



News & Updates

First Defense
October 2014

Hello Everyone!

October's here & we're jumping right into the special events. I started the month by traveling up to Pittsburgh to teach a ground fighting seminar for the Krav Maga Cluba at the Univeristy of Pittsburgh. This coming weekend, we'll be at the Oktoberfest in Reston Town Center from morning to night. Stop by & say "hi". This is always a really fun event with the carnival & food/beer tents.

October is also the start of our last Youth Krav Maga session for the year. This session's topic is anti-abduction. It's not to late to sign up. Stop in on Saturday & check it out!

On the 24th, we'll host our annual Halloween party. Family & friends are welcome. Don't have too much fun, though. Especially for those of you that will be testing the next day! Yes, that's right. We scheduled a test for the day after the Halloween party. No problem. Sleep in a little, have a great breakfast & then come in & get the job done!

And finally (maybe), on Sunday the 26th from 10-11, we'll be at Reston Town Center again. This time we've teamed up with Athleta to offer a kids anti-abduction workshop.

Check out the sections below for more info on all our events.



In September, we held our members monthly workshop on the topic of anti-car jacking. We had a great time! Thanks for all the students who loaned out your cars! If you would like to see more pictures from this workshop check them out on our Facebook page. [f](#)

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

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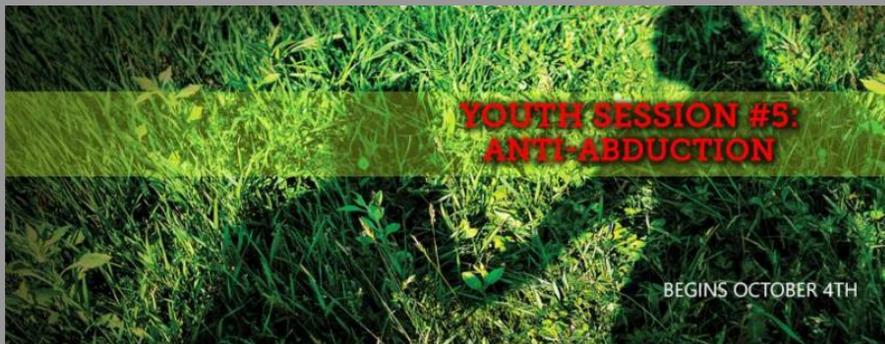
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Youth Session: Anti-Abduction



Our fifth youth session started on October 4th. There is still time to register your child(ren). This session we will be focusing on Anti-Abduction. Classes run every Saturday 9 AM to 10 AM from October 4th through November 22nd. If you would like to register your child(ren) please contact [Ann](#).

Congratulations to all the children who participated in our recent testing! Please scroll down to the [Testing](#) section or click the link to see pictures.

Parents, exciting news! We are hosting a seminar for children at the end of the month. For more information scroll down to the [Kids Seminar](#) section or just click the link.

P & G Camps in Las Vegas

KMG-USA will be hosting a Practitioner (P) and Graduate (G) Camp in Las Vegas this November. These weekend camps are a great way to get 3 days of concentrated training with other KMG students from around the US and the world.

The dates are November 7 - 9, 2014 and participants of any level are welcome to attend the P-Camp. For the Graduate camp, you need to be ranked Practitioner 5 or above. There will be an opportunity to test on the last day of the weekend.



P-Camp Registration
G-Camp Registration

First Defense already has a great group going to represent our school. Come & join us!

If you have any questions or would like more information on the camps, please email adminus@krav-maga.com.

Octoberfest!



We are excited to be participating in the Reston Octoberfest this year. Octoberfest is from noon until 11pm on Saturday Oct. 11th and noon to 8pm on Sunday Oct. 12th. We will have a booth with a prize wheel and various handouts. Come visit us and enjoy the festivities with your friends and family. Besides yummy food and great brews there is a carnival that the little ones will love. For more info on Octoberfest Reston visit the official [website](#) or checkout the video on our Facebook page. 

We need volunteers to man the booth, share your Krav experiences, and mingle with people. We are trying to keep the booth manned with four people at all times. You can volunteer for a few hours or the whole day, whichever works for you. If you are interested in volunteering please contact [Ann](#).

Halloween Party!



Last Halloween we had a blast defending against zombies. Come join us this year for our annual Halloween party on Friday Oct. 24th from 6pm to 9pm. Come dressed as a zombie, pirate, ghost, fairy, princess, whatever you can dream up, or just come as yourself. We will have food, drinks and plenty of candy.

Upcoming and Recent Testing

Ready to level up? Mark your calendars for **October 25th**. Testing for Practitioner levels 1 - 5. Keep an eye out for an email invite to test.

We would like to congratulate our youth Krav students on their recent promotions!



For more testing pictures visit our Kids Facebook page. 

Athleta Kids Seminar



On October 26th from 10am to 11am we will be teaching a seminar for kids hosted by Athleta. This seminar is entitled Stranger Danger and will focus on anti-abduction techniques. Kids ages 6 to 12 are welcomed to come. Since this event is hosted by Athleta you will need to RSVP by calling (703) 668-0256.

Athleta is located at:
11923 Market St.
Reston Va
Reston Town Center

Onnit Supplements

We currently have four supplements for sale that can improve your Krav game. Our supplements are from a great company called Onnit. Below are brief descriptions of each supplement, but for more detailed information see [Onnit.com](https://www.onnit.com) or talk with Ann, Nick or Sandy.



Alpha Brain

This supplement will help you focus and use more of your brain power. Alpha Brain works by increasing oxygen flow to the brain and decreasing mental haziness to allow for clear focused thoughts.

Shroom Tech Sport

This supplement uses a combination of cordyceps from mushrooms, antioxidants, adaptogens, and B-12 to help your body perform to its fullest. It will help you improve your body's ability to use oxygen and resist fatigue.

Spirulina & Chlorella

Don't like eating your vegetables? But, hate that you're missing out on vital nutrients? Try this supplement. This supplement will help you detoxify your body as well as help improve your immune system health.

Vitamin C and L-Lysine

Help out your immune system and fight free radicals with this supplement.

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 or Sandy at the front desk.

Only shoes that have never been worn outside 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 or KMG 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.

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](#), [Twitter](#), [LinkedIn](#), etc.