



## News & Updates

First Defense  
April 2013

### Greetings!

Spring has arrived & with it, another round of updates from us here at First Defense Krav Maga!

We're now only about 6 weeks away from hosting a KMG General Instructor Course lead by the leading experts of Krav Maga in the world - Eyal Yanilov (Expert 8/Master 3), Ilya Dunskey (Expert 4), and Ran Laskov (Expert 1). I believe that instructor development & continuing education is a critical piece of what makes First Defense great & I'm thrilled to have Eyal's & KMG's support in setting up these opportunities.

April's workshop is about working in a low-light environment. We scheduled it for a Saturday evening, so after the workshop is over, we can head over to some local restaurant or bar.

The next Krav Maga Foundations Course has been scheduled to start on June 5th. Over the summer we will also offer special courses for high school and university students. We'll put out an announcement on those courses soon.

Thanks & see you all soon,  
Nick and the First Defense Team

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## Student Advancements

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Congratulations to Bridget A. for earning her Practitioner 1 patch & Dylan M. for completing the KMG General Instructor's Course Part 1 and earning his Practitioner 3 patch!

We are proud of you for all the hard work you put in each class - you earned it! Keep training hard and working towards your next level.

## Instructor Achievements



On the 22nd-24th of March, a team from the USA participated in the "TianDianLong Cup" 2013 Yixing Shuai Jiao International Invitational Tournament in Yixing, China. First Defense Head Shuai Jiao Coach Nick Masi represented the US in the 74kg category.

There were approximately 16 countries represented by around 150 competitors. Nick had 6 matches over the 3 days coming out at 50-50, 3 wins & 3 losses. The level of competition was extremely high as this was considered by many to be the World Championships of Shuai Jiao. You can

find more pictures & videos of the competition at the Facebook pages of the [Northern Virginia Shuai-chiao Club](#) and [USA Shuai Jiao](#)

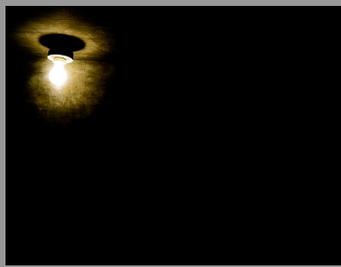
Coach Nick took 6th place in his weight class (behind 4 Chinese and a Russian fighter) and contributed to securing a 3rd place finish for Team USA (behind 2 Chinese teams). The majority of the US fighters brought home medals or finished in the top 8 in their weight classes. This is a testament to the evolution of Shuai Jiao here in the US and the dedication of the team leaders - Dr. Chi-hsiu Daniel Weng, Jan-yu Weng, Coach He, and Coach Miller.

First Defense offers Shuai Jiao classes 2 times/week - Monday and Wednesday at 5pm. We also have a youth class focusing on Shuai Jiao wrestling on Wednesdays at 4:30pm. Email [Coach Nick](#) for more info or just come jump into a class & check it out!



## Low-Light Workshop

In the next of our monthly workshop series, we will work our Krav Maga fundamentals in a low-light environment.



**When:** Sat, April 20th from 8-10 pm.

**Location:**

First Defense Krav Maga  
291 Sunset Park Dr.  
Herndon, VA 20170

This workshop is free for First Defense members.  
Not a member? Not a problem. You can still attend, however, there is a fee of \$20.

Please pre-register [HERE](#).

## New Body Strength Conditioning Class

Increase your body tone and strength in this intense workout composed of key body weight exercises. Sedrick, from Double or Nothing Personal Training, will give you the workout you need to get in prime shape. Improve the power of your Krav Maga combatives. Increase your strength and fitness. It will be a 30 minutes your body will thank you for!



Please join us from 5:30 - 6:00pm on Tuesdays and Thursdays for these amazing Body Strength Conditioning Classes and help us welcome Sedrick to the First Defense Family!

## Next 8-Week Krav Maga Foundations Course Begins June 5th.

There were a number of you unable to make it out to our current 8-week Krav Maga Foundations Course, so we've added another for the summer.

This course acts as a survey of the system with each week's session focusing on a different attack, threat, or scenario. We'll cover basic striking, releases from common holds and grabs, defending yourself on the ground, and much more.

**[REGISTER HERE](#)**

The course begins on Wednesday, June 5th and the core sessions are every Wednesday from 7-8pm. However, participants of the course are welcome to attend any of our regular Krav Maga Beginner or Krav Maga Striking classes, too.

For those new to Krav Maga, this is a great introduction to the system. For those who have had some training in the past, the Foundations Course will give you the opportunity to catch back up and learn some new material.



## [REGISTER HERE](#)

Location: First Defense Krav Maga  
Dates: Wednesdays, June 5 - July 24  
Time: 7:00-8:00pm  
Cost: \$249\*

\*We do offer discounts for families and high school or university students.

## KMG General Instructor's Course in May

First Defense is very fortunate to have Eyal Yanilov (KMG Head Instructor) and Ilya Dunsky (Expert 4) with us at our facility for nearly 2 weeks in May as he leads a Part 1, 2 and 3 of the KMG General Instructor's Course.



### KMG General Instructor's Course

The Part 1, while the first step for anyone wishing to become an instructor, is also open to students who want 5 solid days of training.

The GIC Part 1 is scheduled for May 15 - 19.

The GIC Part 2 & 3 is scheduled for May 18 - 26.

Registration links are not available yet, but clicking on the image above will give you general information about the course & the list of offerings from all over the world. For additional information, you can email [adminus@krav-maga.com](mailto:adminus@krav-maga.com).

## Private Lessons Available



Prepping for the next test? Want to spend some extra time fine-tuning your favorite technique? Have some specialized techniques or scenarios you want to work on?

Private sessions are available from all of our instructors. To schedule a lesson, check with the instructor directly or set it up through the Front Desk next time you're in.

## Reminder First Defense is in Maryland

First Defense now has classes in Chevy Chase, Maryland every Monday at 7:30pm.

We've set up a new website specifically for that site - <http://www.thekravmagaedge.com/> Please check it out if you or someone you know is interested in training Krav Maga in the Chevy Chase, Bethesda, Silver Spring area.

Questions about the class can be directed to [jonathan@firstdefensemac.com](mailto:jonathan@firstdefensemac.com).

## Other Announcements

### **SHOES, GLOVES & HANDWRAPS**

Please remember that if you wear shoes, they must be "indoor-only". This means that when you wear them from your car, through the parking lot, into the school, they are no longer "indoor'-only". We try to keep the mats as clean as we can and wearing clean shoes on the mats helps us prevent staph infections and the like. Wrestling or indoor soccer shoes work better than running shoes as running shoes tend to grip a little too much on our mats.

It is also important that you wear handwraps or gloves in classes where there is a lot of striking, especially if you have cuts on your fingers or knuckles. Yes, it's important to toughen up our hands, but no one wants to use the mitts after you stuck your bloody hands in them. It's not about toughness. It's about safety & hygiene.

### **NEW WEBSITE**

Check it out! We've updated the look and feel of our website. [www.firstdefensekravmaga.com](http://www.firstdefensekravmaga.com). Let us know what you think.

### **LOST & FOUND BOX**

Missing a water bottle, gloves, or even shoes? We have a lost & found box outside the changing room in the back. Check it out & reclaim your lost stuff!

## Next Classes for Charlottesville



Our little spin off group in Charlottesville, VA is growing fast!

The next class is scheduled for April 13th & we'll cover defenses vs. blunt objects. You can rsvp for the classes [HERE](#).

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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.