



## News & Updates

First Defense  
June 2013

### Greetings!

Thank you, everyone, for helping us make May an amazing month! We had some great feedback from KMG Global Team, including Eyal himself, on the quality of the students and the sense of community we have here at First Defense.

We have a few events coming up this month, so be sure to scroll down & check out the June Events section of this newsletter. And please, if you're interested in participating in the Spy & Evasion course, register before the end of the month. We have until July 1st to have a minimum number of participants for the course and right now, we're still a few short.

Our Teen Crash Course starts at the end of this month and we still have a few spaces left for the June session. If you have or know any middle & high-school aged children, this is a great way for them to use their summer wisely & pick up some essential self-protection skills!

And don't forget - June 16th is Father'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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## Student Advancements

This month, we had students advancing to ranks from Practitioner 1 all the way to Graduate 2!

### Quick Links

[First Defense Website](#)

[2013 Class Schedule](#)

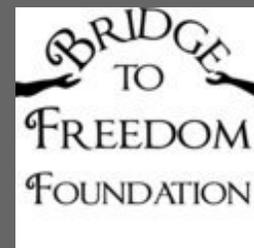
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[First Defense Facebook](#)

[Shooting Divas of DMV](#)

[Greenbrier Learning  
Center](#)

### Our Sponsors



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Congratulations to our newest **Practitioner 1** students: **Brian F. & John Z.**

Congratulations to our newest **Practitioner 2** students: **Adam M., Dale R., Amanda J., Julius J., and Bridget A.**

Congratulations to our newest **Practitioner 3** students: **Ines D.**

Congratulations to our newest **Practitioner 5** students: **Bouba B., James L., & Jay S.**

And in the Graduate ranks, **Paul A.** earned Graduate 1 and **Terry H.** received his Graduate 2 rank!

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

## Krav Maga Global's Instructor Course



GIC Part 2 & 3 Participants

We had a very busy 2 weeks as First Defense hosted instructor candidates from around the US (and Canada) for Krav Maga Global's General Instructor Course. Out of the 10 participants in the Part 1, 5 were from First Defense. Congratulations Jay S., Jay M., Ines D., Bridget A., & Joff I. for training hard over those 5 days and successfully completing the Part 1.

Another 10 participants trained in the Parts 2 and 3. From First Defense, James L. & Bouba B. successfully completed the 9 days of Part 2 and earned KMG's Assistant Instructor Diploma. Successfully completing the 9-day Part 3 was Paul & Cassie who earned the coveted KMG Instructor Diploma. All of the participants put in months of preparation time in training and teaching. First Defense and Krav Maga Global both take Instructor development and training very seriously and these are milestones that are not easily achieved. We are very proud of everyone's accomplishments!

A very big thank you goes out to the KMG Global Instructor Team members Ilya Dunsky and Ran Laskov as well as to Head Instructor Eyal Yanilov for providing guidance and instruction throughout the course.



GIC Part 1 Participants

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

While they were in town developing the next generation of KMG instructors, both Ilya and Eyal taught some very fun and thought-provoking workshops.



On May 15th Ilya Dunsky taught a workshop focusing on **Krav Maga Fighting Tactics**. It was nearly 3 hours of striking, fakes, feints, body shots, kicks, and crazy sparring drills! Many of the participants asked for a follow-up class (the material was technical & everyone wanted more time to practice), so this month's workshop will be a recap of what Ilya covered. Check out the post below to register.

There are also many other pictures of Ilya's workshop posted on First Defense's [Facebook page](#). We will be posting pictures of Eyal's seminar in the next week or two.

On May 22nd Eyal Yanilov lead a packed house on defending yourself during a **home invasion**. He talked about the scenario and gave some examples from Israel & other countries. Participants worked on a pistol whip type of attack (among other things) and then tried their hands at fighting off an attacker that had tried to pin you under blankets. It was definitely a new (and for some, uncomfortable) experience!





## June Events

### **JUNE WORKSHOP**

Our monthly workshop for June will be on Friday the 21st at 6pm. We will do a recap of Ilya's Fighting Tactics Workshop. There was a lot of information given during that workshop & we wanted to give everyone another chance to practice the techniques and tactics that Ilya taught us. If you didn't attend the May 15th workshop, it's not a problem - you're still welcome to attend.

This workshop is free for First Defense members and \$25 for non-members.

#### JUNE WORKSHOP REGISTRATION

### **UFC NIGHT**

Join classmates, family, & friends at Champps in Reston & watch some MMA action. UFC 161 is on Saturday, June 15th and things will get started around 9pm. If you're good at calling fights, this you can go home w/ something more than leftover nachos. We have a bracket set up this time & are setting out some great prizes for the winners!

### **PRACTITIONER TEST**

On Saturday, June 22nd, there will be a test for Practitioner Levels 1, 2 and 3. If you have completed the minimum class requirements and think you are ready to test, please let us know & we'll send you the registration link for your testing level.

### **CHARLOTTESVILLE**

The next class in Charlottesville, VA will be on June 29th at 3pm. Check out our [Meetup.com page](#) for more information and to RSVP.

### **TEEN CRASH COURSE**

Starting on Monday, June 24th, we have our first ever Teen Krav Maga Crash Course. More information on this course can be found in the section below.

### **CHEVY CHASE, MD**

Starting this month, we will be on a summer break from our classes in Chevy Chase at the Ohr Kodesh Congregation. We will pick up classes again after Labor Day. We will be hosting a few workshops in Maryland over the summer, so please be on the lookout for those announcements.

## 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](http://www.SpyEscape.com). I've made special arrangements with Jason to offer this course a a very substantial discount, so please register asap. We need to have a minimum number by June 1st for this course to take place. If you know anyone who might be interested, please spread the word.

Again, for more information and to register, go to [www.SpyEscape.com](http://www.SpyEscape.com) or you can email his assistant at [lisa@concealedcarryacademy.com](mailto: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.

## 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](mailto:cassie@firstdefensemac.com).

## Summer Deal for College Students

First Defense is offering a special deal for college students who are either home for the summer or have some extra time now that classes are over. Train for the entire summer (up through Labor Day) for only \$199!

Attend as many of our Krav Maga and Striking class as you want for

the entire summer. This includes both our noon and evening classes.

[Register Here](#)

For more information or to register over the phone, please contact [sandy@firstdefensekravmaga.com](mailto:sandy@firstdefensekravmaga.com). A valid college ID is required to take advantage of this special summer offer.

## Touring & Training in Israel this Winter

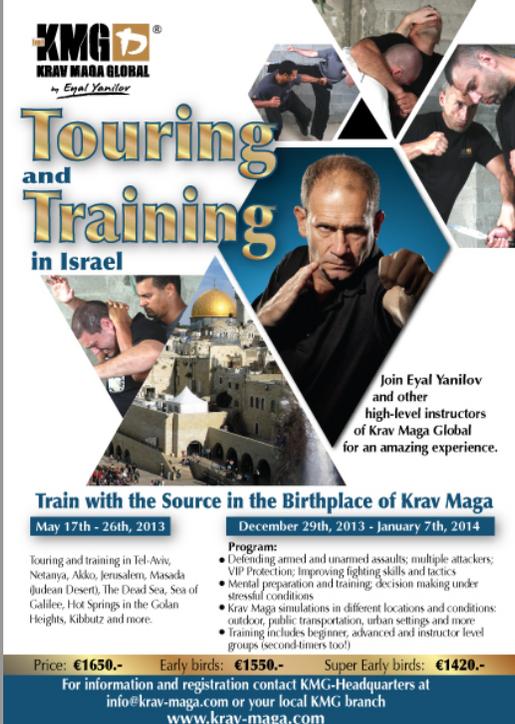
### KMG's TOURING & TRAINING

Twice a year, Krav Maga Global hosts participants from around the world for their Touring & Training Event.

The dates for the Winter Session is December 29th, 2013 - January 7th, 2014.

We are trying to put together a group from First Defense to attend.

You do not need to be a member to attend this event & you don't even need to be a Krav Maga practitioner.



The poster features the KMG logo at the top left, with 'KMG' in a stylized font and 'KRAV MAGA GLOBAL by Eyal Yanilov' below it. The main title 'Touring and Training in Israel' is prominently displayed in a large, bold, yellow font. The background is a collage of images: a man in a black uniform (Eyal Yanilov) in the center, a man in a black uniform in the top right, a man in a black uniform in the bottom left, and a view of Jerusalem's Dome of the Rock in the bottom center. Text on the right side reads: 'Join Eyal Yanilov and other high-level instructors of Krav Maga Global for an amazing experience.' Below the title, it says 'Train with the Source in the Birthplace of Krav Maga'. Two dates are listed: 'May 17th - 26th, 2013' and 'December 29th, 2013 - January 7th, 2014'. A 'Program' section lists: 'Defending armed and unarmed assaults; multiple attackers; VIP Protection; Improving fighting skills and tactics; Mental preparation and training; decision making under stressful conditions; Krav Maga simulations in different locations and conditions: outdoor, public transportation, urban settings and more; Training includes beginner, advanced and instructor level groups (second-timers too!)'. At the bottom, prices are listed: 'Price: €1650.- Early birds: €1550.- Super Early birds: €1420.-'. Contact information is provided: 'For information and registration contact KMG-Headquarters at info@krav-maga.com or your local KMG branch www.krav-maga.com'.

You will register directly with KMG, but when you do, please let us know so we can keep track of who's going & send out announcements as needed. For registration information, check out KMG's [Touring & Training](#) page.

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.