



News & Updates

First Defense
May/June 2014

Hello Everyone!

To start off we would like to congratulate Darryl J., Taurus J., Adam M., Chris M., Jason M., Kris M., and Sam M. on completing the Krav Maga Global General Instructors Course (GIC) Part 1. It was a solid 40 hours of training over 5 days on the techniques, principles, and teaching methods of Krav Maga. We have always considered ourselves as more of an educational institution than as simply a "gym" or a place to work out. We are very proud to have so many students interested in working towards a deeper knowledge of Krav Maga. Look for them to start teaching the warm-ups and stretching as they expand their training to gear up for the second and third parts of the GIC.

We're also excited to have 3 students traveling to Israel for the annual Graduate camp in June. Wish Ines, Chris & Sam luck when you see them in class! I will also be in Israel for a few weeks in June. First for the KMG Director's meeting where I'll update the 50+ other KMG country directors on the state of KMG in the US. After that comes the Expert camp where I'll train with nearly 80 other Expert-ranked practitioners and instructors from a dozen other countries. I'll wrap up my trip at the Mental Conditioning and Combat Mindset Instructor Course. Looking forward to gaining tons of new knowledge to bring back to everyone!

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

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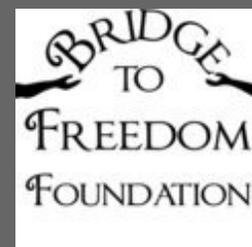
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We will be closed on May 23rd - 26th for Memorial Day weekend.

The school will be closed on July 3rd - 6th in observance of Independence Day.

Strike Month and June Workshop



Join us this June as we kick off Strike month. That's right, many more strike classes have been added to the June schedule. But wait, my membership doesn't include the strike classes. No worries, we got you covered. Everyone who is a member at First Defense is welcome to come in and strike their heart out in the month of June. For more info about our schedule changes for the month of June please visit our

website: [STRIKE!](#)

And to kick it off right, our members workshop for June will be all about striking as well. The workshop will be June 7th. See below for more info & to register.

STRIKE CLINIC!

First Defense Monthly Members Workshop proudly presents World Champion Mark "Diamond Heart" DeLuca! Join us Saturday June 7th, 1pm-3pm for our Strike Clinic.

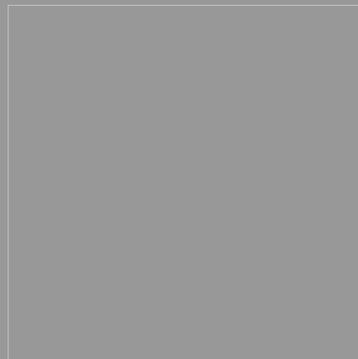


Free for current First Defense Members and \$40 for non-members.

[REGISTER TODAY](#) to Reserve your spot. Space is limited

Upcoming GIC Part 2

The **General Instructors Course Part 2** will be July 26th - Aug 3rd at First Defense Krav Maga. Register before June 28th to receive the early bird price. For more information and/or to register [click here](#). Checkout the [KMG USA Facebook page](#) to keep yourself up to date and informed.



Upcoming Practitioner Testing



Are you ready to test for your next practitioner level? June 1st there will be testing available for P1 - P3 from 10am to 3pm. Anyone who is thinking of testing is recommended to come to the test prep on May 30th from 6 - 8pm.

USA Brings Home the Gold!



Congratulations to all my friends in [USA Shuaijiao](#) for bringing home the 1st place team trophy from the 2014 Shuaijiao World Championships in Rome, Italy. It takes an amazing amount of effort and dedication to compete at the international level & I've very proud of all the athletes & coaches. Great job everyone!

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.

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 its 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.