



News & Updates

First Defense
May 2013

Greetings!

Wow! Every month, this newsletter feels longer & longer! We have tons of pretty amazing stuff coming up so, a big thanks for taking the time to open & look through it.

In May, we are hosting a Krav Maga Global General Instructor's Course. It's a big event (and long) event with participants from all over the U.S. attending and with my instructor, Eyal, and some of his senior students leading the course. It'll be great to host them here, but that also means that there will be some disruptions to the schedule during the second half of the month. We've tried to limit any schedule changes, but please make note of the few class cancellations that we do have.

April was a big month for student advancement with over 20 students advancing in ranks from Practitioner 1 through Practitioner 4. I feel really honored to have so many students dedicated to building their skills here with us at First Defense.

Thanks again for reading this newsletter - we have loads of special event announcements as well as an opportunity to win a trip for two to Ireland!

And don't forget - May 12th is Mother's Day! We have gift cards and great, super-comfortable t-shirts available!

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

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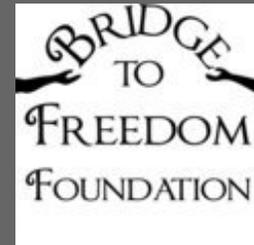
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Student Advancements

This was a huge month for student advancements with students advancing to P1, P2, P3 and P4 ranks.

Congratulations to our newest **Practitioner 1** members: **Anna R., John B., and Brian W.**

Congratulations to our newest **Practitioner 2** members: **Keith G., Keith D., Taurus J., Kevin P., Bob K., Jennifer W., Jerrod U., Ines D., and Jessica F.**

Congratulations to our newest **Practitioner 3** members: **Deanna D., Nick M., Michael S., George O., Andy B., Ramiz M., Mark D., and Dan W.**

Congratulations to our newest **Practitioner 4** members: **Bouba B., Cassie C., Pete S., James L., Omar J., & Jay S.**

Congratulations again to everyone. I'm very, very pleased to see the progress so many of you are making. Keep it up!!!

Class Cancellations in May

Due to the KMG General Instructor's Course that we will be hosting, there will be some changes in the schedule this month. We've tried to limit the disruptions to our schedule, but we did have to cancel a couple of classes. Please take note:

CLASS CANCELLATIONS:

- Krav Maga Noon classes on May 15th and 22nd
- The 6pm Striking classes on May 15th and 22nd
- The 8pm Advanced classes on May 14th, 16th, 21st, and 23rd
- The 11am Intro class on May 18th
- All Youth classes (weekday & Saturday) are cancelled for May - please see the additional announcement regarding the Youth Program
- All Monday night Shuai-chiao classes in May will be cancelled as well as the the Wednesday Shuai-chiao classes on May 15th and 22nd.
- And finally, we are closed (no classes) over Memorial Day Weekend (May 25 - May 27).

KMG Workshops with Ilya Dunskey (Expert 4) & Eyal Yanilov (Expert 8/Master 3)

While they are in town developing the next generation of KMG instructors, both Ilya and Eyal have agreed to teach workshops that are open to everyone.



On May 15th, from 6:30-9:30pm, Ilya Dunskey will teach a workshop focusing on **Krav Maga Fighting Tactics**.

On May 22nd, from 6:30-9:30pm, Eyal Yanilo will teach a workshop on defending yourself during a **home invasion**.

Details are still being finalized, but registration will be available next week. Check your inboxes for the announcement early next week and register right away because these workshops will sell out.

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 Dunskey (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.

Teen Self-Defense Crash Course

We've often been asked to do a summer camp or some other type of activity during the summer for high schoolers and students starting university in the summer. After a lot of thought, we've put together a Teen Self-Defense Crash Course - an evolution of last year's summer College Prep course.

This Course runs for 2 hours a day (10am-noon) for 5 days straight. It will run similar to our regular Foundations Course with each day focusing on a different self-defense and self-protection topic. Participants are also welcome and encouraged to attend our regular noon classes on Tuesday, Wednesday & Thursday.

We have set up 2 Sessions - one in June and one in July in order to fit families' summer schedules.

Session 1: June 24th - 28th [REGISTER](#)

Session 2: July 22nd - 26th [REGISTER](#)

For more information or to register over the phone, please contact cassie@firstdefensemac.com.

May 19 Self Defense Seminar in Maryland

First Defense now has classes in Chevy Chase, Maryland every Monday at 7:30pm. Hesitant on jumping into class? On the first Monday of every month, we will hold a "first-timer's class", & will split the class in order to give the new people a chance to come into the regular classes with a little bit of knowledge under their belts. So, come on in & try us out!

SPECIAL EVENT - MAY 19th

On May 19th from 5-7pm, we will hold a special self-defense seminar in Chevy Chase. This class will be for a mixed audience, so whether you're experienced or if it's your first class, everyone will get some great training in!

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.

Krav Maga Youth Classes Announcement

We have restructured our Youth Program in a whole new way. One that will allow us to be more focused on practical, self-protection and self-defense skills for our students and give those students an opportunity to advanced through the belt ranks in a structured, logical way.

Our Youth Program now consist of 2 month (9 week) sessions. Each session will be themed around a particular topic and students will have an opportunity to test for a strip or belt at the end of each session.

The 2013 schedule is:

Session 1:

Anti-Bullying - June 1st - July 22nd

Session 2:

Defending Yourself from the Ground - Aug 3rd - Sept 28th

Session 3:

Anti-Abduction - October 5th - Dec 7th (we take Thanksgiving weekend off)

All classes are on Saturday from 9-10am.

Each session is individually priced at \$199 or you can purchase all three 2013 sessions at a discounted rate of \$199. You can use the links below to purchase:

[Session 1](#)

[Session 2](#)

[Session 3](#)

[All Sessions](#)

We have already sent out a letter to all parents of current students. If you haven't received the information on the new class structure, please let us know. And if you have any questions (for current or prospective students), please contact cassie@firstdefensemac.com for assistance.

Spy Escape & Evasion Course

I am incredibly excited to announce that we will be hosting Jason Hanson for his amazing **Spy Escape & Evasion Course** on August 9th-10th, 2013. This course was a real eye-opener for me & after attending, I just had to have Jason here at First Defense to teach the same material to the students here.

For complete details about the course visit www.SpyEscape.com. I've made special arrangements with Jason to offer this course a a very

substantial discount. To get this full discount (more than 75% off), you need to register by May 31st. After that date, the cost will increase \$250. Again, for more information and to register, go to www.SpyEscape.com or you can email his assistant at lisa@concealedcarryacademy.com and she will send you the special registration sheet.

This opportunity is not limited to First Defense students, so even if you're never taken a class here before, you can still get the special discounted rate by following the instructions above.

Win a Trip for 2 to Dublin, Ireland!

GREENBRIER LEARNING CENTER

is thrilled to announce its Annual Spring Fundraiser

Come celebrate with us at P. Brennan's Irish Pub & Restaurant!
2910 Columbia Pike, Arlington, VA 22204
May 23rd from 6-8 pm
Raffle tickets will be sold at this event.
\$75 for 1 ticket or \$200 for 3 tickets



Win an All-Expenses Paid Trip To Dublin!

Prize includes a 5-night stay in
the heart of Dublin
and round-trip airfare for two!

To Enter: Raffle tickets may be purchased May 1-31.
dublinraffle.eventbrite.com or by calling
703.379.6488 x104.

Winning ticket will be drawn on May 31, 2013.
\$75 for 1 ticket or \$200 for 3 tickets.

For more information, contact GLC
at 703.379.6488 or info@greenbrierlearning.org

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.