

KRAV MAGA



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2019 February FDKM Newsletter

Happy New Year!!!! Again..... Well this time it's Lunar New Year. The year of the Pig will begin on February 5th.

"The Pig is the twelfth of all zodiac animals. According to one myth, the Jade Emperor said the order would be decided by the order in which they arrived to his party. Pig was late because he overslept. Another story says that a wolf destroyed his house. He had to rebuild his home before he could set off. When he arrived, he was the last one and could only take twelfth place.

In Chinese culture, pigs are the symbol of wealth. Their chubby faces and big ears are signs of fortune as well."

From- <https://chinesenewyear.net/zodiac/pig/>

BRRRRR..... FDKM'ers!!!!

Boy has it been cold outside! The Polar Vortex has decided to pay us a visit. We hope everyone has been staying warm. Plus we've been equally impressed at those of you who have braved the frigid temps to class in SHORTS!!!! We did have to close due to the weather for one evening. Hopefully everyone was able to receive the alerts about class cancellations. Stay up to date on all of our last minute announcements via Facebook, Instagram, and Twitter. For those of you who are not on social media, download our free App. We send push notifications through our App for any weather related closings.

January was definitely a busy month as everyone got back into the swing of things. Literally, we were swinging knives and sticks around here. It's also been really nice to welcome old faces back to training as well as welcome new

members to the First Defense family. We're capping January off with our Straight from the headlines week. Hopefully everyone enjoyed the videos and clips the instructors shared related to that day's training. We bring back this themed week and others like reality week throughout the year. Not to miss training!

We're continuing to hone and refine our programs, training, and offerings here at First Defense. Many of you have noticed that Dakota has been doing a lot of outreach to you about your accounts and your training progress here at FDKM. Nick, Ann, Dakota, and the FDKM instructor staff are all working hard to make sure we're providing the best Krav Maga training and experience in the area. We are also looking to expand our instructor pool. Interested? Curious what it all entails? Join us Saturday February 2nd at 3pm for our Instructor interest meeting. Just RSVP with Dakota if you plan attending the meeting. There's lots to get to in this newsletter, so read on! We look forward to seeing you on the mat this month.

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

UPCOMING EVENTS



I Love Krav Maga!

We love Krav Maga! You Love Krav Maga! So let's share the love!

Current FDKM members bring in someone you'd think that would Krav Maga as much as you do to a Fundamentals class this month for Free!

3- class pass for two! Why not try out Krav with a loved one or a friend? February special- 3-class pass for two.



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.

Can't attend regular training? This is a great opportunity to get some training in on a monthly basis. We're offering, 5 workshop passes, 10 workshop passes, or drop ins.

In First Defense Krav Maga News

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](#)

****This Course will be offered again April 1st 2019.**

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:

Begins in 1 WEEK! REGISTER TODAY!

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

Register Today!

2019 SOS Krav Maga Workshops

Specific Topic training.



Join us Friday February 8th at 7pm for Snow Bound, the second workshop in our SOS series. The workshop takes the limitations of bulky winter clothing into account. Not only can winter jackets, hats, gloves, and scarves limit the movement, they can also be used against us by a sly attacker. 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:

5 session pass \$670.50 (offer ends 8/10)

10 session pass \$1192 (offer ends 3/9)

Single session pass- \$149

Current First Defense member pricing

5 session pass \$495 (offer ends 8/10)

10 session pass \$990 (offer ends 3/9)

Single session pass- \$99

FIND OUT MORE 

Introduction to Krav Maga for Women

Start your journey March 3rd, 2019



2019 WOMEN'S INTRO TO KRAV MAGA 4 PART COURSE

First Defense Krav Maga presents a 4 part Women's Introduction to Krav Maga Seminar Series this March and April.

"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- March 3rd, 1-3pm (Fundamentals & Dealing with Grabs) This week's seminar will concentrate on defending against being grabbed. Grabs can be dangerous or non-dangerous, but both types can be used to injure, control or as a precursor for something even worse. What Will I Learn? Learn how to defend against these types of attacks and avoid being grabbed or choked by an attacker.

Week 2- March 17th, 1-3 pm (Defending with Common Objects) This week's seminar will see you use your everyday objects to assist you in defending yourself. Using your purse as a defensive or offensive weapon to turn the tables on an attacker or using the contents of your purse to your advantage is always a valuable skill. What Will I Learn? Learn how to defend yourself with common objects against an attacker.

Week 3- March 31st, 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) What Will I Learn? Learn how to stop someone pinning you to the ground, sitting on you and trying to punch or choke you, and how to use your everyday clothes to your advantage.

Week 4- April 14th, 1-3 pm (3rd Party / Family Protection) This week's seminar will focus on what to do when the attack is focused on other people, for example, your family members or friends. You will also see how you will need adapt techniques to protect a 3rd party, such as a child. What Will I Learn? Learn techniques of how to deal with group situations, whilst protecting others and getting everyone away to safety.

REGISTER 

February: We Love Krav Maga!

Share the love of Krav Maga all month!



It's February! And we would like to share the love of Krav Maga here at First Defense.

Curious about Krav Maga? Have you been eyeing our 3-class trial pass but don't want to do it alone? Well grab a partner (significant other, family member, or friend). All through February we'll be running a special 2 for one trial pass special. \$19.97 3-class trial pass for two people! To participate, just buy and schedule your 3-class pass online. Email Dakota@firstdefensekravmaga.com with your name and your partner's name and that you'd like to participate in our February two for one special.

Already a First Defense Member? Bring a partner in to try out a Fundamentals class for Free! (A completed Waiver is required to participate in class)

Congrats to Our Newest P1's and P2's



Congrats to our newest Practitioner Level One's and Practitioner level two's! Great work everyone, looking forward to seeing these folks in our next level of classes and continuing their Krav Maga progression. Pictured Left to right. Winfred D., Bob G., Birk S., Lindsey F., Doug S., Nick N., Alec B., Bill M., Kathryn B., and Michaela B.

2019 Testing Schedule

Let's work together to reach your goals!

Save the Date



Our next scheduled Practitioner 1 and Practitioner 2 level testing will be held on Saturday February 23rd. 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:

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

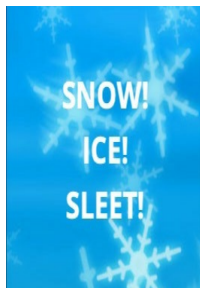
P3 and above:

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



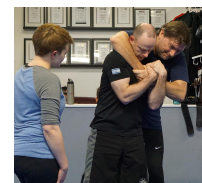
Inclement weather closings and delays

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



Cold and Flu season

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.



Instructor Interest Meeting - Saturday February 2nd @ 3pm

Looking for a few good men and women! We're holding another Instructor Interest meeting on Saturday,

closures, delays, or schedule changes.

For the most up-to-date scheduling changes please follow us on Facebook and Instagram. Or download our free App!

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

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.

Members Seminar: Knife Attacks!

Knife threats are serious business



Our members learned how knife attacks can be deadly and swift. We did a lot of drills using training knives to mark and shock knives to indicate that they've been slashed. It was two full hours of intense drills and simulations. First Defense Members have access to special two hour seminars we hold on a bi-monthly basis. It's a great way to focus and go into more detail about specific threats and defenses. Our next Members Seminar is scheduled for Saturday March 30th.

Our next Members Seminar is scheduled for Saturday March 30th, Anti-Car jacking: Threats from outside of the vehicle.

KMG GIC 1,2, and 3 Dates, and the Apprentice

Program



First Defense will be hosting an Instructor Interest meeting Saturday February 2nd at 3pm. If you cannot make this meeting but would like to participate or learn more about becoming a certified KMG Instructor with First Defense, please contact Ann or Nick to discuss eligibility and an alternative time to meet.



Krav Maga Global USA has released dates for their 2019 General Instructors Course. All three parts are scheduled to be held at First Defense Krav Maga. Dates are as follows:

General Instructors Course Part one April 6th-April 13th
General Instructors Course Part two July 13th- July 20th
General Instructors Course Part three August 31st- September 7th

*Registration for these Courses are done through KMG-USA. There is a minimum number of participants needed in order for the event to proceed. For additional information please contact Nick until further notice.

In addition to KMG's General Instructors Course for certification, they are introducing another Instructors path called the Apprentice Program. For more detailed information about KMG's Apprentice Program, please speak to Nick Masi about requirements and eligibility. There are two required training timeframes/dates that need to be attended to participate in the Apprentice Program. The dates are as follows:

Apprentice Program Part one of two April 6th- April 10th
Apprentice Program Part two of two December 4- December 8th

Shuaijiao on Saturday's at 1pm



****There will be no Shuaijiao Class on Saturday February 16th****

Join us Saturday's from 1pm-2pm for a traditional style of Chinese Wrestling called Shuaijiao. Classes are for both Adults and Youth and open for beginners and those with Shuaijiao experience. Learn grappling, throws, and sweeps in this competitive martial art. Classes are lead by 3rd degree black belt and USSA board member Nick Masi.

For Shuaijiao only training you can purchases 5 class passes for \$80
For current First Defense Members, our Shuaijiao program is included in your membership.

2019 Account Holds/Suspension and Cancellation Policy Update



Our Membership Account Hold/Suspension and Cancellations Policies have been updated for 2019. We will be sending out the new policy and requirements that are needed in order to process an account hold. Please make sure to read the new policy carefully, and if you have any questions please feel free to reach out to Ann.

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.



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.

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

