



News & Updates

First Defense
November 2013

Greetings!

As always, we have a busy month here at First Defense! The first (and most exciting) piece of news is that the UK Director for KMG will be here and hosting an event on Friday, November 15th. Jon Bullock is an Expert 2 instructor and has just returned from 6 months in Israel preparing for his Expert 3 test. He's touring a couple of US schools and has agreed to visit us to share some of the knowledge.

First Defense's Lead Instructor, Nick Masi, is heading out to San Diego the first week of November to meet with Jon Bullock, Eyal Yamilov & other KMG Instructors from around the country for Graduate level training. Nick is preparing for his own Expert 1 test in Israel next year and these weekends are an important part of First Defense's own Instructor Development plans.

We have a new Wednesday night (8pm) Krav Maga class opening up on the 6th and a KM Weapons class starting on Monday nights at 8:30.

As a reminder, we'll be closed on Veterans Day and over Thanksgiving weekend.

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

In This Update

[Surviving Edged Weapons](#)

[Student Advancements](#)

[Members' Workshop](#)

[School Closings](#)

[New Classes & Times](#)

[Chevy Chase Classes Restarting](#)

[New Flooring](#)

[Touring & Training in Israel](#)

[Spread the Word](#)

Surviving Edged Weapons

Quick Links

[First Defense Website](#)

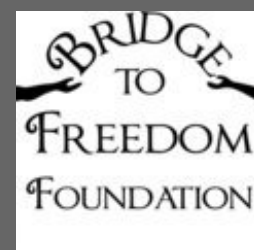
[2013 Class Schedule](#)

[Member Login](#)

[First Defense Facebook](#)

[Greenbrier Learning
Center](#)

Our Sponsors



Join Our Mailing List!



Surviving Edged Weapons w/ KMG UK Director, Jon Bullock

Jon Bullock, the director of Krav Maga training in the UK will teach a 2 hour training session called Surviving Edged Weapons. A high intensity session covering the reality of surprise attacks with edged weapons and how to maximize your chance of defending yourself. The session is based on the rise in knife crime in the UK and the way that you have to adapt your training to overcome these situations.

Every participant will receive a free copy of Jon's ebook, "Surviving Edged Weapons".

When: Friday, November 15th, 6:30-8:30pm

Where: First Defense Krav Maga, Herndon

Cost: \$40 for First Defense Members; \$55 for General Public

[REGISTER HERE](#)

Student Advancements

In October we held tests for Practitioner 1 and 2 ranks.

Congratulations to **Will F., Eric L., and Lauren D.** for taking that big first step and earning their Practitioner 1 patch!

And congratulations to our newest Practitioner 2 students: **John B., Brian W., Thomas F., George W., John M., and Darryl J.!**

Congratulations again to all the students earning their new rank!

The next testing will be in early December for all Practitioner ranks. We will send a notification out to all students once the date has been confirmed.



November Members Workshop



PARKING LOT SAFETY

On **November 22nd from 6-8pm**, First Defense will hold a Members-only event on location dealing with common threats and attacks in the environment of a parking garage or parking lot.

First Defense Members: You will receive an separate email with the registration link. If you haven't received the invite by November 8th, please send us a quick note to let us know.

November Closings



First Defense will be closed on **VETERANS DAY** (Monday, November 11th) and for the **THANKSGIVING Weekend** (Thursday, November 28th - Sunday, December 1st).

New Additions to the Schedule

CLASS ADDITIONS:

Wednesday night Krav Maga

Starting in November, we will hold an new 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.

For the remainder of 2013, KM FIT classes are open to all members, regardless of membership type.

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 other focused classes, 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

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.

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!



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.

Program:

- 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

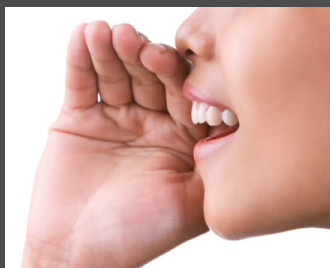
You will register directly with KMG, but when you do, please let us know so we can keep track of who's going & send out announcements as needed. For registration information, check out KMG's [Touring & Training](#) page.

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.