

# KRAV MAGA



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## 2019 June/July FDKM Newsletter

Summer is Here!

You'll sweat in the heat outside. You'll sweat training Krav Maga inside. So don't fight it, just make sure you have plenty of hydration on hand!

Hello FDKM'ers

So our June/July newsletter is a little late or maybe it's early by July standards..... Sometimes life catches up with you. Both myself and Ann found ourselves in a whirlwind of events the past few months. We topped it off with a terrible cold and personally moving our home at the end of May. Which caused a delay in putting words to the newsletter. But we're back on track.... sort of.... Summer is already here, and we wanted to remind everyone that First Defense will be closed from June 30th-July 7th. We always close for a week, twice a year. Once around the 4th of July, and again during the Christmas & New Year's stretch. So mark your calendars!

The past few months were filled with lots of activity here at FDKM. We welcomed KMG General Instructors Course part one and Apprentice program participants, with Eyal who were here for a week of intense training. Many of our current members leveled up in Rank. We introduced Krav

Maga to new interest groups and events locally. And we'll kick off the summer with Nick and Chris M. heading off to Israel for Expert Camp for testing. So get your pool noodles ready for both the pool and 360's in class!

- 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, June/July/August. Last chance to sign up for this deal!

[CONTACT US FOR REGISTRATION](#)



### CLOSED For the 4th of July Week!

First Defense Krav Maga will be closed Sunday June 30th-Sunday July 7th, for the Fourth of July Holiday Break.

Classes will resume on Monday July 8th.



### Members Seminar Series

June's Member's Seminar will be on Saturday June 15th, 3-5 pm. We'll be working on Fighting Tactics: transitions.

Don't forget to RSVP your spot for our July Members Seminar! On Sunday July 28th, 1-3 pm, we're hosting STOP THE BLEED. These seminars are free to FDKM members who have a full membership with us.

For more info please contact Dakota.

## 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.

**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.



For the remainder of June, Sparring Class will be cancelled due to our Instructors travel schedule. We apologize for the Inconvenience .

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## 2019 SOS Krav Maga Workshops

Specific Topic training.



Join us Friday July 12th at 7 pm for "The Bodyguard", the seventh workshop in our SOS series. Like "fighting tactics", "protecting others" is a pillar of Krav Maga training. Whether stranger, friend, or family member, we will learn techniques and tactics to use if the situation calls for us to protect others.

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](#)



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## Members Seminar Series

June and July Members Only Seminars are back!





June's Members Seminar will be on Saturday June 15th, 3pm-5pm.

Member's Seminars are free to all current and active members with Full memberships. Basic membership holders are welcome to attend for \$40.

This seminar will cover varying Graduate-level fighting techniques and tactics, including defensively transitioning from ground-fighting to standing and vice versa.

Please make sure to RSVP your spot!

[Click to RSVP](#)



**SAVE A LIFE**

July's Member Seminar will be held on Sunday July 28th from 1pm - 3pm. We're excited to have the guys from STOP THE BLEED come in to teach us more about First Aid and what to do in certain emergency situations. Please make sure to RSVP for this event. It's Free and open to all of our Current First Defense Members.

[Click to RSVP](#)

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# Student Summer Special

3 month training special for young Adults



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, June-August.

**Last Chance to sign up for this summer offer!**

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](mailto:Dakota@firstdefensekravmaga.com) or visit us in person.

**MORE DETAILS** 

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## Krav Junior Jump Start Camp

Week-long half-day Summer Camp training



Still looking for a Summer activity? We are offering a half day camp for 7-13 year olds from Monday July 8th-Friday July 12th, 1pm-5pm. There is a limited amount of spots for Registration, so don't miss this opportunity!

\$274 per Child, \$199 for each additional sibling

Click the link below to register your child. For registration of additional siblings please contact [dakota@firstdefensekravmaga.com](mailto:dakota@firstdefensekravmaga.com).

**REGISTER** 

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.

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### Happy Father's Day!

We want to wish a very Happy Father's Day to all the parents out there who work hard everyday for their families and loved ones!!!



### 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!

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## 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: Feroz K., Lizzie M., Tovah S. Bottom row Left to Right: Chris Y., Giovanna G., Christina B.



Huge Congrats to our newest Practitioner Level 3 and Practitioner level 4. Left to Right: Thomas M., Munindra S., Akshaya S., John N., Hannah U.

# 2019 Testing Schedule

Let's work together to reach your goals!



Our next scheduled Practitioner level 1 & 2 testing will be held on Saturday August 24th. 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:**

**August 24, October 5, November 23.**

**P3 and above:**

**September 15, & December 15**

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## First Defense Welcomes GIC 1 and Apprentice Program Participants

New Assistants on the Mat!



We were excited to welcome Eyal and the General Instructors Course Part one and Apprentice Program Participants to First Defense the last week of May. It was a full week of intensive training

and education about becoming a certified KMG Instructor. We're excited to welcome back many of the participants this July for the General Instructors Course Part two!



Please welcome your fellow First Defense Members to the front of the class! Sarah E., Brittany C., Amy L., and not pictured Ross J., to our Assistant Roster! They'll be joining our instructors during class assisting, running warm-ups, stretches, and eventually classes.

## Welcome Back!



Summertime is Here! Which also means, welcome back to some of our instructors for the summer. Say hello to Andy B., Bouba B., and Jake S. So excited to see them back



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## Nick and Chris Headed to Expert Camp in Israel!



Nick and Chris will be headed out to Israel the last two weeks of June to attend KMG's Expert Camp. Wishing them the best! Chris will be testing for his Expert 1 rank, and Nick will be testing for his Expert 3 rank. Both will be bringing back lots of new material for classes here at First Defense! We're super excited!

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## 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 date:  
Monday August 5th 1-4pm

For non-members the course is \$149.  
Student summer Special members get a 50% discount.



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## Tabling at Sunrise Valley Elementary

Shaking things up!







We headed out to Sunrise Valley Elementary School this past month to introduce ourselves to the Sunrise Valley Elementary School Students and Parents at their annual Spring PTA event. We had a great time! The kids especially enjoyed participating in our carnival game of "baby rattles." It was a game to see who could empty out the gum balls into the attached bottle the quickest!

## Shuaijiao News: June/July

Shuaijiao Classes are Cancelled on the following Saturdays:

- June 22nd (instructor Nick Masi will be in Israel)
- July 6th (FDKM Closed for the 4th)
- July 13th (Nick will be at the TCAAT competitions in California)

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!

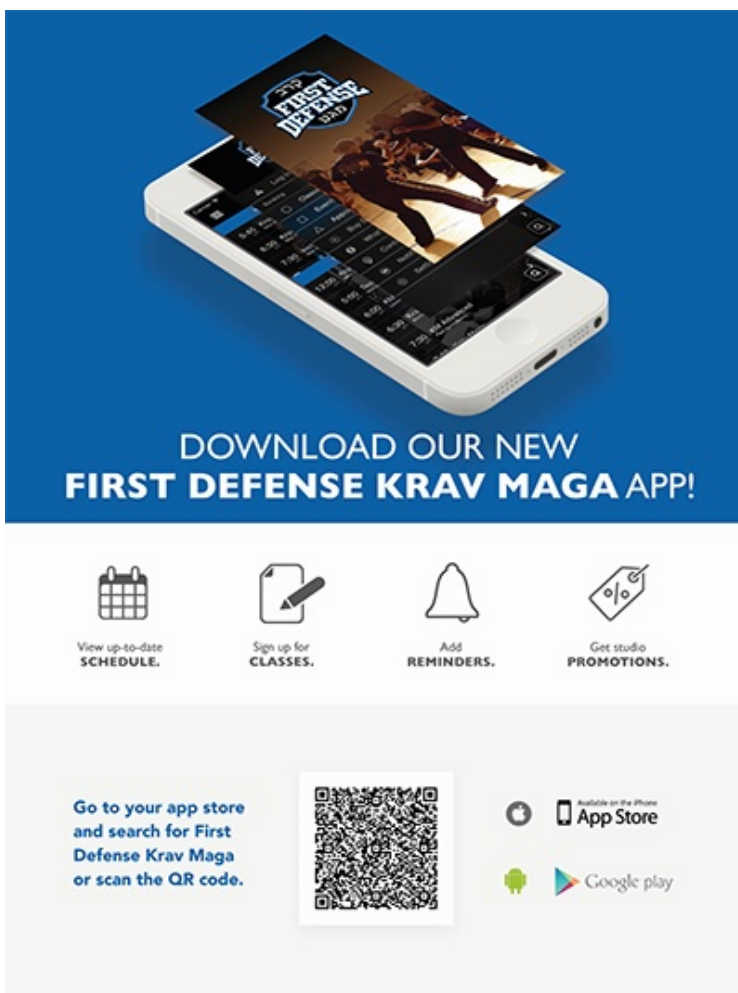
For more information, you can messenger us on Facebook or email [ussainfo@aol.com](mailto:ussainfo@aol.com).

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## 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**

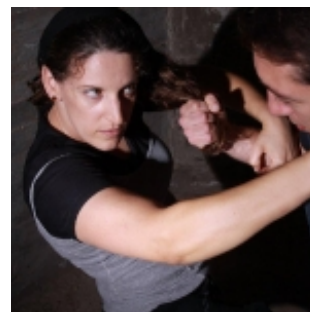
 **Google play**

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.

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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

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Forward this  
email

STAY CONNECTED



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