



News & Updates

First Defense
September 2014

Hello Everyone!

August was hot, hot, hot! Well, at least in the studio things were heating up with events, workshops, and testing. We've lucked out and had beautiful weather this summer (and most importantly during the day of our picnic!). We hope everyone had a summer full of fun & sun and is ready to get back into training!

It's been a great 4 years already, but there's no time to rest on our laurels. As we embark on our 5th year of providing top notch Krav Maga training, First Defense is continually looking to raise the bar on excellence. We have already scheduled some great events and workshops for September and are planning on making some very exciting announcements over the next few months. Stay tuned!

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

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September Foundations Course

Take the first step to being a Krav Maga practitioner and join us for 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 a perfect opportunity! The Fall Foundations Course will start on September 3 and runs to the 29th. The classes will be held 2 nights a week on Mondays and Wednesdays at 7pm. **[Register today!](#)** The class fills up fast!

Quick Links

[First Defense Website](#)

[2014 Class Schedule](#)

[Member Login](#)

[First Defense Facebook](#)

[Greenbrier Learning
Center](#)

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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: \$249 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.

September Members Workshop: Anti-Car Jacking



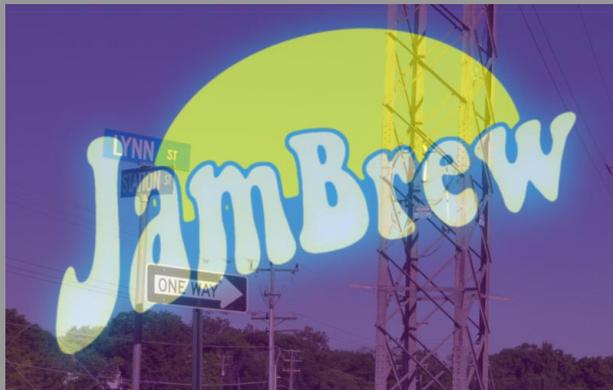
Join us Sunday September 21st from 3-5pm for our Monthly Members Workshop. This month our topic will be: Anti-Car Jacking

FREE for All First Defense Members
\$40 for General Public

We'll meet at First Defense for some training indoors first & then head out to a parking lot for the training in & around the vehicles.

Reserve your spot today!

First Defense Events in the Community



We're proud to be a sponsor of Herndon's Jam brew fest this year! Come out and visit us at the beer tent this Friday from 5pm-10pm, we'll be pouring cold ones for the crowd. Support First Defense Krav Maga by sporting your FDKM T-shirts. The event is Free, for more information about the festivities visit:

www.jambrew.com



Women's Self Defense
Sunday September 28th from 10-11 am
Reston Town Center Pavillon

Mark your calendars and bring your friends and family for this free event!



Our August Women's Safety & Self-Defense Seminar was a huge success! Thank you to all who participated. Visit our [Facebook page](#) to see more photos from the event. We'd also like to thank Elizabeth Arden Red Door Reston & Devon Saunders Mary Kay for their support and contribution to our gift bag.

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



BIG THANK YOU TO EVERYONE WHO CAME OUT!

We missed a group photo of the second wave of FDKM'ers in the afternoon, but we were able to snap a couple of photos during the picnic. Visit our [Facebook page](#) to view some of the fun!

Congrats to our Recent Testers!



BIG

Congratulations to our recent practitioner promotions! Give your fellow students a pat on the back next time you see them in class.

P1 Graduates: D.Denson, The Ivies

P2 Graduates: C.Pierce, R.Alfaro, C.Wright

P3 Graduates: M.Speroni, R.Roy, B.Klugiewicz, B.Friel, K.Dean

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.