



Upcoming Classes & Events

First Defense
December 2013

2014 Foundations Courses

The First Defense 4-Week Krav Maga Self-Defense Course

We're kicking off 2014 with 2 opportunities to join our intensive beginner's course of Krav Maga. Because the January Course has been filling up fast, we wanted to offer the course again in February for those who couldn't get enrolled earlier.

The Krav Maga Foundations Course is 4 weeks (8 sessions) of life-saving self-defense techniques and tactics.

What we'll cover in the Foundations Course:

- *Basic Striking Using Hands, Elbows, Knees, & Legs
- *Defending Strikes
- *Releases from Chokes
- *Releases from Headlocks
- *Releases From Bearhugs
- *Releases from Wrist Grabs
- *Using Common Weapons for Self-Defense
- *Defending Yourself on the Ground
- *Dealing with Stress
- *Developing the Proper Mental Attitude

Where:

First Defense Krav Maga
291 Sunset Park Dr.
Herndon, VA 20170

When:

Option 1: January 6 - 29, 2014
Monday and Wednesday evenings 7-8pm
Cost: \$249

Option 2: February 3 - 26, 2014
Monday and Wednesday evenings 7-8pm
Cost: \$249

Discounts for families and/or students
Free for current First Defense Members

BONUS *** All participants of the Krav Maga Foundations Course will receive a First Defense T-shirt and access to our brand new First Defense app, a tool that will help you continue your learning experience at home or on the go. ***

Quick Links

[First Defense Website](#)

[2013 Class Schedule](#)

[Member Login](#)

[First Defense Facebook](#)

[Greenbrier Learning
Center](#)

Our Sponsors



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BONUS *** All participants are welcome to attend the Monday & Wednesday 6pm KM Strike & KM Ground classes that are prior to the Foundation Course classes. *******

SPACES ARE LIMITED - ENROLL TODAY

New Youth Session Begin in January

The **First Defense Youth Krav Maga Program** is built around 2-month sessions. Each session focuses on a particular theme relevant to our younger practitioners. Classes are on Saturday mornings from 9- 10am. Sessions can be purchased individually at \$199/each or you can purchase all 5 sessions for 2014 at the discounted rate of \$799. Additional siblings can join for 50% off the regular rate.

Session #1 Essential Self Defense: January 1 - February 22

- Krav Maga Fundamentals
- Defending strikes & pushes
- Releases from grabs & holds
- Develop effective strikes

To enroll your child into Session #1 or for the entire year, please visit the [First Defense Youth Krav Maga Program page](#) on our website. There you can view the proposed schedule for all our 2014 Sessions and can book them individually or as a package. You can also call us at 703-835-9054 to enroll over the phone.

First Defense Passes

Our 1 and 2-week class passes make great gifts!

1 and 2 week gift cards are now available for purchase in our [online store!](#)

Got other ideas in mind? A 2-week pass with a t-shirt and hand wraps? A two month pass with shorts & boxing gloves? We're happy to work with you to create a unique gift package. Just give us a call at 703-835-9054 to get started.

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 studio.

Classes in Chevy Chase, MD



After taking a break for the holidays, we will be starting up classes in Chevy Chase, MD again in January.

There will be a Foundations Course for those new to Krav Maga as well as continuing classes for those who have trained before.

Look for an announcement on the Foundations Course in your inbox towards the end of December.

December Closings



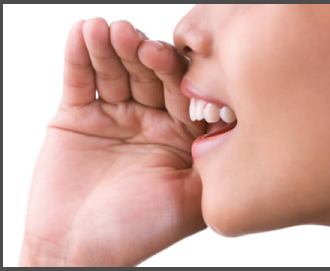
First Defense will close for the week beginning on Tuesday, December 24th, Christmas Eve, through January 1st, New Years Day. We will be opening again for regular classes on Thursday, January 2nd.

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.