



News & Updates

First Defense
August 2013

Greetings!

As summer winds down, we're winding up here at First Defense! We have a a schedule change to be aware of, another Foundations Course lined up for September here in Herndon as well as a couple of classes starting in Fairfax.

As we're hosting the Reston Fencer's Club these first 2 weeks of August, for those of you who come to the noon class, please remember that we may go outside for classes. The evening class schedule will not be affected.

This month we also have a knife seminar on the 16th and a Practitioner test on the 25th.

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

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Student Advancements

A special congratulation to **Andy B.** for completion of the General Instructors Course Part 1 in Dallas, TX in July!

Congratulations to our newest **Practitioner 1** students: **Darryl J. & Phillip V.**

Congratulations to our newest **Practitioner 3** students: **Mike H., Taurus J., Gordon E. & David S.**

Congratulations again to everyone!

August Events

INTRO TO SHORT KNIFE TACTICS & COUNTER TACTICS

Quick Links

[First Defense Website](#)

[2013 Class Schedule](#)

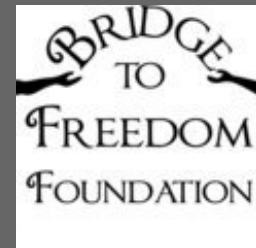
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This short course will cover the bare essentials of offensive and defensive knife tactics. Information covered will include:

- A reality check on knife combatives
- Principles of edged weapon offense and defense
- The hourglass thrust and slash system
- Individual exercises
- Partner drills

Please dress comfortably and bring an open mind.

When: **Friday, August 16th from 6-8 pm**

Where: **First Defense Herndon**

This workshop is free for First Defense members.

Not a member? Not a problem. You can still attend, however, there is a fee of \$25.

[REGISTER HERE](#)

PRACTITIONER TEST

On Sunday, August 25th, there will be a test for Practitioner Levels 1 and 2. For members already at Practitioner 2 and getting ready to test for Practitioner 3, this event will serve as a test prep class. This test prep class is required for anyone wishing to take the next Practitioner 3 test offered.

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 August 24th at 3pm. Check out our [Meetup.com page](#) for more information and to RSVP.

Fall Foundations Course in Herndon

Our next Foundations Course in Herndon starts on Wednesday, September 11th.

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, September 11th and the core sessions are every Wednesday from 7-8pm. However, participants of the course are welcome to attend our regular Krav Maga session on Mondays at 7pm, 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, September 11 - October 30
Time: 7:00-8:00pm
Cost: \$249*

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

For more information , please contact info@firstdefensemac.com or register by phone at 703-835-9054.

New Classes in Fairfax



We are excited to announce that in September, we will begin classes at the Stacey C. Sherwood Community Center in Fairfax, VA.

We are starting things out by offering a Foundations Courses on two different evenings - Monday & Wednesday evenings. We are offering a Youth Session and KM Fit class on Wednesdays, as well.

All registrations need to be done through the [City of Fairfax Parks & Recreation](#). The registration is not available yet, but they have assured us that it will be listed online within the next week.

Fairfax Schedule:

Mondays (Sept 9 - Oct 28):

-Foundations Course 7:30-8:30pm

Wednesdays (Sept 11 - Oct 30):

-Youth Anti-Bullying Course 5:30-6:15pm

-Foundations Course 6:30-7:30pm

-KM Fit (Body Weight Conditioning) 7:30-8:00pm

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.



KMG
KRAV MAGA GLOBAL
by Eyal Yanilov

Touring and Training in Israel

Join Eyal Yanilov and other high-level instructors of Krav Maga Global for an amazing experience.

Train with the Source in the Birthplace of Krav Maga

May 17th - 26th, 2013 December 29th, 2013 - January 7th, 2014

Touring and training in Tel-Aviv, Netanya, Akko, Jerusalem, Masada (Judean Desert), The Dead Sea, Sea of Galilee, Hot Springs in the Golan Heights, Kibbutz and more.

Program:

- 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!)

Price: **€1650.-** Early birds: **€1550.-** Super Early birds: **€1420.-**

For information and registration contact KMG-Headquarters at info@krav-maga.com or your local KMG branch www.krav-maga.com

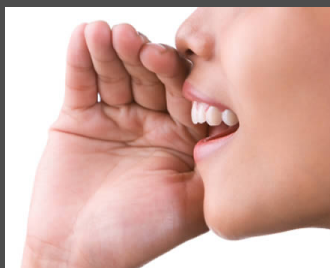
You will register directly with KMG, but when you do, please let us know so we can keep track of who's going & send out announcements as needed. For registration information, check out KMG's [Touring & Training](#) page.

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.