



News & Updates

First Defense
February/March 2014

Hello Everyone!

This has been an exciting and eventful February. Lots of snow and lots of training. We were thrilled to host Eyal for his 2014 World Tour. We have exciting things coming up such as our 3rd-party protection and control, restrain & escort workshops and the new Krav Basics class. We're also pleased to be offering some great Onnit supplements. All of these things plus more are covered in detail in this newsletter.

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

In This Update

[Eyal Yanilov's 2014 World Tour](#)

[Practitioner Testing Coming Up](#)

[March Members Workshops](#)

[New Class Scheduled for March](#)

[Foundations](#)

[Youth Classes](#)

[Onnit Supplements](#)

[Inclement Weather Policy and Reminders](#)

[Spread the Word](#)

Recap Eyal's World Tour Visit

Quick Links

[First Defense Website](#)

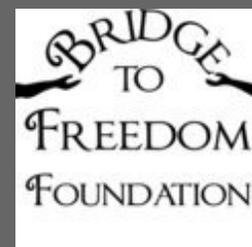
[2014 Class Schedule](#)

[Member Login](#)

[First Defense Facebook](#)

[Greenbrier Learning
Center](#)

Our Sponsors



Join Our Mailing List!



We had a great time training and learning from Eyal. Thank you for coming and making his visit extra special. There are plenty of pictures from Eyal's seminar on our [Facebook](#) page for your enjoyment and downloading purposes.

While Eyal was here some of our members tested and achieved their next level of KMG status. Next time you see them be sure to congratulate Paul A. and Will A. who are now G3s and Andy B. who is now a G1.

While Eyal was here Nick successfully tested and became the only KMG E1 in the Eastern United States. This is a huge accomplishment. Congratulate him and make sure he knows you appreciate his hard work and dedication.



Practitioner Testing Coming Up

On Sunday March 30th there will be a practitioner test. If you are interested in testing for your next practitioner level make sure you pick up a curriculum sheet so that you can be prepared for the test. If you have questions on any of the curriculum make sure you have your questions answered before you test. Sign up for your test by clicking on the link below to the level you will be testing for:



[Practitioner 1](#)
[Practitioner 2](#)

March Members Workshops

Sunday, March 2nd

we are holding our monthly workshop. This month's topic is third party defense. In this workshop you will learn how defend others from attacks in various situations. This

workshop is free to First Defense members and \$40 for the general public. Please feel free to bring a friend, just let us know so we can get them all ready for class.

The next workshop is on March 23rd. (We're doing 2 in March to make up the one in February which was replaced by Eyal's World Tour event.) In this bonus workshop, Instructor Jonathan Levy will teach techniques meant to control and remove aggressive individuals from an area without causing injury or creating a big scene. This workshop is especially applicable to law enforcement, bouncers, or others who need to control or restrain uncooperative individuals without causing serious bodily harm. This workshop is free to First Defense members and \$40 for the general public.

New Class Scheduled for March

We will be offering a Krav Basics class starting in March. This class will be held on **Wednesdays at 7pm** and **Saturdays at 11am**. These classes are free to all members. Members of all ranks are welcome to attend, but the class will be focused on basic techniques and we'll work at a less intense pace than some of the other classes to help participants refine the techniques. This class will be ideal to members who have just joined and/or those who are not comfortable in a faster paced mixed level class.

Foundations Course



Our February Foundations has just finished up & the participants spent 4 weeks 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 next Foundations course will be held April 7th to April 30th. Classes are every Monday and Wednesday night from 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 are a member at First Defense.

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.

Youth Classes

Another 8 week youth Krav Maga session is about to begin in March. If you have a child and would like them learning how to fall & get up safely, roll and break fall, and defend themselves on the ground, sign them up for [this session](#). If you would like your child(ren) to learn about more topics in self defense you can pre-register them for sessions later in the year. To register [email Ann](#).



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](#) 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.

Inclement Weather Policy and Reminders



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.

Reminders

If you were effected by the Target credit card breach and have been issued a new card or have gotten a new card because of other reasons please be sure to update your MindBody profile or alert one

of the front desk staff before your card fails an auto payment.

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. 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.

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.