

KRAV MAGA



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2019 April FDKM Newsletter

April Showers bring May flowers! Well, we're hoping for not as much rain like last year, but will welcome May flowers. Not only are we ushering in Spring with the local Cherry blossoms blooming, but we're also welcoming the next batch of KMG instructor recruits for KMG GIC 1 happening here at FDKM. So, aaaaaachooooooooo.... read on

Hello FDKM'ers

We are entering the 2nd quarter of 2019. Hello Spring! We're also welcoming KMG-USA's General Instructor's Course part one participants to First Defense. GIC 1 is the first part of a 3 Parts of Instructor training to become a certified KMG instructor. It'll be a full house in here for about 9 days, so please make note of some schedule changes during the week of April 6th-13th.

March was packed with activity. We had an opportunity to introduce Krav Maga to a new group of women, a local Girl Scout troop, and the 7th & 8th graders at Nysmith.



Nick Demo-ing at Nysmith



Girl Scout Troop 2604



Women's Intro to Krav Maga

We've got a lot of activities coming up this Spring, so I won't keep you here at the intro for too long. Keep on reading below for what's coming up in April and beginning of May. See you on mats!

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

UPCOMING EVENTS



Women's Intro to Krav 4 part Seminar Series, one part Left!



Intro to Krav Maga 4 Week Course April 29th!

Our next Introduction to Krav



SOS Workshop Series: Getting the Jump

April's SOS Workshop topic

Our popular Introduction to Krav Maga for Women Four Part Seminar Series is drawing to a close. One part left- Car Security

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.

Maga Course will begin on April 29th. 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!

will be, "Getting the Jump." We'll be working on how to take the initiative and act preemptively in dangerous encounters.

Can't attend regular training? This is a great opportunity to get some training in on a monthly basis. We're offering 5 Seminar pass or drop-ins for our SOS seminar Series.

[REGISTER NOW](#)

[SIGN UP TODAY](#)

[REGISTER NOW](#)

In First Defense Krav Maga News

Introduction to Krav Maga for Women

Car Security April 14th, 1-3pm

"Between 15 and 76 percent of women are targeted for physical and/or sexual violence in their lifetime"- endvawnow.org



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 you 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 our last seminar for \$60

Our Fall 4 part Introduction to Krav Maga for Women is tentatively scheduled for September 29th-November 10th

REGISTER 

2019 SOS Krav Maga Workshops

Specific Topic training.



Join us Friday April 12th at 7 pm for "Getting the Jump", the fourth workshop in our SOS series. Fighting Tactics is a pillar of Krav Maga training & sometimes we have to take the initiative and act preemptively in dangerous encounter. Typically in self-defense scenarios, we have to react to the bad guys actions. In this seminar we learn how to get the jump on the bad guy instead.

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 \$745 (offer ends 8/10)
Single session pass- \$149

Current First Defense member pricing

5 session pass \$495 (offer ends 8/10)
Single session pass- \$99

FIND OUT MORE 

Intro to Krav Maga 4-week Course April/May Session

Begins on April 29th



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.

The next session will begin on Monday April 29th at 7 pm. 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/May Course starts on April 29th, 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](#)

Straight from the Headlines/Reality Week

April 13th-18th



It's back! Our straight from the headlines week! For our level one and above classes our instructors will base their lesson on a real life attack. It's a great opportunity to connect what we're learning in Krav class to what really happens on the streets. Make sure to keep an eye on our FDKM members page to see if there are any specific things they'd like you to wear or bring to class that day.

Upcoming Holiday Closings



Please make sure you mark your schedule for some upcoming Holiday Closings here at FDKM. We make every effort to minimize general closings throughout the year, but we also want to make sure everyone makes time for their family and friends as well.

Easter Weekend Holiday Closing- Friday April 19th- Sunday April 21st
Memorial Day Weekend Closing- Friday May 24th-Monday May 27th
Fourth of July Holiday Week Closing- Monday July 1st- Sunday July 7th
Labor Day Weekend Closing- Friday August 30th-Monday September 2nd

April Class Schedule Adjustments



With KMG's GIC being held at First Defense in April and Nick traveling to Cleveland for the 2019 Great Lakes Shuaijiao Tournament, we have some scheduling adjustments for a few days in April. Please make note of the changes listed below. Thanks!

Saturday April 6th:

- No Strike and Sparring Class
- No Adult Level 2/3 Class
- Youth level 2/3 students will train with the Adults at 11 am Adult level 1 class

Saturday April 13th:

- No Sparring Class

Shuaijiao Classes will be cancelled on Saturday April 13 and Saturday April 20th



SISU Fitting Guide

Did you purchase a SISU mouth guard? Need a few more tips or a video guide on how to fit them at home? Visit the YouTube Link below:

https://youtu.be/LdW_FAlYMAA



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



Did you order yours?

Limited edition Nut Kicker Krav Maga Apparel! Pre-order today! \$30 hoodies and \$20 t-shirts. See Ann for more info.

hand wraps and a wash bag,
making this kit the best
bang for your buck!

ONLY \$49.99 +tax

Congrats to Our recent FDKM Testers!

Leveling Up to Their Next KMG Rank



We'll Start with our Youngest Group of Kravers, our Kid's Division! Congrats to Lexi C., Tristan L., Vimala D., Keira M. They leveled up in Rank with in the Kid's Division. Congrats kiddo's!!



Congrats to these group of Kravers for earning a red shirt and moving on to the next age division. We've had a fantastic time with these youngsters in our Kid's Division, but alas they have earned their spot to graduate into our Youth Division with the older kids. Round of applause for Aurellia



Next up are our Adults! On March 24th we put these group of FDKM'ers through a rigorous 6 hour P3 and above testing. We're super proud of all the hard work and dedication everyone has put into their Krav Maga training with us here at First Defense. Some members have been with us since 2011!!! Wow!! Congrats to all!





Special Acknowledgement to Lauren for accomplishing the highest rank earned for any female trained at FDKM. You're a hop skip away from Expert Rank!!! Go Lauren!!!!

2019 Testing Schedule

Let's work together to reach your goals!



Our next scheduled Practitioner level 1 and 2 testing will be held on Saturday April 27th beginning at 3 pm. 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, August 24, October 5, November 23. (additional Summer date TBD)

P3 and above:

June 2, September 15, December 15

Krav Junior Testing

May 11th begins at 3pm



Parents Please make note that our next testing for the following Krav

Junior Divisions (Youth Division, Junior Division, and Teen Division) will be on Saturday May 11th beginning at 3pm.

If your child is eligible to test for his/her next rank or to graduate into the next Division you will receive an email invitation. You must RSVP your child for testing once you have received the invitation.

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



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.

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

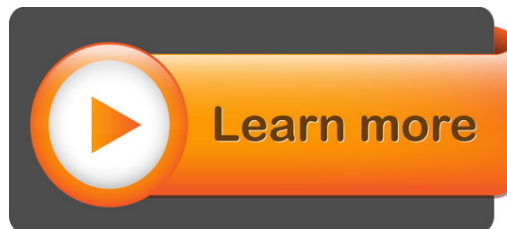
KMG MASTER CAMPS- REGISTER TODAY!



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 Schedule in April



Shuaijiao Classes are Cancelled on Saturday April 13th, Due to the Great Lakes Tournament Nick will be attending. Classes on April 20th will also be Cancelled due to the Easter Holiday Weekend. We apologize for the inconvenience.

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



SISU Mouth Guards are sold here!

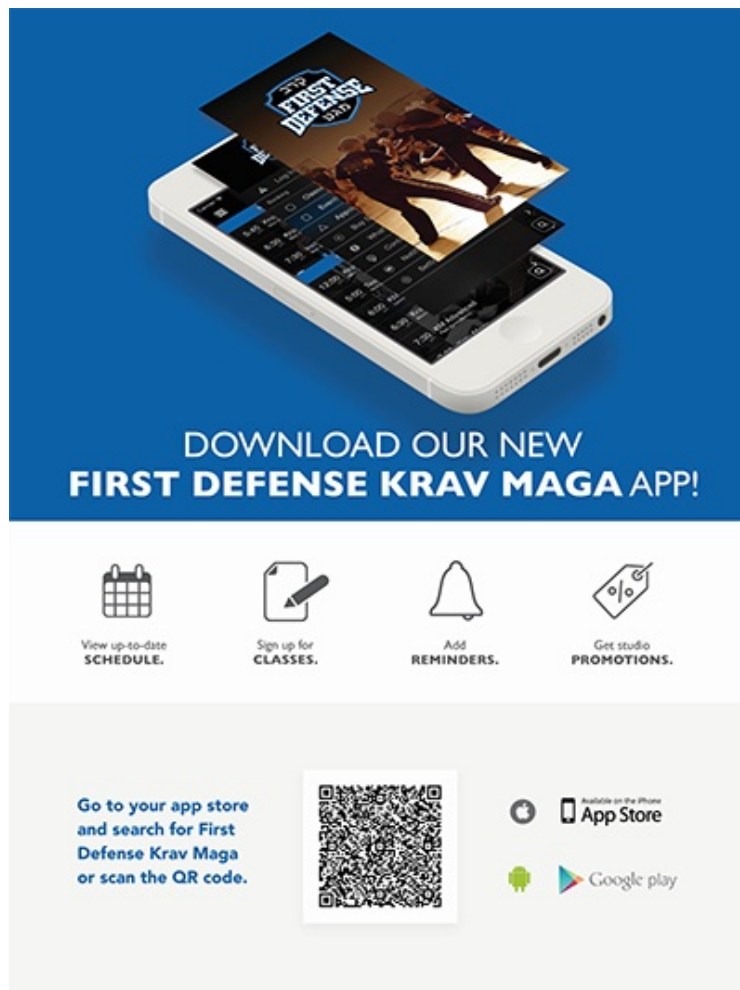
talk.breathe.drink



We're excited to announce that we now carry SISU Mouth Guards. They're light weight and easy to form. Ask the front desk for more info on this new product we're now carrying in our Krav Store!

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



Reminders

If you have had an address change or need to update your credit card please remember to

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.

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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