

KRAV MAGA



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2019 August FDKM Newsletter

Dare I say summer is winding down..... But with Fall just around the corner, it means many of us are gearing up for the upcoming school year. Now that those summer vacations are behind you, let us help you get back on a regular Krav Maga training schedule again!

Hello FDKM'ers

Our August newsletter is jam packed with a lot of information about upcoming events for this month and next. So please make sure to mark your calendars and make note of all the activity going on at FDKM. We'd like to send special congrats to all of our college-bound students who are headed back or off to college for the first time this month. It's been a pleasure having you guys train with us, and we hope to see back when you're home during the breaks!

Now that back to school is on everybody's mind, let's get your Krav Maga training back on track as well. There has only been one slight change to our regular schedule with our Spar class being combined with our level 2 & 3 classes, extending those classes by 15 additional minutes.

September will launch several Intro to Krav Maga Courses. Our Intro to Krav Maga Courses are open to all FDKM members who have full memberships with us. These courses are a great way to knock off some rust if it's been

awhile and/or you're returning from a hiatus. We're also adding an Introduction course for our younger group of Kravist this Fall. Our Introduction to Krav Maga for Women's Fall session's registration is also open now. Space is limited, so make sure to pre-register!

Of course summertime didn't mean our own FDKM assistants and instructors took a break. To the contrary, Nick been kicking up the training schedule for them. Both Nick and Chris traveled to Israel for their own training at KMG's Expert Camp. Some of our assistants completed the second part of our General Instructor's Course. Our Apprenticeship members have been busy getting their training and assisting hours in to complete their requirements for the certification. Continual Training and Education that our FDKM team participates in is how we bring you the best Krav Maga training in the area.

Read on! And we'll see you on the mat!

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

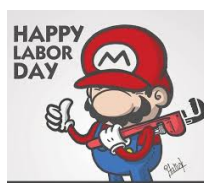
UPCOMING EVENTS



Summer Social!

Join us Saturday August 17th from 3-6pm at Mt. Defiance Cidery Barn in Middleburg. We'll be celebrating our 9th anniversary at this beautiful cidery/distillery. Enjoy an afternoon with your fellow instructors and members.

Please RSVP online FB event page or with Dakota at the front desk! More info further into the newsletter



CLOSED For the Labor Day Holiday weekend

First Defense Krav Maga will be closed Friday August 30th-Monday September 2nd for the Labor Day Holiday weekend.

Classes will resume on Tuesday September 3rd.



S.O.S Workshops: Control the Situation

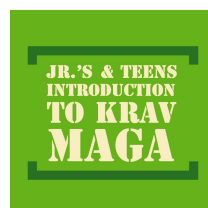
Our next S.O.S Workshop will be held on Friday August 9th. The topic will be, Control the Situation. These workshops are designed to be a two hour intensive focusing on a specific threat or topic.

For more information on our S.O.S Workshops Click the link below

[MORE DETAILS](#)

In First Defense Krav Maga News

CHOOSE YOUR FALL INTRODUCTION!



This Fall we're offering an Introduction to Krav Maga for all Ages! Our Introduction to Krav Maga Course is designed to teach beginners key concepts and techniques that will set the up for success in future training. Participants in the course have the opportunity to learn and see what training Krav Maga here at First Defense is all about and to get a head start before jumping into regular Fundamental classes.



September's Introduction to Krav Maga course begins on September 9th. Each class focuses on a specific theme or topic. From choke releases to protecting others, you will get a sampling of all that the system of KMG Krav Maga has to offer.

As with our regular classes the Introduction to Krav Maga Course develops 4 components - physical, technical, tactical, & mental.

All new journeys start with a single step. Join us for our September Introduction to Krav Maga Course and step onto the the path towards increased confidence, physical fitness and personal safety.

For more information about our September Introduction to Krav Maga Course for Adults, please visit the link below

[READ MORE](#)





Our Popular 4 Part Women's Introduction to Krav Maga Seminar series is Back for the Fall session (September, October, & November).

"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. The dates are as follows, September 29th, October 13th, October 27th, and November 10th. Register for all 4, or an individual session. These two hour seminars are perfect for beginners who want to learn more about training Krav Maga related to scenarios that women face most often. Open to women of all ages, and to young ladies who are 14 and older.

Registration will open August 15th, so be on the lookout for a notification. If you have any questions prior to registration opening, please contact us at 703-835-9054 or via [email](#).



4-Week Introduction to Krav Maga for Kids 8-10yrs.
On Wednesday afternoons from 5-5:45pm, join us to a 4 week introduction to Krav

Maga for kids ages 8-10.

Topics we will cover include awareness and attention, prevention and avoidance, and Krav Maga Self-Defense.

September 4, 11, 18 & 25.

REGISTER 



4-Week Introduction to Krav Maga for Pre-Teens and Teens

On Monday afternoons from 5:45-6:30pm, join us to a 4 week introduction to Krav Maga for kids ages 11-15.

Topics we will cover include awareness and attention, prevention and avoidance, and Krav Maga Self-Defense.

September 9, 16, 23 & 30.

REGISTER 

2019 SOS Krav Maga Workshops

Specific Topic training.



Join us Friday August 9th at 7 pm for "Control the Situation", the eighth workshop in our SOS series. Not all situations can be (or should be) solved by a swift kick to the groin! In this seminar we will work on techniques to control and restrain someone when high-levels of violence are not necessary or appropriate.

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](#)

FDKM Summer Social

Saturday August 17th, 3 pm- 6 pm



Join us Saturday August 17th, from 3 pm-6 pm at Mt. Defiance Cider! It's a great opportunity to

hangout and get to know your fellow members and Instructors. This Cidery is family friendly and pet friendly location. They have a beautiful Barn where the tasting room is, a patio area to hang out in, and lots of surrounding grass for the kids to run around and play. No outside alcohol is permitted, but their cider is great, so you don't need to bring any anyway! For those that don't drink alcohol and for the children, we would recommend bringing something to drink. There will be a food truck there, but you are welcome to pack your own picnic. If you plan on attending you can RSVP with Dakota at the front desk or on our FaceBook event page. We'd like to get a rough headcount so we can plan accordingly.

Mt. Defiance Cidery

<https://www.mtdefiance.com>

Mt. Defiance Cider Barn
495 E. Washington Street
Middleburg, VA 20117

Labor Day Holiday Weekend Closing

Closed August 30th-September 2nd



First Defense Krav Maga will be closed for the Labor Day Holiday Weekend.

CLOSED Friday August 30th- Monday September 2nd

Classes will resume on Tuesday September 3rd.



Account Changes

Just a reminder that all Account change requests need to be submitted minimally with 30 days notice. This



Back to School

Many families are returning from their Summer break and vacations. Please make sure your account information is up



Clothing Reminder

Just a reminder that we do not allow wearing tank tops for either women and men during class.

includes all non-medical Account Holds and Account cancellations.

Beginning in 2020, there will be a Administrative fee of \$20 to process any non-medical hold on an account.

to date. This includes address, emails, and billing information.

We're looking forward to seeing everyone back into the swing of things!

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 before coming onto the mats. Thanks!

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

Krav Junior Testing, is tentatively scheduled for Saturday September 7th or September 14th. Parents will be notified in August if their Child is eligible to test and meet all the testing requirements.

First Defense Welcomes KMG GIC 2 Participants

Learning the ropes!



We were excited to host Krav Maga Global's General Instructors Course Part 2 here at First Defense on July 20th-27th. Nick lead the week long training, imparting important notes about how and what it is to be a good Krav Maga instructor. We were super proud of our very own Deidra D. and Adrian C. completing the next phase of their Instructor training. They have one last GIC part to complete before receiving their official KMG Instructor Certificate. It's wonderful to see so many women participate and join the ranks of becoming a certified KMG Instructor. We really enjoyed having Barbara and Cassia here and seeing their dedication and resilience! Congrats to everyone, it was a fantastic week.

KMG Ground Fighting Course w/Rune Lind

Las Vegas November 1st-3rd



Unfortunately, there is no KMG Fall Camp in Las Vegas this year. However, there will be one of KMG's newest events - the Ground Fighting Course. In this course, GIT member and Expert 5 Rune Lind, will lead us through techniques and tactics for taking the fight to the ground and dominating from that position. 90% of the material is KMG curriculum (pulled from various levels) with the remainder being techniques, tactics, drills, combinations and transitions Rune has used with his fighters in his 20

years of instructing MMA in Norway.
The course is open to all students and instructors. Use the link below to read a few words Rune has written about the course and to register.

Register Today!

Huge Congrats to Our Newest Expert 1 & Expert 3!





At the start of summer, both Chris and Nick traveled to Israel to participate in this year's 2019 KMG Expert camp. We are excited to report that they both successfully completed camp and also tested for their next KMG Rank. Chris earned an Expert 1 rank, and Nick earned an Expert 3 rank. Chris is the fifth First Defense Krav Maga Instructor to earn an Expert rank and we're excited to see our roster of professionals continue to grow here at FDKM. Becoming an instructor is only just a step in a much longer journey & we are very fortunate to have so many dedicated students and

instructors that have an "always a student" mindset.

Nick's achievement of Expert Level 3 has an extra special meaning to it because it earned him the distinction of being the first North American to earn an E3 rank under KMG. Leading from the front, Nick tries to set the example by finding time to train with Eyal and the GIT whenever he can and this time. These trips to the camps in the summer and the GIT training in the winter are critical to helping him keep his Krav Maga and his teaching skills sharp.

Ground Force Method Early Registration Deadline!

August 18th last day for Early Bird Rate



Take advantage of the early bird discount when you register **BEFORE August 19th!**
Registration link: <https://tinyurl.com/GFM-Herndon-VA>

Learn how to teach healthy movement and become the expert that everyone wants - Ground Force Method is the system that will help you teach movement without pain or dysfunction. GFM has progressions for every level of ability, and has corrective movement flows that teach strength, mobility, and stability, even while being engaging and fun for both instructor AND student.

There is no better way to help people get STRONG than to teach them how to move well...

Please send an email to Groundforcemethod@gmail.com for special registration codes for:

- Registering for GFM Level 1 &2 certifications @ 10% discount on registration price
- Current StrongFirst Instructor, FMS Professional, Flexible Steel Instructor, KMG Instructor, Oxygen Advantage Instructor @ 10% discount on registration price
- Recertification (lots of intelligent updates!) @ 50% off registration price

MOVEMENT FROM THE GROUND UP | GROUND FORCE METHOD

Shuaijiao Shoutouts!

Thank you to all of our Shuaijiao members and students for your patience these past few summer months for our inconsistent training schedule. With Summer training and Holiday schedule, it limited our ability to hold consistent weekly classes. But all that is over and for the next few months training will resume on Saturdays from 1pm-2pm. (Aside from Labor Day weekend, no classes due to the holiday weekend). Looking forward to seeing everyone back and throwing each other around again!



2019 TCAAT Shuaijiao Tournament of the San Francisco Bay Area

The Annual Shuaijiao Tournament TCAAT was held in the Beautiful San Francisco Bay Area on Saturday, July 13, 2019 at Cupertino High School. Nick, Ann, and Myles traveled to sunny California to attend the tournament. We were there for a few days while Nick attended to business as a USSA board member and received training from guest instructors from China. It was a great opportunity to spend time on and off the mat with old Shuaijiao friends we've known for 20 years! Much like our Krav Family, many friends and training partners and competitors we've met over the year's are our extended family as well.

For more information about the parent organization United States Shuaijiao Association, you can messenger them on Facebook or email ussainfo@aol.com.

Otherwise we look forward to seeing you in class on Saturdays from 1-2 pm. For more information about the Shuaijiao program here at FDKM please feel free to contact Coach Nick at nick@firstdefensekravmaga.com.

First Defense Krav Maga Celebrates 9 years!

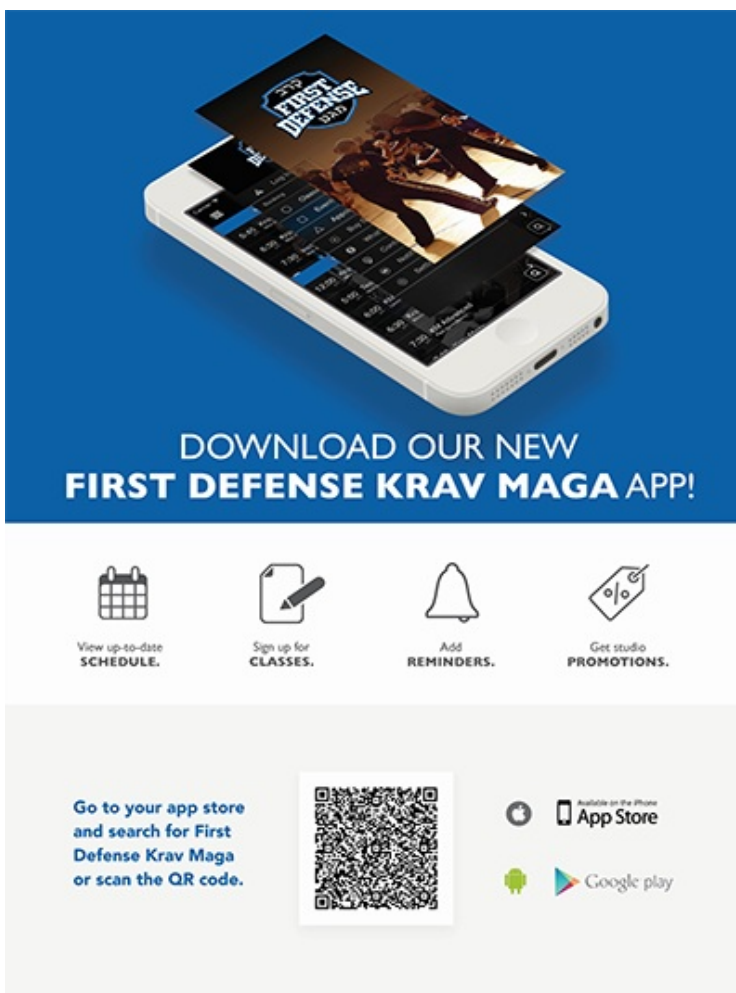


We're turning NINE this month! It's been quite the ride so far. We've been blessed to have so many wonderful supporters over the years! Some members have been training with us for nearly all 9 years!!!! Amazing!!!! To have so many people part of our journey humbles us so much. We truly appreciate our FDKM'ers who have trained with us over the years. Thank you for allowing us to be part of your lives. We've seen children grow up here, students transitioning into adulthood, marriages, breakups, and growing families. Through all of our struggles and triumphs, both ours and yours, this family has been there for each other.

We're so excited about our next anniversary 10 years in 2020!!! A Decade of providing Krav Maga to the Community! We're already planning some exciting and fun things to celebrate it next year!!!!

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

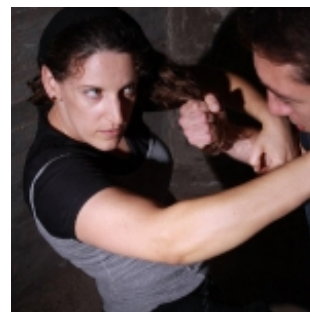
 **Google play**

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



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