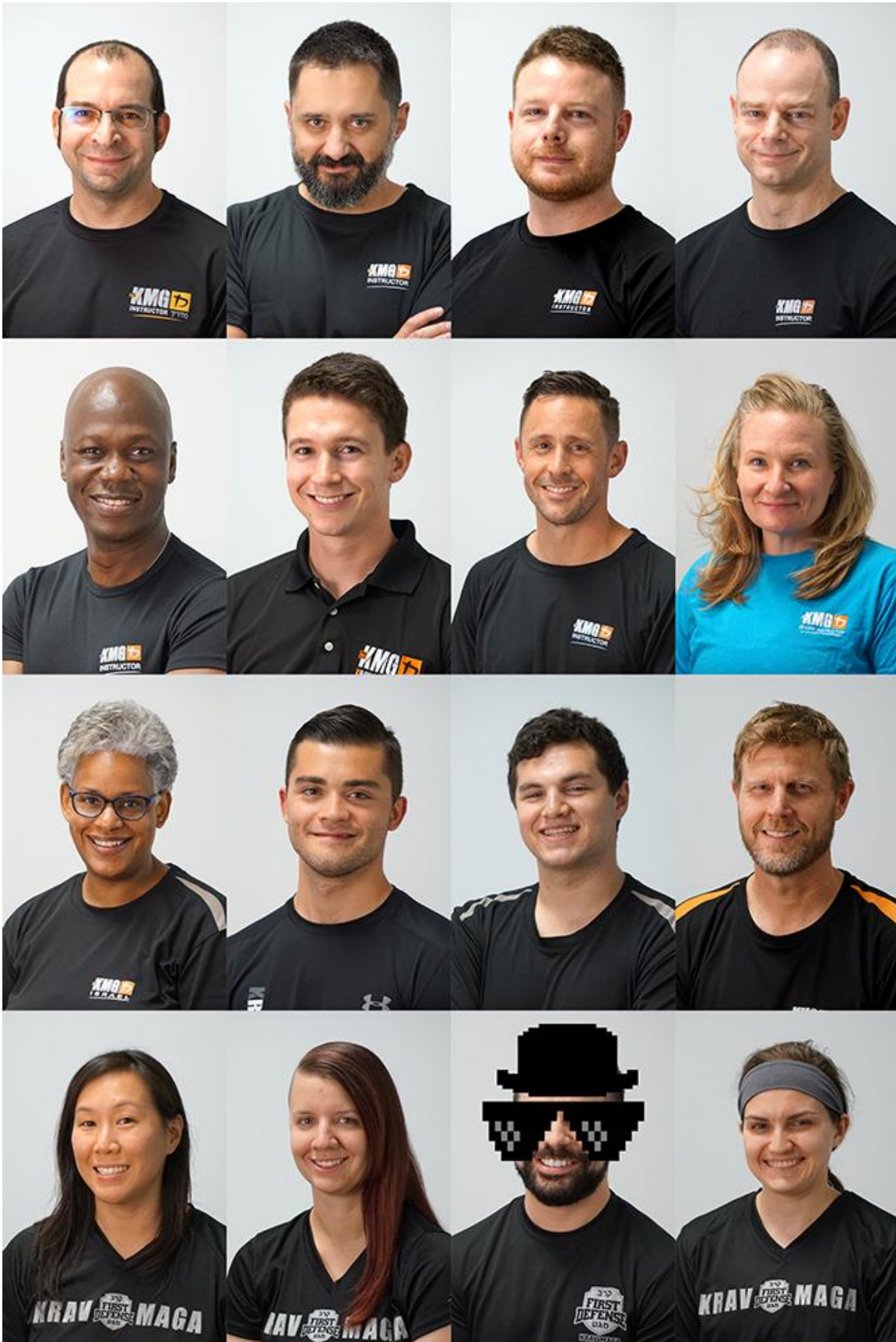


Please make note that we will be closed for Winter Break from
Monday December 23rd- Wednesday January 1st

Classes will resume on January 2nd.

Our 2019 Instructor & Assistant Team!

Krav Maga brought to you by this Talented Group

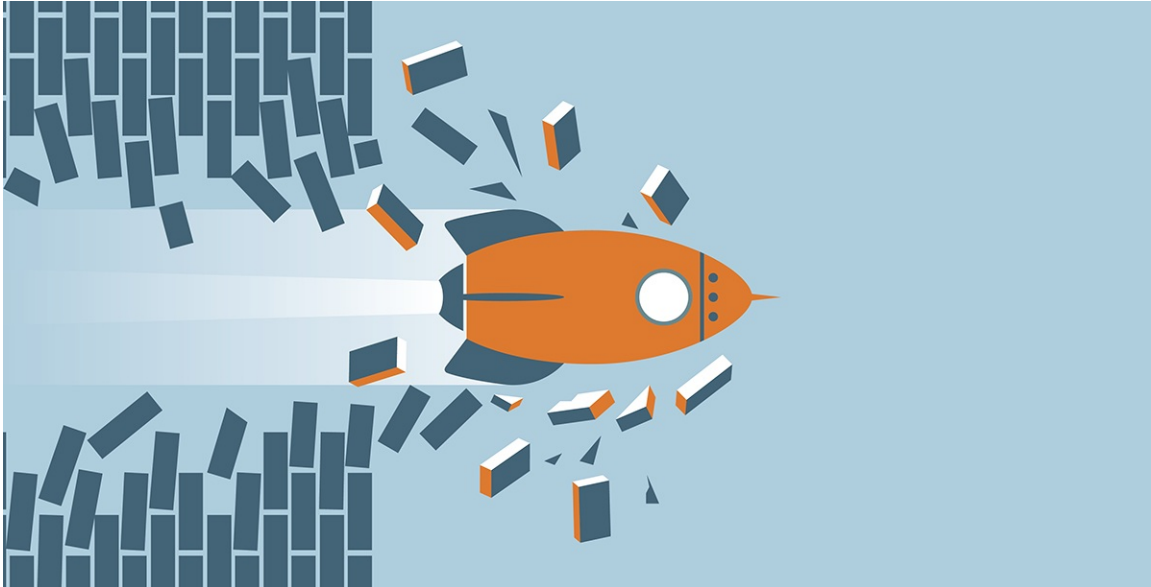


We are so proud of these talented individuals! A HUGE THANK YOU to our 2019

Instructor & Assistant team. They've done an incredible job this past year in front of class bringing Krav Maga to our students. Everyone has also trained hard to improve their own Krav Maga skills over the past year. Everyone here is such a great representation of the diverse nature of FDKM! We're looking forward to growing our team in 2020 with a new crop of Assistant and Instructor College participants. Keep an eye out for our interest meeting in early 2020!

FDKM Affiliation Rumors

Addressing some rumors that have been floating around



The internet exploded early November about KMG USA and the state of the organization. Some of you might have read the emergency notice that KMG USA and KMG HQ released via social media. Unfortunately, First Defense Krav Maga is affected by the new changes within the organization. For now we have parted ways with KMG USA for both personal and professional reasons. We still have the upmost respect for Eyal, the KMG curriculum/teaching/training, and all the wonderful friends, instructors, and directors we've made over the past 10 years. We hope if there are impactful improvements made in the future that we may consider a return, but until then it's business as usual here at FDKM.

What this means for you as a student. Not much will change from the day to day training you receive here. Our instructors and assistants are still some of the top Krav Maga instructors around and Nick, as an Expert level 3, will still continue to train and instruct as he always has. The Assistant and Instructor College Certification will be revamped for the upcoming 2020 cycle. We have appreciated the kind words of support we've received over the past month from everyone around the world. The continued support we receive from all of our members, friends, and family has meant a lot to us. Thank you!

Shuaijiao Shoutouts!



New Additional Time

In preparation for the January tournament, Nick will open up some additional times during the week to get in some light sparring.

In December, there will be a 30-minute sparring sessions on Monday & Tuesday nights at 6:30pm.

We'll look to add a full weekday evening class or two starting in January. Days & time TBD.

USA Shuaijiao East Coast Regionals

USA Shuaijiao East Coast Regionals will be held in NYC on January 26th, 8 am-5pm. The event will be held at the NY Martial Arts Academy located

at 184 North 8th Street, Brooklyn NY.

For more information visit <http://www.sjevolution.com/events>

Quick End of the Year Notes

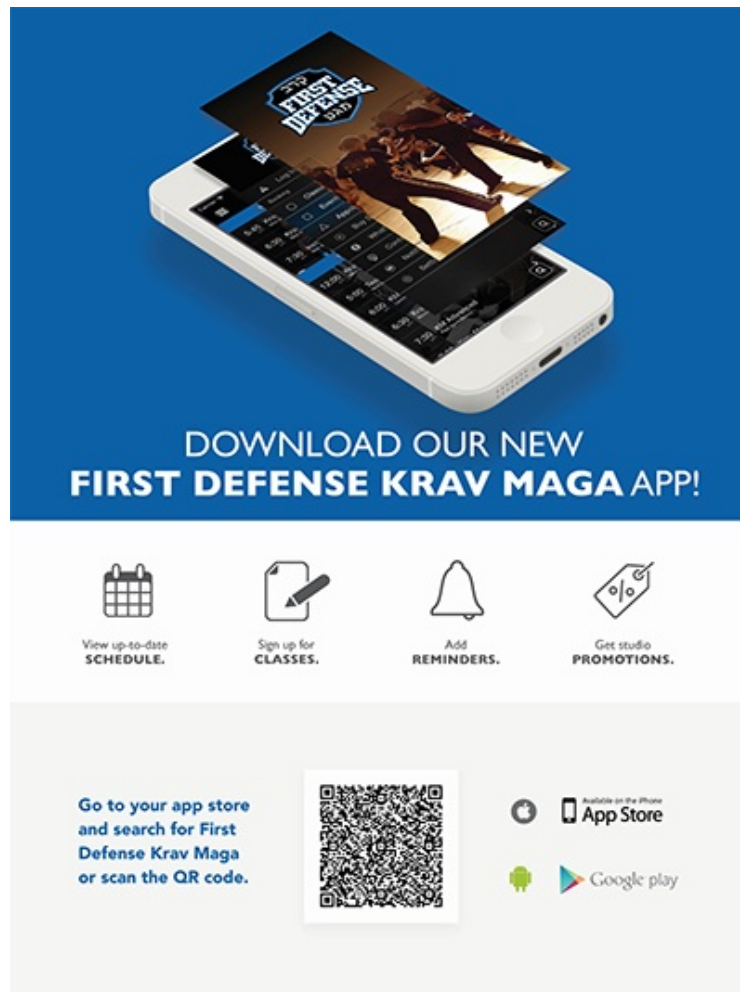


2019 was definitely a roller coaster ride for FDKM! There were ups and downs, but we're coming out of 2019 on the upside! It's been great seeing our Krav Maga community grow over the past year. So many new faces, and so many old faces have returned as well! We've settled into this new location well, aside from the parking issues from time to time..... Hopefully we'll be able to put some finishing touches to the space. Like get an official sign installed out front! More comfy seating! But, the juice/boba bar will have to wait.

Moving forward to 2020 we're hoping to offer new classes, camps, and courses to our schedule. It'll be an exciting year where we'll try new things and celebrate all the things we've accomplished over the past 10 years! Thank you to everyone who has stood by us and supported us. It's meant a lot to us the bonds we've made, and the dedication everyone has shown us. So double digits here we come!!! Thanks for coming along for the ride!

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.

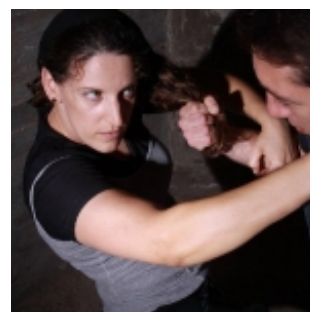
Get studio
PROMOTIONS.

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.

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.

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

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.

Forward this
email

STAY CONNECTED



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