

KRAV MAGA



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Spring 2016 March FDKM Newsletter

AAAAACCCHOOOOOO! Spring allergies are in full affect. Hopefully they're not keeping you from your Krav Maga training. Now that things are warming up and there are more things and activities to do, don't get distracted and slack on your Krav Maga. Consistent training is key to developing muscle memory. No worries though, we're planning lot's of fun seminars and themes to keep you engaged for the upcoming month!

Did you open our newsletter and think- OH Scary-ish photo....Reality Week?!?! What is that? Well FDKM'ers, we're going to change things up a bit in the last week of April. We'll be training in a slightly different way and wrap it all up with a members seminar at the end of the month. There's more info about in our newsletter, so read on!

As the weather gets warmer, more and more people are out and about participating in all sorts of activities. We hope our FDKM'ers are too! However, don't let your guard down and don't forget all the situational awareness training you've done in class. Already, you'll hear on the news about local attacks on running trails, parks, and outdoor events.

Attackers will take any opportunity to make you a victim regardless of when or where. So as you're enjoying Spring, don't forget to make time to come in and train! If the weather allows, we'll swing open our garage door to let the breeze in.

We're super excited about the upcoming months! There are a lot of things planned, like Friday fight nights, reality week, members seminar, our next Foundations Course, a special 4 part women's KM seminar, and Krav Camp for the kiddos in the summer. First Defense will be trying to keep you busy with lots of Krav Maga related events.

Thanks for reading & see you all in class!
Nick Masi & the First Defense Krav Maga team

UPCOMING EVENTS



FRIDAY FIGHT NIGHT

Friday April 8th
6:30 pm- 8:30 pm

Join us for our monthly strike/ fight night! Bring all your sparring gear.



2016 Summer Foundations Course!

May 4th- June 22nd,
Wednesday evenings from
7pm-8pm. Great introduction
to Krav Maga Training.
Register Today!

[REGISTER>](#)



Street Reality - Members Seminar

First Defense Krav Maga will be hosting a members seminar on April 30th, 1pm - 3pm.

Learn how self-defense is affected by what you wear day to day; and how to use what you wear and carry to defend yourself.

Don't forget to [R.S.V.P](#) today!

In First Defense Krav Maga News

2016 Summer Foundations Course

May 4th- June 22nd , Wednesday evenings 7 pm- 8 pm



Summer is just around the corner, don't miss out on our next Foundations Course starting May 4th through June 22nd.

Experience the world's most popular and effective self-defense system at First Defense Krav Maga.

A short list of the material we will cover includes:

- Developing Situational Awareness
- Effective Striking Using Hands, Elbows, Knees, Legs
- Defending Strikes
- Releases from Chokes
- Releases from Headlocks
- Escaping Bearhugs
- Releases from Wrist Grabs Pulls
- Using Common Weapons for Self-Defense
- Defending Yourself on the Ground
- Protecting Others
- Functioning under Stressful Conditions
- Developing the Proper Mental Attitude

Space is Limited, so Register Today!



FDKM Success At KMG Regional Gradings

12 March 2016 - Ashburn, VA



Chris M (G4), Adrian C (P2), Sam M (G4), Pete S (G2), Jay S (G1), Lauren D (P5), Jen W (P4)

March saw the first ever KMG-USA regional grading, which was held at Kore Krav

Maga, in Ashburn, VA. The event was a huge success, with students from KMG schools across the East Coast attending to grade. Under the watchful eyes of US National Team Member, Tito Otero (E1), and Global Team Instructor, Jon Bullock (E3); students testing for P & G levels demonstrated techniques and skills they had learnt.

After a gruelling 4-5 hours of testing, it was finally over. Everyone could relax, await their feedback on their performance and get their long awaited result!

Congratulations to everyone from FDKM who graded, the amount of effort was awesome and there were some amazing results.

Remember to congratulate them when you see them, and we hope to see you all at the next one.

Reality Week

25 - 30th April



Here at FDKM we pride ourselves providing top quality and realistic training to our members. But every now and again we need to bring a little more realism into training, because most of you don't wear FDKM or KMG training clothing to work or in your daily lives. So we have decided that it is time to run a reality week!!!

"What is Reality Week?" we hear you ask.

Reality week is a week dedicated to realistic training, allowing us to identify different environmental realities that we face in our daily lives that are not present in normal training.

Reality week will also culminate with a member's seminar on the 30th April, between 1pm and 3pm

What Will Be Different?

During the week of 25-30th April, all classes will be in normal style clothing that reflects more of your day to day life.

*** Training shoes are **STRONGLY** advised, as we all wear footwear walking around day to day! **

Some Suggestions for Training Attire include?:

- A suit
- Walking trousers / Jeans
- Skirts (with Yoga Pants or Cycling Shorts underneath) (Sorry guys, this one is for the ladies, unless you really want to)

Just ensure that anything you wear is something you don't mind getting dirty or damaged by the training, so old clothes are fine - don't worry, the fashion police will not be present!!

What Do I Need To Bring With Me?:

Please bring all of your usual training equipment, plus:

- A rucksack style bag / purse
- A pair of swimming goggles
- An old jacket
- An old white / light colored T-shirt that you don't mind being damaged by training.

What will we learn?

The week will include subjects like:

- Defending with common objects, such as Rucksacks, Belts, Jackets.
- Learning to deal with restrictions of clothing and using the attackers clothing to your advantage.
- Weapon threats and attacks - "the change in a persons silhouette"
- Multiple attacker and realistic scenarios

Members Seminar: 30th April 1pm - 3pm

The week will culminate with a members only seminar covering more reality based training, so don't worry if you can't make some of the classes during the week.

*****Please bring the same equipment that is needed for the reality week training*****

*****Please email [Ann](#) or [R.S.V.P](#) to secure your place at the seminar****

Law Enforcement Professionals Only - Seminar

Saturday April 23rd, 1 pm - 3pm



We value the service of our Law Enforcement Officers and as we are all too aware, these guys and girls face varying levels of conflict on a daily basis in the line of duty. So, on Saturday April 23rd, FDKM will be holding a seminar for our law Enforcement members, with an aim to help you in the more specific scenario's you may have to face. This will be the first of a series of seminars for LEO's throughout the year.

The first seminar will concentrate on:

- Fighting with a cold weapon
- Weapon retention

*****Suitable trousers (walking or BDU style) and a duty belt with a holster will be required for the training.*****

If you are an active LEO and wish to attend, please **R.S.V.P** to [Ann](#) to secure your space at the seminar.

Please feel free to bring any Law Enforcement colleagues/friends along with you, so that they can benefit from this training, but please include their names when you R.S.V.P.

Practitioner Level 1 Testing

Saturday April 2nd, 1 pm



Practitioner Level 1 testing will be on Saturday, April 2nd at 1pm. An invitation to test will be sent out to those who are eligible in the next couple of weeks. Those who have been invited and are eligible to test, please do not forget to register. You will find the registration link in the invitation email or you may register in person. If you are unable to attend, please let Ann know. (An Invitation and eligibility to test is at the discretion and review from our lead Instructor Nick Masi. For questions about our testing requirements, please speak with Ann or Nick.)

KMG PASSPORTS



**** Reminder** KMG Passports are required for testing.**

Please remember to bring them with you on Testing day, otherwise you will not be able to test. If you do not have one, you may purchase one at the studio.

Going Away Gaming Party for Lauren!

Saturday April 2nd at 7pm



Join us Saturday April 2nd at 7pm, here at FDKM to wish Lauren well on her future endeavors! We'll be celebrating it Gamer style.
<http://castleberryvideogames.com/> will be here with at videogame truck to let us battle it out with one another. So get your thumbs ready! It's a great opportunity to kick back and hang out with your fellow FDKM'ers. If you haven't done so already, please remember to RSVP with [Ann](#) so we can get an accurate count for Snacks & Drinks!

April Apparel Sale!

ALL MONTH LONG!



Summer is almost here! To make room for Tank tops, shirts, and shorts, we've got to clear out our inventory.

For those chilly nights pick up a FDKM sweatshirt! All April, all FDKM sweatshirts will receive an additional 15% off.

10% off all FDKM Tshirts & FDKM Dry-fit shirts

LOOK out for our clearance items, too!



Warm Weather

As things get warmer outside, remember good hygiene. Wash training clothes, air out training gear, and don't leave your gym bag in your hot car for long periods of time. Heat + sweaty gear= Stinky training partners



Friday Fight Night

Join us this Friday April 8th!
6:30-7:30 pm.

Every Second Friday of the month! Mark your calendars.



We're on Social Media!

Have you found us on:

[Facebook](#)
[Twitter](#)
[Youtube](#)
[Yelp](#)
[Instagram](#)
[Google+](#)

FDKM is hiring

Looking to fill the Front Desk position



First Defense Krav Maga is hiring! We're looking for someone to join our team as the point person for prospect & student interactions. Responsibilities will include handling prospect calls & emails, membership sales, student services, tracking & reporting, general studio operations & other admin duties.

A training period will be required prior to the full-time start date. Hours are Monday - Thursday afternoon/evenings and Saturday mornings with the addition of occasional weekend hours over the summer (for example, Reston Oktoberfest).

Please contact Ann if you are interested or can recommend someone.

Four Week Women's Course

Coming this May!



This May First Defense Krav Maga will be introducing a special 4 part seminar for women. Each Seminar will be based on a specific threat that women deal with.

For more information about our Four week women's course please contact Ann at ann@firstdefensekravmaga.com

Have you downloaded our FDKM APP yet?

Schedule, Live Class updates, Reminders, and Promos

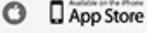


**DOWNLOAD OUR NEW
FIRST DEFENSE KRAV MAGA APP!**

-  View up-to-date **SCHEDULE.**
-  Sign up for **CLASSES.**
-  Add **REMINDERS.**
-  Get studio **PROMOTIONS.**

Go to your app store and search for First Defense Krav Maga or scan the QR code.



 Available on the iPhone **App Store**

 **Google play**

Did you know that First Defense Krav Maga has an app?! It's a great way to stay connected to us. Set reminders for yourself, see our schedule, and receive notifications from us with any urgent changes or closings.

Visit the Apple Store: [Click Here](#)

Visit the Google Play Store: [Click Here](#)



First Defense Referral Program

Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

Think about it: 5 referrals join as members, they each get \$10 off their monthly rates. But, you get \$50 off! (both accounts must be current and in good standing to receive the discount)

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.



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 Lauren 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

Forward this
email

STAY CONNECTED

