



News & Updates

First Defense
October 2013

Greetings!

New mats, new classes, new events! October, like most months around here, is packed with newness. If you haven't noticed yet, we've completely redone the floors with new mats. Over the next few weeks, we'll be rolling out a couple of new classes. What's our new event for the month? It's October, so that means it's back to fighting off the undead in our Zombie Defense class!

We'll also be testing this month, so if you think you're ready & have attended the minimum number of classes, rsvp for the test as soon as you can.

There is about a week left to pre-order your new First Defense and KMG clothing. If you want a specific shirt or pant in a specific size, please let Ann or Sandy know asap.

This is also the last opportunity to support Greenbrier Learning Center in the Race for a Cause. If you're available on Sunday, October 13, please consider running, walking, or sponsoring a student.

Thanks for reading & see you all in class!
Nick and the First Defense Team

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October Events

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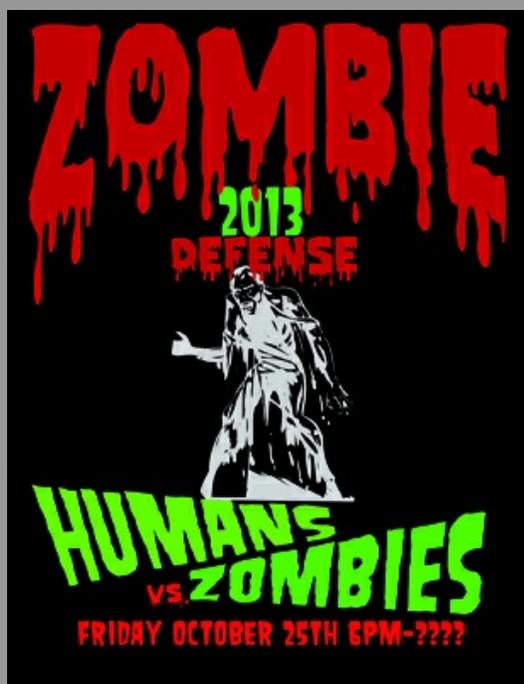
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2013 Zombie Defense: Humans vs. Zombies

Friday October 25th 6pm-????

Be prepared for when zombies attack! Join us on Friday, October 25th for our third annual zombie defense. As part of our members workshop series, October brings out the zombies at First Defense. Come learn some fun attacks & defenses against the undead. (or if you come as the undead, muscle memory will help you capture a human) We'll be doing some multiple attacker and low light drills to set the mood.

Come dressed as the undead!!! Best zombies and costumes will win prizes. Family & friends are welcome. (Younger children are welcome, too, but parents be aware that there may be scary costumes.)

Testing & Test Prep Dates

We'll be holding our next Practitioner test on **Sunday, October 27**. If you think you're ready to test up, just let us know & we'll send you the link to RSVP.

Test Prep:

We'll open the mats up to anyone wanting some extra help preparing for the test on **Friday, October 18** from 6-8pm. Pop in and spend sometime with the instructors getting feedback and advice.



Pre-registration for both the test and the test prep is required, so to rsvp for either, please email Ann - ann@firstdefensekravmaga.com.

New Additions to the Schedule

CLASS ADDITIONS:

Wednesday night Krav Maga

Starting in November, we will hold an open Krav Maga class every Wednesday night at 8pm.



KM FIT

Starting on **Saturday, October 19th**, we will offer a **11am KM FIT** class every Saturday morning.

NEW CLASSES:

KM Stretch

A 30-minute class focused on enhancing flexibility and increasing range of motion.

Starting on **Saturday, October 19th**, we will be offering an **11:30am KM Stretch** class on Saturday mornings, with weekday classes to follow.

KM WEAPONS

Like our KM STRIKE, KM GROUND, and KM FIGHT classes, KM WEAPONS class is dedicated to one thing - defending against an armed attacker. Please note, this 30-minute class is open only to students with an Operator membership or higher.

These additions are reflected in our newest schedule - just click on the "2013 Class Schedule" in the Quick Links at the top of this newsletter to download a copy or pick one up next time you're at the studio.

Classes in Chevy Chase, MD



We are happy to announce that we are starting up classes in Maryland again this month!

The classes will be held at the Ohr Kodesh Congregation, 8300 Meadowbrook Lane, Chevy Chase, MD 20815.

We have a limited Fall schedule before going back to a weekly schedule in 2014. **For the Fall of 2013, Classes are on Monday nights from 7:30-9:00pm and will start October 21 and run through November 18.**

For more information, email Jonathan at info@thekravmagaedge.com.

PURCHASE A CLASS PASS

If you are a returning student and you still have classes left on a previous pass from before the break, we will still honor those classes.

Pre-sale First Defense & KMG wear



Pre-order your First Defense T-shirts, sweatshirts, and long sleeve t-shirts. All Men's T-shirts are printed on Gilden-Dry Blend 5.6 ounce 50/50 cotton/poly material. Seamless collar, taped neck and shoulders. Double stitched throughout. Quater-turned body and heat transfer label.

Pre-orders have been extended to October 12th.

Please see Ann to place your order or email her at ann@firstdefensekravmaga.com

Want a hoodie/zip-up, long sleeve t-shirt, wicking material top, or a different color in any of the above designs? We can do it! All special requests must be placed before the 12th. Ann can help you out with the specific options.

First Defense Nylon Training Pants.

Order before the 12th to ensure you get the color and size you like. \$40 available in white, blue, and red stripe (FDKM logo printed in white on pocket w/Velcro patch)

Available sizes: xs, s, m, L, xL, xxL, xxxL

KMG Apparel

KMG Traing Pants- \$50

Macro material, very light, durable, with KMG logo.

Available in sizes xs, s, m, l, xl, and xxl

KMG Student T-Shirts Grey \$30

Grey cotton T-shirts with KMG Logo on the back and front.

Available in sizes small, large, and xtra large.

**Note KMG apparel take approximately 1 month to arrive from date of order placed. Order for KMG apparel will be placed on October 11th.

New Flooring

We have just replaced the training floor with some awesome thicker and sturdier mats. In an effort to keep the mats clean and sanitary, we want to remind everyone that only clean, indoor-only shoes are allowed on the mats. No outdoor shoes! And this does include walking from your car to the school. Any shoe that touches pavement outside the studio should not be on the mats. Please bring a change of shoes or train barefoot.

Also, if you sweat a lot (you know who you are!), please bring an extra towel to wipe your sweat from the mats rather than leaving it for the next class to enjoy. Thanks!



Student Advancements

During Dr. Weng's visit to First Defense, he lead a two workshops introducing the Chinese throwing art of Shuai-chiao to our Krav Maga students. While he was here a number of students also tested in Shuai-chiao for their next belt.

Andy B., John B., & Ilya Z. all earned their Green belts. **Seth A.** received a 1st degree black belt and **Coach Nick** received his 3rd degree black belt.



Congratulations to all the students earning their new rank!

2013 Race for a Cause

Summer is over so quickly and it's time to return to school. Don't worry - it's not all work and no play. Make plans for some fun by registering for the Acumen Solution's annual community road race. The Acumen Solutions Race for a Cause™ 8k & 1-mile Fun Run race is taking place on Sunday, October 13, 2013 in Arlington, VA with proceeds benefiting Greenbrier Learning Center . It will be a great way for you and the kids to burn off stress while giving back

to the community! Be sure you stick around for a fantastic post race event! See the race site for more details.

Greenbrier Learning Center has been selected by Acumen Solutions to participate as one of the 10 distinct charities to choose from when you sign up for the race. With your registration, pick GREENBRIER LEARNING CENTER so that your registration counts towards our goal. The more racers we register the more we benefit from the proceeds! Acumen Solutions' previous races have distributed over \$450,000 to local nonprofits. Greenbrier Learning Center typically generates \$25,000 in proceeds through this race; we rely on every racer registered to help us meet our goal!

Please call or email Greenbrier Learning Center at info@greenbrierlearning.org or 703.379.6488 with any questions and go to www.theraceforacause.com to sign up!

Touring & Training in Israel this Winter

KMG's TOURING & TRAINING

Twice a year, Krav Maga Global hosts participants from around the world for their Touring & Training Event.

The dates for the Winter Session is December 29th, 2013 - January 7th, 2014.

We are trying to put together a group from First Defense to attend.

You do not need to be a member to attend this event & you don't even need to be a Krav Maga practitioner.



KMG
KRAV MAGA GLOBAL
by Eyal Yanilov

Touring and Training in Israel

Join Eyal Yanilov
and other
high-level instructors
of Krav Maga Global
for an amazing experience.

Train with the Source in the Birthplace of Krav Maga

May 17th - 26th, 2013 December 29th, 2013 - January 7th, 2014

Touring and training in Tel-Aviv, Netanya, Akko, Jerusalem, Masada (Judean Desert), The Dead Sea, Sea of Galilee, Hot Springs in the Golan Heights, Kibbutz and more.

Programs:

- Defending armed and unarmed assaults; multiple attackers; VIP Protection; Improving fighting skills and tactics
- Mental preparation and training; decision making under stressful conditions
- Krav Maga simulations in different locations and conditions: outdoor, public transportation, urban settings and more
- Training includes beginner, advanced and instructor level groups (second-timers too!)

Price: **€1650.-** Early birds: **€1550.-** Super Early birds: **€1420.-**

For information and registration contact KMG-Headquarters at info@krav-maga.com or your local KMG branch www.krav-maga.com

You will register directly with KMG, but when you do, please let us know so we can keep track of who's going & send out announcements as needed. For registration information, check out

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

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, Patch, Twitter, LinkedIn, etc.