

# KRAV MAGA

*A Decade of Excellence*



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## 2020 May FDKM Newsletter

Six weeks and counting..... Hang tight everyone!

Hello FDKM'ers

We would like to thank the FDKM community for your continued support through these unprecedented times. We are doing everything possible to continue to provide training and services to our active members. In addition to our weekly release of resources and live streaming classes, we've been trying to find opportunities that will allow us to survive and continue to operate as a small business. These opportunities are few and hard to get, but we're trying our best to ensure that our doors will be open once things clear up. So our deepest thanks and appreciation to everyone who have been able to reach out with a helping hand during this difficult time.

You may have noticed that this particular newsletter is a little late out of the gate. We've been waiting to see what the state's guidelines will be for the month of May for non essential businesses. As of May 8th, Virginia has announced that it will relax

the closure of some non essential businesses with strict guidelines. However, the state did also announce that indoor gyms and fitness centers will continue to be closed. We are committed to keeping both our staff and students as safe as possible. Understandably, the nature of Krav Maga training has the inherent risk of close contact and a higher level of precaution must be taken. It's safe to say that group classes will not be held during May. If a downward trend in cases happens to occur by the end of the month, there is a possibility of reopening in June with a limited number of classes and participants per class. We are definitely weighing our options carefully and making the best decisions based on the the information we have access too.

In the meantime, we hope you've been enjoying our live classes and have been following along. We are adding more streaming opportunities as these weeks go by. Including live streaming classes for our Krav Junior members, a 30 minute striking class, and personal one on one private online sessions. We miss seeing everyone! Looking forward to when we can train in person again!

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

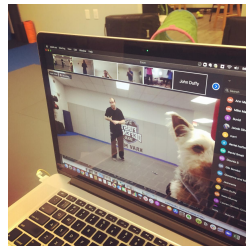
## UPCOMING EVENTS



### Introduction to Krav Maga Hybrid Course

Start your Krav Maga Journey today! Introducing our new Introduction to Krav Maga Hybrid Course. Much (if not all) of this course can be completed online. Learn the fundamentals of Krav Maga at home and at your own pace. For more information about this Introduction please visit the link below

READ MORE



### New Live Streaming Classes added for May!

Participation in our live online streaming classes have been awesome! So we're adding more to our schedule, including new times for our Krav Junior members, striking focused classes, and potential special guest instructors! Can't catch the stream live? No worries. For the classes that are recorded, we'll continue to share them with current members through our "week-in-review" emails.



### Private Lessons available!

Starting May 11th you can begin scheduling online private lessons with participating instructors. We are hoping to resume in person private lessons soon. For more information about availability, pricing, and scheduling, please email:

[Info@firstdefensekravmaga.com](mailto:Info@firstdefensekravmaga.com)

# Covid-19 and the Upcoming weeks

Next 30 days and beyond



The State of Virginia has announced a multi phase plan on the reopening of businesses. Phase I of the plan is scheduled to start May 15th, 2020. The announcement made on May 8th does not include the reopening of indoor gyms and fitness centers. There has not been an announcement or determination when the state or county will begin allowing indoor facilities to reopen even at a limited capacity.

First Defense Krav Maga will be closed for group in person training through May of 2020. There is a possibility that FDKM might be able to hold in person limited group classes on a limited schedule (RSVP-only attendance) under the strict guidelines of VA state's reopening policies beginning Monday June 1st. Although, we do understand this is dependent on a downward trend in Covid-19 cases across the county and state. In line with these guidelines, we will also begin our own multi-phase reopening of FDKM. Our tentative timeline and strategy for reopening is explained in this newsletter below. We here at FDKM take your health and safety as a top priority. We highly recommend those who are high risk to continue to stay home. Also, if you think you may have been exposed, please follow the CDC's recommendations on self quarantine procedures.

For information, recommendations, and guidance given by the State of Virginia please visit: <https://www.virginia.gov/coronavirus/>

or the CDC at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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## Introduction to Krav Maga Course

Learn Krav Maga in this hybrid online & self paced course.



No reason to sit around and wait for things to completely reopen in order to learn more about Krav Maga! Our popular Introduction to Krav Maga Course is now offered as a hybrid course. You can start learning the principles and basic techniques at your own pace from home. This flexible learning structure combines online resources, videos, live one on one check ins, and in person classes (when we reopen to the public). For more information and details on how this course is offered please click the link below. You can also email us at [info@firstdefensekravmaga.com](mailto:info@firstdefensekravmaga.com)



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## Planning Ahead and Reopening Phases

When is FDKM opening again?

We have been anxiously awaiting to reopen for training. However, the health of our staff & students is our number one priority. The plans on reopening mentioned below can still change depending on the number of covid-19 cases reported locally here in Fairfax County. We are making decisions to the best of our ability to ensure that it is safe to return to a group structure of training. Although Virginia has stated that it will allow non essential businesses to reopen on May 15th, indoor gyms and fitness centers will remain closed until further notice. If a downward trend in Covid-19 cases are reported, there is a slight possibility that we can open at a limited capacity by June. Hopefully we can have a clearer plan and timeline of reopening by the end of May. In the meantime, this is how we may proceed once we are able to reopen.

### FDKM PHASE I:

- Online resources and live streaming classes will continue for active members
- Private online, one on one lessons will be available for scheduling on 5/11/20
- In person one on one lessons will be available beginning 5/18/20 (TBD, this date may be pushed further out and is subject to change)



## FDKM PHASE II:

- Online resources and live streaming classes will continue for active members
- Private lessons both online and in person will continue to be available
- Tentative reopening of group classes on a revised limited schedule and RSVP only for classes of 9 people or less will begin on 6/1/20. (unless otherwise directed by the state and local authorities. This date is tentative and is subject to change)

## FDKM PHASE III:

When appropriate we will slowly add more classes to our schedule to resemble our training schedule at the beginning of the year. We will incrementally increase the number of participants per class as outlined acceptable by local governances. If participation in online classes is still needed we will continue to offer them on a revised schedule.

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## New Class Procedures & What to Prepare For

guidelines for training moving forward

When our doors reopen, even on a limited basis, we will have new guidelines to follow. We'd like everyone to be prepared with their own equipment and be aware of some new guidelines we're setting for training. One of the main things we will emphasize is disinfection, cleanliness, and keeping everyone as safe as possible. Here are some things to keep in mind before you return to training:



We highly recommend a shower before and after class. We will require everyone to wash or sanitize their hands before, during, and after class. We'll have Athletic body cleaning wipes available for use. A quick wipe of exposed arms and skin, is highly suggested. We'll also recommend bringing in a personal hand towel to wipe excess sweat during training.



One of the most used pieces of equipment in class, focus mitts. We would highly recommend getting a pair for yourself to use. Focus mitts are sold in a range of prices and quality. By having your own pair, we can eliminate swapping and sharing mitts amongst members. For those who would like to continue using the mitts offered in class, we ask that you pick a pair out before class, use only this pair during class, and disinfect/clean the pair thoroughly before returning to the drying rack after class.



In regards to kick shields and tombstones, we'll also ask students to grab the equipment beforehand. Instead of swapping equipment back and forth, we'll ask everyone to set aside training equipment they'll use exclusively during class. All equipment used must be disinfected and wiped down before returning to the storage area.



Fresh clean training clothes, t-shirts/ dry fit shirts / long sleeved t's or compression shirts recommended. NO TANK TOPS.



Unfortunately our water fountains will be off limits for the time being. To reduce the chance of the spread of Covid-19 through water fountains, we will ask everyone to bring their own water bottles to class. Our refilling station in the kitchenette will still be available for use. You may still purchase water bottles from the front desk.



The nature of Krav Maga training involves a lot of close contact. Generally we're literally in each other's faces, breathing, sweating, and exercising in partner pairs or groups. There isn't a great solution to work around this issue. Wearing face masks can be an option, but breathing through them during a workout is pretty intensive. Face shields might also work, something worth exploring. Another option is protective headgear with full coverage face shields. Now, if you've never worn one before, they get hot and uncomfortable pretty quickly. But, it's worth a mention for anyone interested.

Just a recap below of general equipment needs:

Our Community gear will no longer be available for use. Please make sure you have the appropriate gear for your level of training ready and prepped for class. We ask all members to thoroughly clean all of your equipment and clothing before and after class. No exceptions.

Beginners:

- hand wraps, light grappling gloves, or bag gloves are highly recommended. These should be washed or wiped down after each use.
- Fresh, clean training clothes, t-shirts/ dry fit shirts / long sleeved t's or compression shirts recommended. NO TANK TOPS.
- Towel to wipe off excess sweat
- Refillable water bottle. (water fountain will be closed during the duration of limited scheduled opening)

Level 1 and above:

- All Gear guidelines stated for Beginners
- Shin Guards
- Boxing gloves 12-14 oz for women, 16 oz for men
- Mouth guard

Highly recommended additional gear

- Focus mitts. We would recommend members to consider purchasing your own personal pair

of focus mitts to use during class.

- Headgear. Although, headgear isn't used often in regular class, you might consider using one that has a face guard.

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## Private lessons now offered Online and In person

book your one-on-one today!



Beginning May 11th you can book a one on one private lesson with an available instructor. General private lessons are 30 minutes. Pricing varies by Instructor. If you're interested in booking a session or would like more information about private lessons please contact us at:

[info@firstdefensekravmaga.com](mailto:info@firstdefensekravmaga.com)

Pending date for in person private lessons is May 18th. This date is subject to change.

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## General Q & A

Moving Forward



### What if I'm not ready to return to in-person training?

We will continue to offer online resources and weekly live classes to supplement in person training until we are able to reopen at 100% capacity.

### My account is on hold. Will it automatically get re-instated when FDKM opens?

Those who have requested a deferred hold or traditional hold to their accounts, will have their requests extended until we are fully open and/or has requested their holds be lifted. We understand that each individual family/member is in a unique situation. To the best of our ability, we will reach out to members about their accounts.

**Will I be required to wear a face mask while training?**

At this time, we're unsure what state regulations will be imposed on indoor training facilities. However, if you are comfortable wearing a mask, please do so. Depending on what the situation is when it's time to train in person, we'll have more guidelines about face masks at that time.

**Where do I go to RSVP my spot in class?**

When we are ready to reopen, we will have to limit the amount of students who can be in the facility attending classes. Therefore we'll require members to RSVP for their spot in class. Please be sure to log into your FDKM mindbody account or if you haven't done so already we have an App where you can also view information about your account and soon rsvp your spot in class.

**I'd like to buy some additional equipment. Where can I go to purchase these items?**

For anyone who is looking into purchasing additional equipment mentioned in this newsletter here are some suggested vendors.

Of course you can always order equipment through us here at FDKM, just email us what you need and we can help you out. Use the link below to browse equipment. Let us know what you'd like to order, or order on your own.

Hayabusa MMA: <https://www.hayabusafight.com>

There is a gym finder section on their website, you should be able to search for us.

Century Martial Arts: <https://www.centurymartialarts.com>

Use promo code: CMA00442

The Promo Code will get you 10% Off of regular price items. It excludes oversize and clearance items.

If the order is over \$99, you will receive FREE SHIPPING.

Revgear: <https://revgear.com>

**Who do I contact if I have questions?**

If you have any questions please contact us via email at

[info@firstdefensekravmaga.com](mailto:info@firstdefensekravmaga.com)

We are not in the studio as often. You are welcome to call and leave a message, however it may take a few days before we receive your question via voicemail. Also, we don't always receive messages sent through text or Facebook messenger, hence why emailing us at info is the place place to reach us.

**I'd like to try out some Krav Maga classes? Can I come in?**

At the moment, we are not open to the public. We are offering a hybrid Introduction to Krav Maga Course. You can start learning some basic concepts and techniques online at your own pace. Once we are reopened to the public, it will be by appointment only, no drop ins, until further notice.

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## Extensions on Passes and Courses

It's not going to expire!





If you happen to have a 3 class pass that wasn't completed before the Covid-19 temporary closing, No worries! We will be extending all passes. We will contact you to schedule a new date to come in once we re-open.

For anyone who registered for our Intro to Krav Maga Course, we will credit you for the next one. Dates to be determined depending on when we are able to reopen.

We're looking forward to seeing everyone back soon!

## FDKM Academy

Thinkific online learning and resources



For those of you who are still active members, we hope you've been taking part in our online curriculum and classes. We're expanding our offerings this month and will be adding additional online live training times. We are finishing up our next educational section, which will be uploaded to the thinkific site soon. Just a reminder for those who are unable to join us for our live zoom classes or who are not on Facebook to see our weekly training posts, we do re-share these in our weekly updates. In these email updates you'll find links to the recorded zoom sessions to view on YouTube and Nick's striking drills he shares on Facebook. If you have any questions about accessing this material please email us.



Parents of our Krav Junior program, we've also sent links for you to login to our academy. For all active members, it's an opportunity for the kids to review their curriculum and practice at home. We haven't posted any new material in the past week or so. However, we will start offering live streaming classes for our youth program (Kid's-blue shirts & Youth-red shirts) starting this Tuesday May 12th and Thursday 14th starts at 5:30 pm, 20-30 min class. These classes will continue to be offered every Tuesday and Thursday moving forward. We will send zoom invitations via email the day before or day of class. Our Junior (green shirts) and Teen (tan shirts) are welcome to join the adults live classes on the same days at 6:30 pm.

## Curriculum Workshop

Still on! Just not in person.....



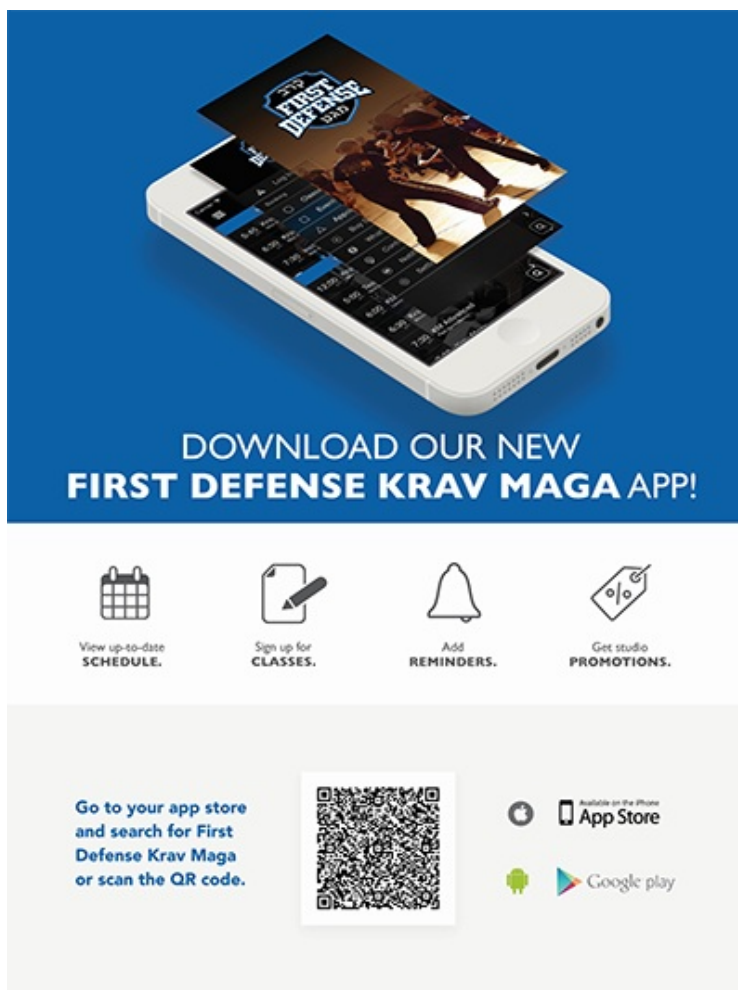
Our May Curriculum Workshop will still go on as scheduled. However, it will take place online. The next scheduled workshop will be on May 17th at 10 am. We expect this workshop to last about 60-90 minutes. This workshop is free to current members. You will need to register to participate. Nick will be creating breakout rooms for each level so members can work together online.

**Register Today!**

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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**

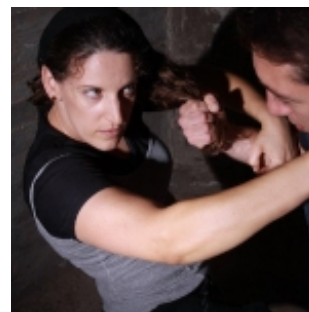
**Google play**

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 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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