

KRAV MAGA



website:
www.firstdefensekravmaga.com

phone:
703-835-9054

email:
info@firstdefensekravmaga.com



First Defense Krav Maga
360 Herndon Parkway
Suite 1200
Herndon, VA 20170

2019 March FDKM Newsletter



I thought I'd lead off this month's newsletter with something fun!

Hello FDKM'ers
We're already almost done with the first quarter of the year! Which also means winter is almost over and taxes are due..... We hope everyone was able to receive the alerts we sent out last month during the inclement weather days. Though winter weather isn't completely ruled out in the month of March here in the D.C. area. I bet most of us are ready for Spring!

February flew by and was a blur. We had a great instructor interest meeting to kick off the month, and we're really excited to have a few new faces in our instructor's college here at FDKM. Missed the meeting? want to learn how you can join one of Krav's top Instructors team? Contact Ann or Nick for more information.

We also welcomed Matt F. who taught the Flex Steel Course on February 9th. Josh & Phil both participated in this course and by the days end learned a great deal about flexibility and some new ways to stretch.



We also welcomed Master Jeff Smith Back for another seminar. This time there was one for both our Youth Kravists and our Adult Kravists!



We've got lots of Courses, Events, and Seminars coming up in March and April! So make sure you mark your calendars. Keep on reading, and we'll see you in class!

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

UPCOMING EVENTS

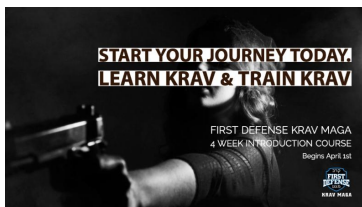


Women's Intro to Krav 4 part Seminar Series

Our popular Introduction to Krav Maga for Women Four Part Seminar Series Starts Sunday March 3rd!

A not to miss event for those who have been curious about Krav Maga training, what kind of self-defense does it offer women, and a great introductory course if you have a college bound daughter.

[REGISTER NOW](#)



Intro to Krav Maga 4 Week Course April 1st!

Our next Introduction to Krav Maga Course will begin on April 1st. This introductory course teaches you the basics of Krav Maga and introduces the tactics and techniques used in this growing self-defense system. Space is limited. Register today!

[REGISTER NOW](#)



SOS Workshop Series: In the Line of Fire

March's SOS Workshop topic will be, "In the Line of Fire." We'll be working on pistol defenses, Krav Maga style!

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.

[SIGN UP TODAY](#)

In First Defense Krav Maga News

Introduction to Krav Maga for Women

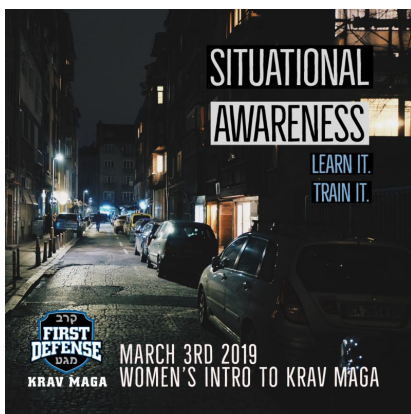
Start your journey March 3rd, 2019



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

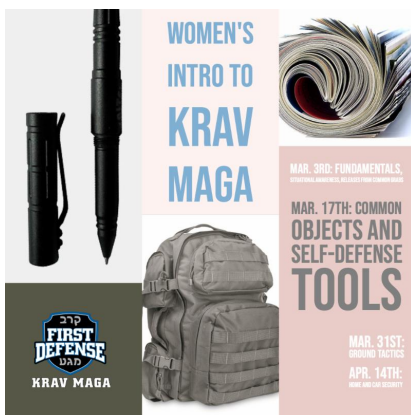
Each seminar in this 4 part series will focus on women specific threats and scenarios.



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.

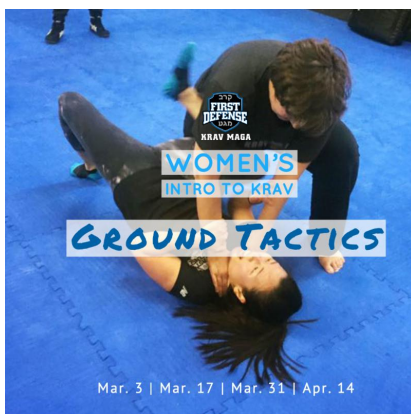
Learn how to defend against these types of attacks and avoid being grabbed or choked by an attacker.



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.

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 give you the opportunity (if you want) to 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)

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 (Vehicle Safety)

For this week's seminar, we will work on various techniques and tactics inside and around a car and as you make your way to & from your vehicle. A large portion of this final seminar will be dedicated to scenario training where we will bring together many of the skills from the previous seminars.

Register for the Entire 4 Seminars for only \$220 or Register for an individual seminar for \$60



2019 SOS Krav Maga Workshops

Specific Topic training.



Join us Friday March 8th at 7pm for In the Line of Fire, the third workshop in our SOS series. Learn to deal with pistol threats the Krav Maga way. 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



Intro to Krav Maga 4-week Course April Session

Begins on April 1st



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.

We're taking a month off in March, but the next session will begin on April 1st 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 April Course starts on April 1st, 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](#)

Members Seminar: Anti-Carjacking-threats from the

outside of the car

Saturday March 30th 2pm-4pm



The next Member's Seminar is scheduled for Saturday March 30th from 2-4pm. We'll be working on Anti-Carjacking but only training on threats from outside of the car. For 2019, we've divided our anti-jacking seminars into two. One dealing with threats from the outside, and in the fall we'll work on threats from inside the car.

Member's Seminars are free to all current and active FDKM members. However, if you plan on attending you will need to RSVP your spot. To do so please click on RSVP button below and follow the prompts. You may also let Ann or Dakota know, and we can RSVP your space in person.



Ground Force Method Certification GFM 1 & GFM 2

April 5th- 7th



Ground Force Method Certification 1 & 2!

***** Save \$100 Pay only \$499 if you register by March 7, 2019. Other discounts may apply.
Registration price is \$599 after March 7, 2019.**

FOR TRAINERS

Learn more about the Ground Force Method certification!

Understand how you can implement Ground Force Method into your training sessions and group classes.

FOR ATHLETES

Are you interested in participating in training sessions that are fun and easy to learn?

Are you ready to improve your level of strength and fitness, making it easier to climb the stairs, to catch the bus, or to play your sport, or to live your life?

GFM is a training system that is simple to implement and is excellent for general fitness, fat loss, strength, and healthy, pain free movement!

First Defense Krav Maga is excited to welcome Ground Force Method back for their Certification Course. The course will be held on April 5th- April 6th.

Register Today!

Congrats to Our Newest P1's and P2's



Congrats to our newest Practitioner Level 1 and Practitioner level 2 students! Great work everyone, looking forward to seeing these folks in our next level of classes and continuing their Krav Maga progression. Pictured from left to right: Gerardo C., Lori F., Elony M., Eric R., Mag C., Alana S., Alex M.

2019 Testing Schedule

Let's work together to reach your goals!



Our next scheduled Practitioner level 3 and above testing will be held on Sunday March 24th beginning at 10 am. 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:

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

P3 and above:

June 2, September 15, December 15



**Intro to Krav Maga
Course Make-up day!**

Due to weather conditions on Wednesday Feb. 20th, all classes were cancelled including the Intro to Krav Maga Class. The Make-up day for this class will be on **Monday March 4th at 7pm.**



Hayabusa S4 Glove Kit!

We've got some Hayabusa S4 Glove kits in! Want the best beginner glove? We've got you covered. You get everything you need: proper protection, solid wrist support, and an ergonomic fit. We threw in hand wraps and a wash bag, making this kit the best bang for your buck!

ONLY \$49.99 +tax



New Apparel coming soon!

Keep your eyes and ears open! New FDKM Merch is coming soon!!!

Special Seminar with Master Jeff Smith

Sparring pointers and tips

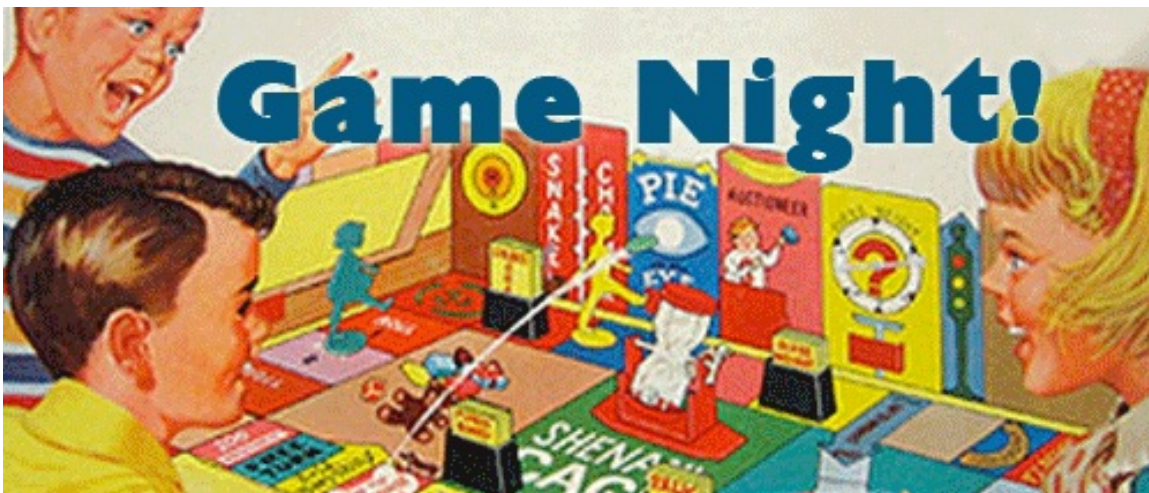




On Saturday February 23rd we had Master Jeff Smith come out and run a special seminar for FDKM. Huge thank you to Master Smith for sharing his knowledge and spending some time with our students. Both our Adults and our Krav Junior members got a chance to put on some gloves and learn some more about striking and sparring!

GAME NIGHT!

Saturday March 16th, 6pm - ????



Join us Saturday March 16th at 6pm for GAME NIGHT!!!!

By popular demand we're having Game Night again. Bring in your favorite board game, or play one of ours. The entire family is welcome for this fun and competitive evening. It's a great opportunity to get to know your fellow FDKM'ers. Light refreshments will be provided, but additional snacks always welcomed.

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

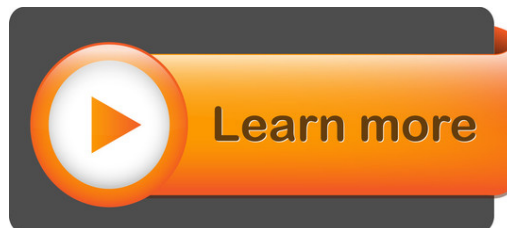
KMG MASTER CAMPS- REGISTER TODAY!



Master Camps in Israel | Experience 2019

P CAMP | G CAMP | E CAMP

- Full days of intensive Krav Maga training.
- One extra training day in P&G camps with KMG top GIT's.
- 8-10 Krav Maga training hours a day.
- Full board (3 meals a day), structured meal times between the training and rest in your rooms.
- Transportation from the airport to the resort and back.
- Meeting & networking with KMG international community from over 60 countries.
- Personally meeting & training with Master Eyal Yanilov.



Shuaijiao on Saturdays at 1pm is back on track!





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 purchase 5 class passes for \$80
For current First Defense Members, our Shuaijiao program is included in your membership.

28TH ANNUAL GREAT LAKES KUNG FU CHAMPIONSHIPS: Saturday April 13th Cleveland, Ohio



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

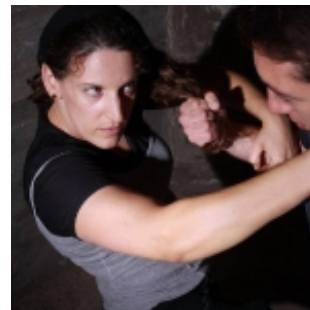
Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

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



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