



News & Updates

First Defense
August 2014

Hello Everyone!

To start off this month, we would like to congratulate Ines, Chris M., and Sam M. for putting in a solid week (and more) of training in Israel at the annual KMG Graduate Camp. The camps conclude with a rank test & we are very happy to announce that all three passed and earned their Graduate 1 rank. Very well done!



I have recently returned from training in Israel as well. I completed the E-Camp and attended the KMG Director's meeting to update other KMG country directors on the state of KMG in the US. At the end of my trip I also participated in the Combat Mindset and Mental Conditioning Instructor Course. Most of the continuing education courses I attend are either centered around advanced curriculum for my expert ranks or around fine-tuning (and learning new) techniques and tactics. This course centered more around the mental aspects of training and teaching Krav Maga. This included developing the warrior mindset, building aggression & determination, and developing focus, concentration and relaxation/calmness. I learned a lot of great new drills, tactics & scenarios that I can't wait to pass on to all the students at First Defense!

I would like to say a big thank you to all of our instructors and assistant instructors who stepped up to teach classes while I was away. These guys and girls are putting in a lot of effort to develop their Krav Maga techniques as well as their teaching abilities. And it shows!

Summer may be winding down, but like the steamy month of August, it's HOT HOT HOT at First Defense. We have lots of exciting events and announcements coming up. Most are covered here in this newsletter, but another one or two will be coming to you separately in the weeks to come.

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

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Women's Safety & Self-Defense



Join us on Saturday August 16th 1-4pm for our special Women's Safety & Self-Defense seminar. There have been many requests to do a seminar that focuses on situations that women commonly encounter. Some of the topics we'll cover during this seminar will be:

- * Prevention & de-escalation of confrontation
- * Woman oriented krav Maga attacks
- * Release from choke holds while standing and on the ground
- * Behavior while attacked on the ground
- * Handling of purse snatching/grabbing
- * Use of commonly found objects
- * Release from hair pulls
- * Defending common strikes
- * Developing mental resources to deal with violent confrontations

While applicable to all women, this workshop will be particularly useful for high school and college students. Send your loved one off to college with a little piece of mind knowing that they have learned some basic skills to protect themselves should something happen while they're away.

Cost: \$60

[REGISTER NOW!](#)

*First 30 registrations will receive a special gift bag
**Current First Defense members and their guests are eligible for a discounted rate of \$20. Contact Ann@firstdefensekravmaga.com for more information and to register.

September Foundations Course

Take the first step to being a Krav Maga practitioner, and participate in our popular Foundations Course. For many of you who read our newsletter and wonder when and how to start training in Krav Maga, here's your opportunity. Fall Foundations will start on September 3-29. The classes will be 2 nights a week on Mondays and Wednesdays at 7pm. **Register today!** The class fills up fast!



What we'll cover during the 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

Cost: \$297 per person, 50% off for additional family members.
Free T-shirt with every registration.

SIGN UP NOW!

*All current First Defense members are welcome to attend the foundations course as part of your membership.

Youth Session #4: Anti-Bullying

YOUTH SESSION #4: ANTI-BULLYING

Our unique youth Krav Maga program teaches kids the skills needed to deal with real life bullying situations

De-escalation techniques
Defending strikes, grabs & pushes
Helping a friend
Avoid & prevent conflict



Saturdays 9 am-10am August 2nd- September 27th
Ages 7-11 years old Cost: \$199 for 8 week session
Siblings receive 50% discount, Uniforms required



291 Sunset Park Drive Herndon VA 20170 | 703-835-9054 | www.firstdefensekravmaga.com

Get excited kids and parents! We will be starting up another Youth Session in August. This session will focus on strategies and techniques about dealing with bullies. This session is perfectly timed to help your child learn or refresh their knowledge about how to deal with bullies before they go back to school for the semester.

The Anti-Bullying session will run from August 2nd to September 27th on Saturdays from 9am-9:50am. This eight week session is intended for children 7-11.

To register [email Ann](mailto:ann@firstdefensekravmaga.com) or stop by the studio.

P & G Camps in Las Vegas

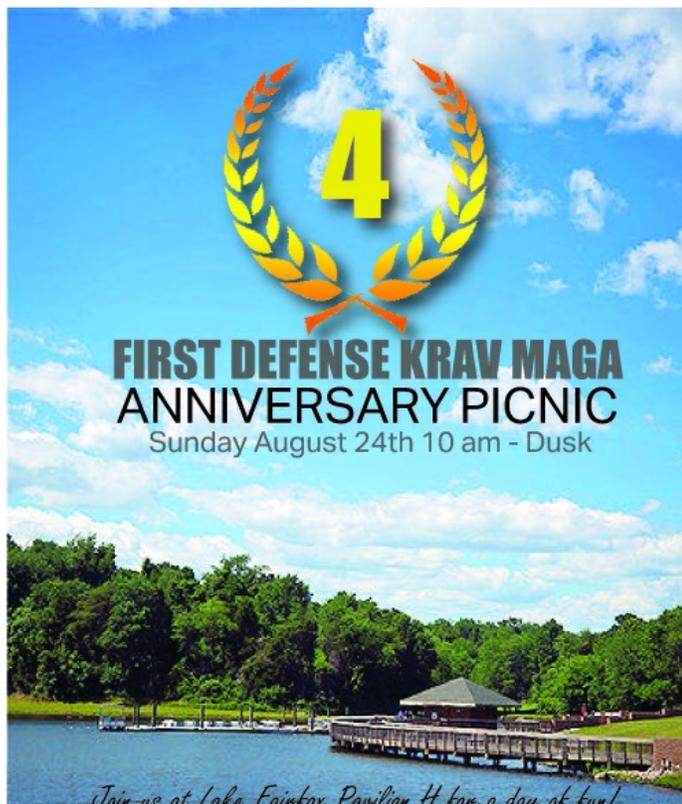
KMG-USA will be hosting a Practitioner (P) and Graduate (G) Camp in Las Vegas this November. These weekend camps are a great way to get 3 days of concentrated training with other KMG students from around the US and the world. The dates are November 7 - 9, 2014 and participants of any level are welcome 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](#)

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

4th Annual First Defense Anniversary Picnic



Join us at Lake Fairfax Pavilion H for a day of fun!



RSVP with ANN, Sandy, Evite, or FB Event page

1400 Lake Fairfax Dr, Reston, VA 20190

First Defense Krav Maga is turning 4! We couldn't reach this milestone without the support of our students. So come out and celebrate with us at Lake Fairfax, shelter H. This year all the amenities of the park will be open! Who's ready for a paddle boat race? Group Carousal ride? Bring Family & Friends to mingle, play, and eat!

Check your inbox for an Evite! RSVP to the picnic via [Evite](#), [FB Event Page](#), or by talking to Ann or Sandy. This will be a potluck event so if you feel like showing off your inner chef be sure to sign up and let us know what you plan to bring.

Upcoming P-Level Testing



Are you ready to test for your next Practitioner level?

On Sunday August 17th, starting at 10am, we will run our next Practitioner level testing (P1-P5).

We will be sending out more information and a registration link to those who have

completed the minimum amount of classes needed for testing.

Quick Notes

Closed Labor Day Weekend

First Defense will be closed Saturday, August 30 - Monday, September 1 for the Labor Day holiday. Classes will be back on as per the normal schedule starting Tuesday the 2nd.

GMU Fall Semester

Nick will once again be teaching a beginner and intermediate Krav Maga class at George Mason University for the Fall semester. This are 1-unit classes, so GMU students, if you want to have some fun, learn great Krav Maga, and earn credit at the same time, register for this class!

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 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.