



## News & Updates

First Defense  
January 2014

### Welcome to 2014!

We would like to welcome everyone back to First Defense as well as welcome new members and congratulate our members who have recently had or are expecting little bundles of joy. We extend our congratulations to our students who have recently leveled up and received a new patch and rank.

We have an exciting way to start off the New Year with our Foundations courses offered in January and February. Even more exciting First Defense will be hosting a workshop with Eyal Yamilov on February 1st to kick off Eyal's 2014 world tour. Other exciting things to look out for are our children's classes and an upcoming fitness challenge.

It is the season for inclement weather... unfortunately. Included in this newsletter is our inclement weather policy.

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

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## Eyal Yamilov's 2014 World Tour

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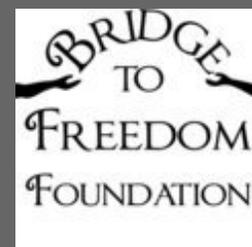
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We are pleased to be Eyal's first stop in the US!

Would you like to learn Krav Maga directly from the source? Eyal Yanilov, chief instructor of KMG, will be kicking off the US portion of his 2014 world tour here at First Defense. The specific topic to be taught is TBD, but general topics of the tour include:

- principles and simulations
- defending against armed assaults
- fighting skills and tactics
- VIP protection
- mental conditioning

Eyal has been training Krav Maga for the past 40 years. Imi Lichtenfeld was the creator of Krav Maga and Eyal was Imi's closest student as well as assistant.

Eyal is the most highly regarded Krav Maga authority in the world and has taught special forces, swat teams and police from all over the world. "If there is one guy you want teaching you self defense - its Eyal."

\* Information about Eyal was taken from "The Difference" section of the MaxKravMaga.com website.

For more information on Eyal you can read his bio on the [MaxKravMaga](http://MaxKravMaga.com) site.

For more information on the 2014 world tour watch this video:



KMG - Krav Maga Global 2014 World Tour

**When:** Saturday, February 1st , 6:30-8:30pm

**Where:** First Defense Krav Maga, Herndon

**Cost:** \$60 for First Defense Members; \$75 for General Public

**[First Defense Members REGISTER HERE](#)**

**[General Public REGISTER HERE](#)**

## Student Advancements

In December we had a level test for anyone ready to advance their rank as a Krav student. We would like to congratulate everyone who has recently advanced:

**Wayne B., John M., Michael H., Amit D., John E., Robert P., and Shravan K.** earned their Practitioner 1 patch!

**Bryan F. and Rob R.** earned their Practitioner 2 patch!

**Jason M.** earned his Practitioner 3 patch!

**Mark D., George O., Michael S., and Dan W.** earned their Practitioner 4 patch!

**Ines D., Pete S., Sam M., and Chris M.** earned their Practitioner 5 patch!





## Foundations



What better way to start the new year then to brush up on your basics. If you are new to the First Defense Krav Maga family Foundations is a great way to kick start your learning and build up your skill base. Been part of the FDKM family for a while? Foundations will help you refine, remember, and/or touch up on Krav basics.

Our January Foundations course is well underway. Those participating are learning basic striking, defending strikes, releases from chokes, releases from headlocks, releases from bearhugs, releases from wrist grabs, how to use common weapons for self-defense, defense techniques on the ground, how to deal with stress and developing the proper mental attitude.

The January Foundations Course is now full, but there are still spots available for our next Course starting on Feb 3rd. Classes are every Monday and Wednesday night at 7pm-8pm at First Defense (291 Sunset Park Dr., Herndon, VA 20170). This course is available to the public for \$249 or is complementary if you become a member at First Defense. Sign up for February Foundations before it fills up.

Don't delay, [reserve your spot or sign up a friend](#) before classes fill up. Or you can reserve your spot by talking to Ann or Sandy at the front desk on your next visit.

### **Live in Maryland?**

This February we are offering Foundations classes in Chevy Chase at Ohr Congregation, 8300 Meadowbrook Ln, with Johnathan Levy. Classes start February 3rd and run Monday evenings from 7:30-8:30pm until March 10th. This class is available to the public for \$175 or is complementary if you become a member at First Defense. Sign up for Maryland Foundations [here!](#)

## Youth Classes

Classes for children 6-13 years old started January 4th and will continue for seven more weeks. These classes are offered on Saturday mornings at 9am-10am. This is the first of five Youth sessions for the year.

If you have children that you would like learning how to defend themselves from bigger attackers or bullies don't hesitate to sign them up for the Youth Classes. There are spaces still left for the first session. To register [email Ann](#).



## Fitness Challenge



Keep an eye open for the first ever First Defense Fitness Challenge. This challenge will start during the first half of the year and includes a five week period of planned exercises designed to get you moving and increase your knowledge of basic and fundamental movements.

## Reminders

If you have had an address change please remember to update it on MindBody or talk to Ann or Sandy at the front desk.

Remember only shoes that have never been worn outside are allowed on the mats for class. Bare feet or socked feet are fine as well. This will help keep our mats clean free of dirt, grime, and germs from the outside.

This time of year the air is quite dry which means skin is also dry. Dry hands crack easier so don't forget to wear your hand wraps for striking. If you are unfamiliar with how to wrap them you can ask Nick to show you before class or if you prefer to perfect your wrapping technique before coming to class check out YouTube hand wrapping tutorials to find a hand wrapping style that works for you.

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.

## Inclement Weather Policy



Generally we follow Fairfax County Public School's inclement weather policy. However, Fairfax County School closing due to cold weather

may not mean a closing of First Defense. If you have any uncertainty as to whether we are open please check the [Facebook page](#) or [main website](#) or call 703-835-9054 to confirm. Please use your best judgment when dealing with weather hazards and stay safe.

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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

## 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.