

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 May FDKM Newsletter

It is said that the Month of May is when plants really begin to grow. We're looking forward to seeing many of our FDKM'ers continue to blossom and grow both outside the school and within their own Krav Maga training. May the 4th be with you :)

Hello FDKM'ers

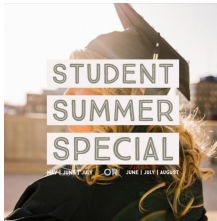
Spring is in full swing, and for us allergy sufferers it's been very evident. Hang in there, before we know it Summer heat will be affecting all of us soon. May is also a month where many of us are preparing for Summer plans, graduations, and general upcoming transitions happening over the next few months. If you have long term summer plans that will take you away from training this summer, please let us know. A quick reminder that we do require 30 days notice for all non-medical holds. We're excited to welcome all the new faces who have been and will be participating in Krav Maga here at First Defense. We have a few days where the regular schedule needs to be adjusted due to other things going on at the studio, and some changes to class times on the regular daily schedule. Please make sure you make note of these when we list them below in the body of the newsletter.

There are a few announcements about upcoming events over the summer. Many of these do have limited space, so please make sure you register for them ahead of time. We're hoping to have some fun get togethers and activities outside of Krav training over the summer. If you have any suggestions please let us know!

Going to keep things short here, so keep reading on! Don't forget Mother's Day is Sunday May 12th, bring your mom in with you this month to try out a Krav Maga class for free! Memorial Day weekend caps off the month, we'll be closed May 24th-27th, otherwise see you on the mats!

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

UPCOMING EVENTS



Student Summer Special is back!

Have a Junior/Senior in High School or a returning College Student for the summer? This is a great opportunity to get some real life self-defense training in over a three month period. With valid ID, we're offering our Student Summer Special for 2019! \$330 for 3 months of Training. Choose from May-July or June-August.

[CONTACT US FOR REGISTRATION](#)



CLOSED For Memorial Day Weekend

First Defense Krav Maga will be closed Friday May 24th-Monday May 27th in observance of the Memorial Day Weekend.

Classes will resume on Tuesday May 28th.



SOS Workshop Series: The Cutting Edge

May's SOS Workshop topic will be, "The Cutting Edge." Knife threats and attacks are two different beasts. Here, we will cover the basics of how the Krav Maga system deals with both.

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.

[SIGN UP TODAY](#)

In First Defense Krav Maga News

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.

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

Going to be away this summer and unable to train Krav Maga? If you are planning on putting your account on hold due to traveling, please be sure to submit your request ahead of time. We do require 30 days notice for non-medical related account holds. All Hold request forms must be completed and signed before holds are placed on accounts. **Not all memberships are eligible for holds, please see the front desk for more information about your account options.

2019 SOS Krav Maga Workshops

Specific Topic training.



Join us Friday May 10th at 7 pm for "The Cutting Edge", the fifth workshop in our SOS series. Knife threats and attacks are two different beasts. Here, we will cover the basics of how the Krav Maga system deals with both.

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](#)



Student Summer Special



Our Summer Student Special is back! This offer is for any Junior/Senior in High School or returning College student on Summer Break. (Valid School ID required for offer)
\$330 for 3 months of training, choose from May-July or June-August.

Students will be training in our Adult Fundamentals Classes offered on the following days:

- Monday and Wednesday 5:45-6:30 pm
- Tuesday and Thursday noon-12:45 pm and 7:30-8:15pm
- Saturday 9:30-10:15 am. and noon-12:45 pm

Train as often as you can in our Fundamentals classes during the 3 month student special. Our three month special is a great way to get your young adult familiar with Krav Maga and basic self-defense skills. Like all skills, it takes practice to build proficiency. Here at First Defense Krav Maga we do suggest getting as much training in while you can in order to build the muscle memory and mindset. Below are just a few of the Krav Maga techniques we will be working on:

- *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

For more information or to register for our 3 month Student Special, please email Dakota at Dakota@firstdefensekravmaga.com or visit us in person.

[MORE DETAILS](#)

Krav 101: Basics

Looking for a quick overview of Krav Maga for your College bound student?



If your college bound student has limited time and can't participate in our 3 month summer special, but you would still like them to learn some basic concepts of self-defense there is a special course we're offering during the summer of 2019. Our Krav 101: Quick College Prep course is designed to teach your child some basic knowledge, techniques, and tactics during a 3 hour training session. The 3 hour intensive course will work through some scenarios students most often face on campus and how to deal with them.

This Course will be offered on the following dates:

Wednesday June 12th 1-4pm

Monday August 5th 1-4pm

For non-members the course is \$149.

Student summer Special members get a 50% discount.

REGISTER 

Krav Junior Jump Start Camp

Week-long half-day Summer Camp training



Still looking for a Summer activity? We are opening a waitlist for our Krav Junior Jump Start Camp. We are planning on holding the camp on July 8th- July 12th from 1pm- 5pm for Ages 7-13 years old. Official Registration will open on June 8th, space is limited, get your name on the list today!

SAVE MY SPOT!

Get a jump start on Krav Junior Krav Maga training during our Camp! Each day will focus on a theme with Structured games, Krav Maga training, and character development activities. Topics and Themes will include:

- Krav Maga Basics
- Stop the Bullying
- Anti-Abduction
- Situational and environmental awareness

Classes will be lead by our team of Krav Maga Instructors, Junior Instructors & Assistants, and Staff. Great way to review material for our current students. For campers who are new to Krav, get a head start on what regular Krav Maga training is all about.

May Class Schedule Adjustments



Please make note of the changes listed below. Thanks!

Saturday May 4th:

- No Strike and Sparring Class
- No Shuaijiao Class

Please note, the following changes in schedule are effective Monday, May 13th:

- Tuesday 5 - 5:45pm: Youth division (Red shirts)
- Tuesday 5:45 - 6:30pm: Junior and Teen division (Green + Tan shirts) All Levels
- Thursday 5 - 5:45pm: Youth division (Red shirts)
- Thursday 5:45 - 6:30pm: Junior and Teen division (Green + Tan shirts) All Levels
- Saturday 10 - 10:45am: Youth division (Red shirts)
- Saturday 11 - 11:45am: Junior and Teen division (Green + Tan shirts) All Levels

These changes will allow us to better manage class size and ensure each student receives proper instructor attention, and creates a more peer-oriented training experience for students.

Shuaijiao Classes will be cancelled on Saturday May 4th and Saturday May 25th.



Train with your mom!

Let's celebrate our Mom's in May! All month long bring in your mom to try out a Fundamentals class with you for free.

New to FDKM? Trying out classes on our 3 class pass? Buy one for yourself and get one Free for your mom. See our Front desk for more info.



Gatorade and Water for Sale

We definitely would like to encourage everyone to bring in a reusable water bottle to refill at our water station next to the fridge in the kitchenette. Or make use of our water fountains.

However, if you need a Gatorade boost or would still like a water bottle, we do have them for sale now. See Dakota at the front desk for purchase.



Summer time is almost here.

Just a reminder that we do not allow wearing tank tops for either women and men during class. Also, for those who wear flip flops and decide to train bare foot, we do ask that you give the bottom of your feet a quick wipe with the body wipes we have near the cubbies. Thanks!

Congrats to Our recent FDKM Testers!

Leveling Up to Their Next KMG Rank



Huge Congrats to our newest Practitioner Level 1 and Practitioner level 2. Top row Left to Right: Mike M., Sam C., Jeff F., Brahim A., Reid A., Dan H. Bottom row Left to Right: Tim W., Wendy L., Madeleine W., Ben C., and Brenna E.

2019 Testing Schedule

Let's work together to reach your goals!



Our next scheduled Practitioner level 1 & 2 testing will be combined with Practitioner level 3, 4, and 5 held on Sunday June 9th at 10am. 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:

June 9, August 24, October 5, November 23.

P3 and above:

June 9 (No Graduate level testing on this date), 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 Master Camps in Israel are Just around the Corner



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 News in May

Shuaijiao Classes are Cancelled on Saturday May 4th.
Classes on May 25th will also be Cancelled due to the Memorial Day 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.



For current Shuaijiao participants, please do not forget to turn in your USA Shuaijiao membership form to Nick. Also if you haven't received your white belt yet, make sure to pick one up during your next class. If you haven't purchased your own Gi yet, we do have a few in stock for sale.



2019 TCAAT Shuaijiao Tournament of the San Francisco Bay Area

Annual Shuaijiao Tournament TCAAT in the Beautiful San Francisco Bay Area will be

held on Saturday, July 13, 2019 at 8 AM - 6 PM . This year our event will be at Cupertino High School.

This year, we introduce a no jacket "no gi" competition using Shuaijiao rules. Whether you study other styles and have never done traditional style Shuaijiao or you are already experienced shuaijiao athlete, come try your skills in a no jacket competition!

For more information, you can messenger us on Facebook or email ussainfo@aol.com.

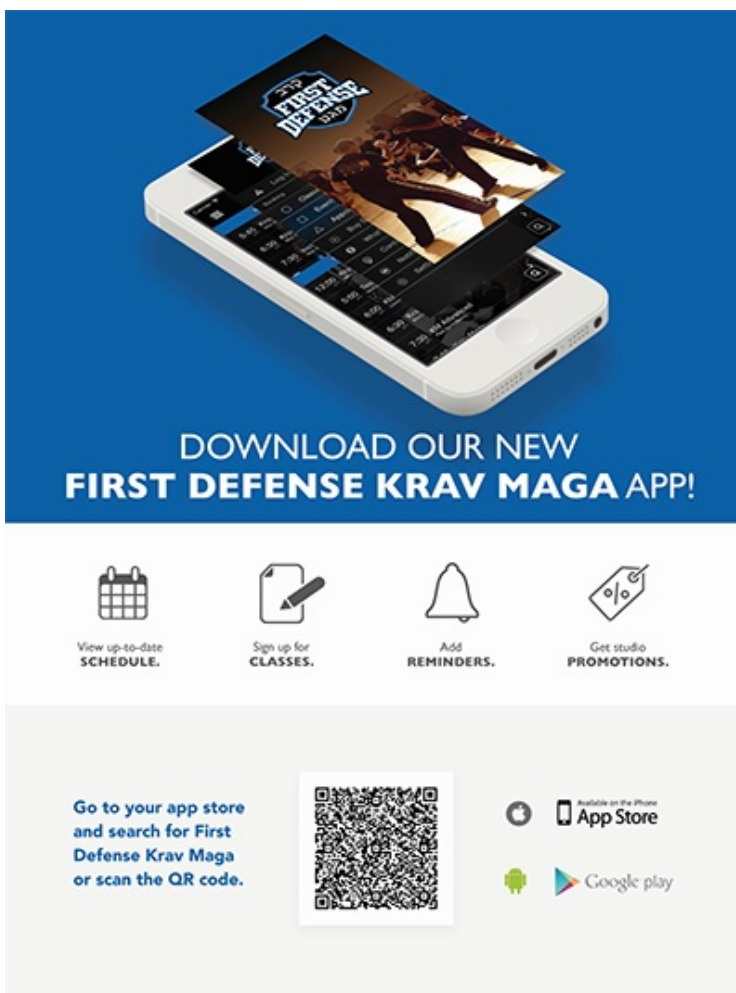
SISU Mouth Guards are sold here!



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

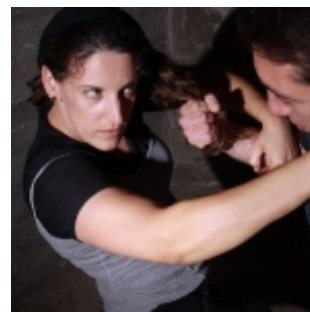
 **Google play**

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 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



Copyright © 2015. All Rights Reserved.