



## News & Updates

First Defense  
September 2013

### Greetings!

3 Years! This month marks the 3rd anniversary of First Defense. Of course, I was training and teaching Krav Maga years before opening the school in Herndon, but these last few years gave me the opportunity to grow as a student, a teacher, a coach, a mentor and as a person in ways that completely overshadowed all those years prior.

Every individual that walked through these doors has helped make First Defense what it is today. Some have stayed for one hour & some have stayed for all 3 years (and there are even those who have been with me for longer having trained in the parks & tennis courts of Reston before I found a home on Sunset Park Drive). Regardless of the time, the impact has been immeasurable. I've learned something from every single person and I hope they've all learned something from me. This is a trend I plan to continue in all the years ahead!

This month, we have a very special weekend planned with a man I'm honored to call a teacher, a mentor and a friend - Dr. Chi-hsiu Daniel Weng. I met Dr. Weng when I had moved to San Francisco for graduate school and through a series of fortunate coincidences, he became my Tai Chi and Shuai chiao (Chinese-style Wrestling) instructor.

The other big event for September is our **3rd Anniversary picnic at Lake Fairfax**. We'll start the day with our regular Youth & Krav Maga classes and then have the rest of the morning and afternoon to socialize, BBQ, play and enjoy the day.

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

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## Student Advancements

Congratulations to our newest **Practitioner 1** students: **Robert R. & Cameron W.**

Congratulations to our newest **Practitioner 2** students: **David J. Rose J., & Christine L.**

Congratulations to **Ines D. & Andy B.** for passing the **Practitioner 4** test.

Levels are just numbers on paper (or maybe I should say patches on pants) and you cannot let it define you. Some people advance rank at a faster pace & some at a slower pace. We all have our own goals and expectations of what we want out of our training, so train for yourself & no one else. Focus on the training and the rank will come. Remember, that attacker on the street doesn't care how many bars are on your patch.

## September Events

### SHUAI CHIAO WORKSHOPS WITH DR. WENG

The oldest form of Kung-fu, dating back to the days of Huan-Ti, the "Yellow Emperor" (2700 B.C.) Shuai-chiao or Shuaijiao (sometimes referred to as "Chinese Wrestling") focuses on the use of throws, trips, and take downs. Whether used for sport, conditioning, and/or self-defense, this ancient art used by the Chinese military and police is practical and safe to practice.

#### **Friday, September 20, 6-8pm - Closing the Distance: How to Enter Grappling Range**

In this 2-hour workshop, Dr. Weng will cover entering techniques from the Chinese grappling system of Shuai chiao. Managing your distance in a fight and changing ranges safely is a critical skill for any fighter.

Dr. Weng will teach some basic throwing techniques and give options for entering the range where they are most effectively applied.

[REGISTER FOR FRIDAY'S WORKSHOP](#)

#### **Saturday, September 21, 1-5pm - Shuai chiao Workshop**

In this 4-hour workshop, Dr. Weng will introduce us to the art of Shuai chiao through specific drills and techniques. The material covered will include grappling strategies (with and without jackets), throwing techniques, and using Tai Chi principles to improve our close range fighting ability.

[REGISTER FOR SATURDAY'S WORKSHOP](#)

Location:

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

Cost:

First Defense Members: [Friday](#) - \$25; [Saturday](#) - \$50

General Public: [Friday](#) - \$40; [Saturday](#) - \$80

Register for both & Save!: [Fri & Sun for Members](#) - \$60; [Fri &](#)

Sat for general public - \$100

## CHARLOTTESVILLE

The next class in Charlottesville, VA will be on September 28 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](mailto: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 now open for all courses & please register this week as they will close registration and cancel the course if we do not meet a minimum number of registrants.

### **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

## 2013 Race for a Cause



Summer is over so quickly and it's time to return to school. Don't worry - it's not all work and no play. Make plans for some fun by registering for the Acumen Solution's annual community road race. The Acumen Solutions Race for a Cause™ 8k & 1-mile Fun Run race is taking place on Sunday, October 13, 2013 in Arlington, VA with proceeds benefiting Greenbrier Learning Center . It will be a great way for you and the kids to burn off stress while giving back

to the community! Be sure you stick around for a fantastic post race event! See the race site for more details.

Greenbrier Learning Center has been selected by Acumen Solutions to participate as one of the 10 distinct charities to choose from when you sign up for the race. With your registration, pick GREENBRIER LEARNING CENTER so that your registration counts towards our goal. The more racers we register the more we benefit from the proceeds! Acumen Solutions' previous races have distributed over \$450,000 to local nonprofits. Greenbrier Learning Center typically generates \$25,000 in proceeds through this race; we rely on every racer registered to help us meet our goal!

Please call or email Greenbrier Learning Center at [info@greenbrierlearning.org](mailto:info@greenbrierlearning.org) or 703.379.6488 with any questions and go to [www.theraceforacause.com](http://www.theraceforacause.com) to sign up!

## Touring & Training in Israel this Winter

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.

**Programs:**

- 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](mailto:info@krav-maga.com) or your local KMG branch [www.krav-maga.com](http://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.