

KRAV MAGA

A Decade of Excellence



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2020 March FDKM Newsletter

Are you thinking..... wait did I miss the February Newsletter?!?! Generally, I'd say check your spam folder. Alas, this season's ICK hit the Masi household and this flu season has been a doozy. So the February Newsletter just didn't get written. Consumption of Chicken Pho, sleep, and decongestants took priority. But we're back on track!

Hello FDKM'ers

Wow it's been so wonderful welcoming new faces to First Defense in the past two months! We've completed two rounds of our Introduction to Krav Maga course, and everyone's enthusiasm to train was infectious. We'll be taking a break from the course in March, but it'll return this April. It's a great opportunity for any college bound student to learn some basic self-defense skills before they head off

to college. Of course there's always our 3-class pass offering to just try out our regular Fundamentals group class.

March will be a great month to brush up on some Krav training if you have been on hiatus over the winter months. We'll be offering our Members Only seminar toward the end of the month with Pistol Defenses. There's also an advanced level testing mid month for those who are eligible. We'll be welcoming Ground Force Method Certification course back 20th-22nd.

With April just around the corner, there's a lot going on then too! Many of the area kid's will be off for spring break. Just a reminder that FDKM will be closed for Easter weekend. Nick and hopefully a FDKM SJ team will head to Cleveland for the annual Shuaijiao tournament. We'll also be offering a special for the women's only class on Tuesdays. It's all in the newsletter so read on!

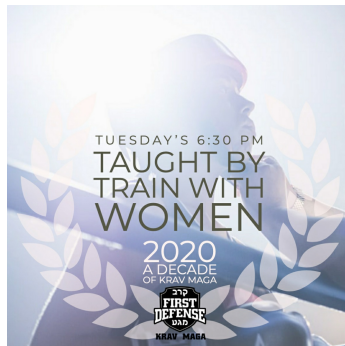
- Nick, Ann, and the First Defense Krav Maga Team

UPCOMING EVENTS



Introduction to Krav Maga Course Begins April 6th!

Our popular Introduction to Krav Maga Course will return April 6th! Learn what Krav Maga training is all about over our 4 week course. Space is limited so register today!



Women's Only Training

April Women's only class month special! Come try out our women's only class this April for only \$65. Our women's only class offered on Tuesdays will focus on threats and scenarios women face most often and how to defend against them.



Members Only Seminar: Pistol Threats

Our next Members Only Seminar will focus on Pistol Threats. Join us March 28th for this 2 hour seminar working with pistols and defenses. These seminars are free to all Full membership tiers. There is a small fee for those on our Basic membership tier. Please RSVP your spot.

REGISTER

REGISTER

Click to RSVP

2020 Introduction to Krav Maga Course

Begins Monday April 6th



The next Introduction to Krav Maga course begins on April 6th. Each class focuses on a specific theme or topic. From choke releases to protecting others, you will get a sampling of what the system 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 April Introduction to Krav Maga Course and step onto the the path towards increased confidence, physical fitness and personal safety.

Reserve your spot before the class fills up!

Great opportunity for College bound students to get some training in.

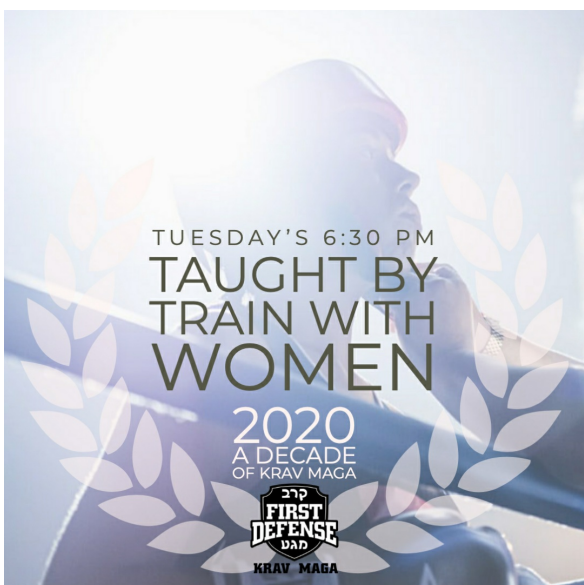
REGISTER



Where's the Women's Course?

Changing things up for 2020!

In years past, we offered a 4 part Women's seminar series. Usually the course would run in the spring and again in the fall. However, we never felt we were able to cover all the topics and threats thoroughly as we'd like too. So, we've decided to change our approach in 2020. Many of you have come in and participated in our Women's only class on Tuesday nights at 6:30 pm. By offering a dedicated weekly class that focuses on threats and violence that women specifically face, it allows us to dive deeper into not only the physical aspects of self-defense, but also into the psychological/timeline/de-esecaltion pieces as well.



This weekly training is taught by our team of female instructors. This class is dedicated to threats and scenarios women most often face. It's not a watered down Krav Maga class, but a place where women can openly discuss, train, support, and grow our knowledge base on how to better defend ourselves.

April is Sexual Assault Awareness Month and First Defense Krav Maga will be offering a special series of classes in our April classes. For non-members, a training pass for these classes is \$65. All proceeds will go to support survivors of sexual assault, so although this training is

free for members, we hope you will consider making a donation as well.

A full outline of the class topics will be available mid-March.

This class is appropriate for all women including young ladies who are in High School and Jr High. For more information about this and other programs offered at FDKM please feel free to contact us directly at info@firstdefensekravmaga.com

Register for our April Women's only classes offered on 4/7, 4/14, 4/21, 4/28 for only \$65

REGISTER 

T&T Krav Maga Training

Techniques & Tactics Class on Thursday's at 5pm



Techniques & Tactics class is an option for those looking for low impact training.

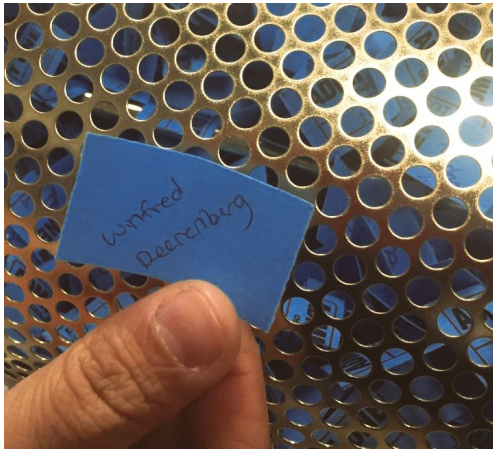
This class will focus on the fine details of movement used in Krav Maga and the fundamental tactics in scenario based training. The pace of class will be slower than our regular Krav classes and there will be more consideration for participants training limitations. It's a great class for those who have concerns about prior injuries and/or who may be older in age and aren't interested in sparring with our spring chickens in the regular classes. If you've been hesitant to try out Krav Maga because of your age, injuries/physical limitations, or fitness level, come try out our Techniques & Tactics class offered on

Thursday's at 5pm.

10x10 for 2020!

We're raffling prizes to celebrate our 10 year anniversary!

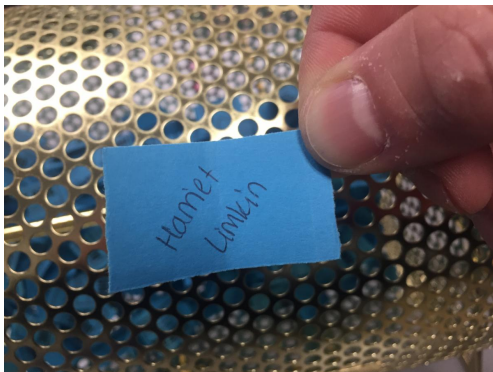
10 months of prizes celebrating each year we've been in business. We're continuing our celebration of our 10 year anniversary! Train often and compete to improve your chances of winning!



In January we saw a whopping 1,300 entries for our monthly raffle! Way to go guys, get your training in and work on those resolutions. Congrats to Winfred to winning our main raffle.

Winfred took home a brand new Shuaijiao jacket!

Our Krav Junior winner was Harriet Limkin. Harriet won some custom First Defense Krav Maga Apparel. She'll be rocking a baby blue hoodie and forest green t-shirt.

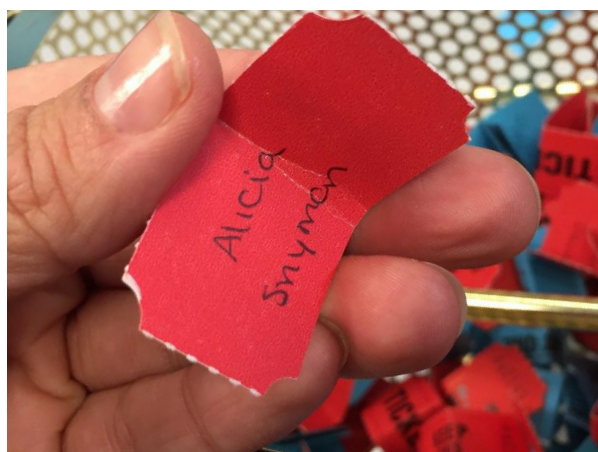


You guys continued to train hard in February! We had 1,200 entries!!! Way to go everyone. Our winner for our February drawing was Ben Custer! Congrats Ben!

For our Krav Junior Division our raffle winner was Alicia Snyman!

Looking forward to pulling our March winners this month. Good Luck everyone!





Members Only Seminar Series

Saturday March 28th



Our next Members Only Seminar Series will be held on Saturday March 28th. For our newest members who have joined on as Full Members, a quick reminder that these Members Only Seminars are included in your membership. We'll be spending two hours focusing on Pistol Threats on Saturday March 28th, 3-5 pm.



Account Changes

Not feeling well?

Hand Sanitizer- give it a

Just a reminder that all Account change requests need to be submitted minimally with **30 days** notice. This includes all non-medical Account Holds and Account cancellations.

There will be a Administrative fee of \$20 to process any non-medical hold on an account.

Aaachoooo!

Flu and cold season has reared it's ugly head early this year. We politely ask everyone who think they may be sick to take a break from training until they feel well again.

With the increase concerns about Coronavirus, it is very important to refrain from training if you do not feel well.

squirt

Just a reminder that we have Hand Sanitizer dispensers located on the walls throughout the studio. Please take the extra effort to use provided sanitizer (or wash your hands) before, during, and after classes.

Congrats on Achieving the Next Krav Maga Rank!

Leveling up!



Congrats to our members for ranking up in the first testing session of 2020! Great job everyone! Looking forward to seeing you guys earn your next rank!

Curriculum Workshops

Let's work together to reach your goals!



Many of you attended our March Curriculum Workshop offered at the beginning of the month. These workshops are an opportunity to review and practice before the next higher level ranking tests. It's a great way to spot check if you know the material well enough to test, review and refine techniques that you're unsure of, and to get feedback from our instructors. The next 3 workshops are scheduled for May 17th, August 30th, and November 29th. The workshops are open to current members only. Members can register by using the FDKM app or through the [Events Calendar](#) on our webpage.

Phil's Fit Class!

Join us Thursdays for 30 minutes of fitness training



Looking to improve your agility, strength, and range of movement? Join our Fit class taught by Phil! This 30 minute kettlebell and fitness training class will help you improve your general movement. This class is included for all of our current members. Join us on Thursday evenings from 6-6:30 pm in our Front studio A! All fitness levels are welcomed.

Take Your Fitness Training to the Next Level with GFM Certification

March 20th-22nd



We're excited to welcome Ground Force Method Certification Course back to FDKM! Level 1&2 Certification in Herndon, Va/Washington D.C. area is coming up quickly - don't miss out on the opportunity to add a great skill set to your repertoire. If you are interested in teaching restorative and integrative movement that has progressions and regressions for any level of ability - movement that gets you strong - and movement that is more fun than you can shake a stick at - then GFM should be in your tool kit not only as an instructor, but for your own athletic goals.
Ground Force Method | Movement From the Ground Up

For more information please visit: www.groundforcemethod.com

We're so proud of these guys!

Officially part of the team!

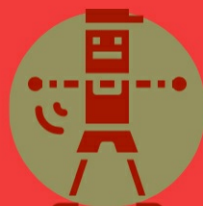
CONGRATS!



We're always amazed at the dedication and hard work our instructors put into their Instructor training with us here at First Defense. We just wanted to take a moment to express how fortunate we are to have such a talented team of instructors here at FDKM. Earlier this year we had a special training/testing session to officially graduate everyone into the First Defense Instructor Team! Congrats!

Krav Junior Summer Camps!

Proposed Dates for 2020 Krav Maga Summer Camps.



KRAV JUNIOR SUMMER CAMP



July 2020

Looking for something for your child to participate in over the summer? We're finally offering a camp for the summer of 2020!

Kid's Division will be held from July 13th-July 17th. Age range for this group are Kindergarten's - 2nd graders

Youth Division will be held from July 20th-July 24th. Age range for this group are 3rd graders- 5th graders

Junior/Teen Division will be held from July 27th-July 31st. Age range for this group are 6th graders - 9th graders

If you would like updates on registration, pricing, and activities planned for the summer camp please email ann@firstdefensekravmaga.com to be placed on the email announcement list.

Shuaijiao Shoutouts!



New Additional Times!

We're excited to see our Shuai Jiao program grow over the past year! We're hoping to have some of our students participate in some competitions in 2020. Really exciting stuff. What's even more exciting is that we're able to add some additional Shuai Jiao training time to our weekday schedule. So for some of you who have wanted to participate but don't make it in on Saturdays, here's your opportunity to train during the week as well! Class times for Shuai Jiao as follows:

Monday's- Studio A 6:30-7 pm

Wednesday's- Studio A 6:30-7 pm

Saturday's- Studio B 1-2 pm

Nick is encouraging many of you who attend our weekday Shuaijiao to also attend our striking class beforehand as well. As we progress in training, Nick will begin to include Sanshou elements in the striking class.

Great Lakes Kung Fu Championship- Cleveland, Ohio

For over 25 years, the Great Lakes Kung Fu Championships have been the Midwest's hot spot for Chinese martial arts competition. Over 100 divisions of Traditional Forms, Weapons, Tai Chi, Light Contact Sparring, Shuai Chiao (Chinese Wrestling) and San

Shou (Chinese Fighting).

Date: Saturday, April 13, 2019

Place: Cleveland, Ohio 44137

Venue: Maple Hts High School

For more information, you can call John Ervin at 216.431.4991, 216.410.8785 for any questions or registration information.

Nick will be traveling to this tournament, if you would like to coordinate going as a group please reach out to Nick during class about your interest in competing or attending this annual Shuaijiao Competition.

More information can also be found at <https://shuai-chiao.org>

2020 TCAAT Shuaijiao Tournament- Cupertino, CA

Saturday, July 18th, 2020

8AM - 6PM

Cupertino High School

Krav K-9 in da House! Bork! Bork!



Bork! Bork! You might have noticed a new team member at FDKM. Please welcome Cedes. He will be leading the First Defense K9 Krav Unit. To serve to protect, defend, and provide therapy to our members.

Profile

Name: Mercedes, ie Cedes.... don't ask we run around calling him doggo 75% of the time

Breed: Yorkshire terrier (I may be small but I run the place like I'm a big dog)

Age: 9 human years (roughly 52 dog yrs)

Favorite things- Scratchies, belly rubs, and of course treats!

What Krav Maga skill is Cedes currently training for..... Cup checks!

Why no tank tops during training?



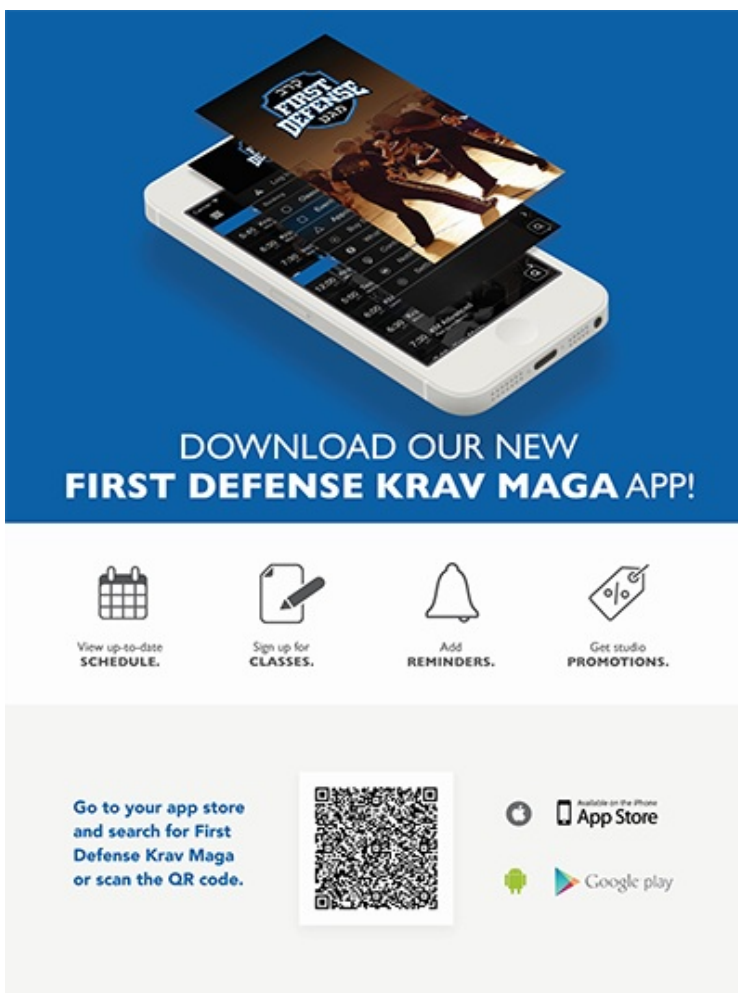
So the weather is going to be warm soon, and tank tops always come up in conversation about whether they're appropriate for class. Sure it's more comfortable to let your arms be sleeve free and show off all the hard bicep work you've achieved at the gym. However, there are a few reasons why we typically discourage wearing tank tops to class for both men and women.

A. Wardrobe malfunctions are more likely to happen during Krav Maga class. You might be reading this, and thinking....really?!?! I'm saying, YES! REALLY!! There have been numerous times when we're teaching things like shirt grabs and guess what, there's not much material to grab if you're wearing a tank top. Hence making the lesson hard to train. And, as embarrassing as it may sound, there have been a few occasions where straps have snapped during class. And no one really wants to see male or female nip slips either. So, t-shirts are the way to go. Better yet, why not a First Defense t-shirt or Dry-fit performance shirt.

B. No one really wants to feel your sweaty hairy armpits on the back of their necks, side of their face, or let's be honest any contact whatsoever. The imagery comes up as EEEWWWWW, right! Guess what, when it's time to do headlocks and the like, your partners cold wet armpits will press up against you. So let sleeves alleviate the problem slightly and be that barrier between armpits and your partner.

C. Your tank top wearing partner's skin is glistening under the studio lights and as you train with them your shirt gets to wipe up and soak in their sweat. No where for the sweat to go. We all train hard during class. We all sweat during class. However, since there's a lot of partner work involved in Krav Maga training, no one really wants to be the sweat sponge for their partner. Be considerate and wear a t-shirt. Let the t-shirt do most of the work. And if you're a heavy hitter, a towel is always beneficial.

And as always, practice good hygiene. Clean training clothes, clean gear, showers, deodorant, it's all part of being a good training partner.



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FIRST DEFENSE KRAV MAGA APP!**


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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

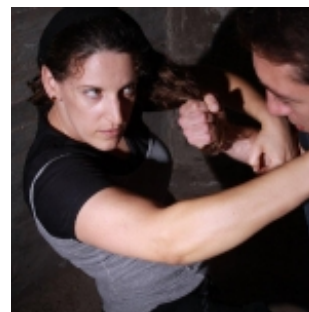
 **Google play**

Feel like you're missing out on events and other ongoings 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 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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