



News & Updates

First Defense
Dec 2014

Seasons Greetings!

We know you missed the November newsletter, so we'll give you a double dose of First Defense goodness in this last newsletter of 2014.

It's been another amazing year for us here. We've had so many great events this year - from Eyal's World Tour seminar to last month's anti-carjacking. And there are many more on the horizon. This coming year, we'll see more events, more guest instructors and more topics ripped straight from the headlines.

For me, another major development this past year was taking over the job of North American Coordinator for Krav Maga Global. It's a pretty demanding job & takes me away from the studio for weekends here and there (as well as a week or two on occasion). Luckily, I have an outstanding team of instructors here to back me up. We have just an awesome group of guys & girls on our instructor team & I couldn't be prouder. Time & again, they've shown their dedication to being better students as well as being better instructors. In this coming year, when I'm travelling even more as a member of the KMG-USA National Team, I'm confident that they will provide the same level of professionalism and expert instruction that you've come to expect from me.

Who needs new gear!? The Holiday season is right around the corner so why not treat yourself or a friend or family member. We've put together some gear packages together. We also have gift cards available. So, rather than kicking someone in the groin & yelling "Merry Christmas!", you can really give them the gift of Krav with our gift cards good for passes, memberships, and courses.

In other news, we're excited to announce that we have partnered with ICF in Fairfax to offer classes at their corporate gym on Mondays & Thursdays. Many people have been asking for classes in Fairfax & we think this is a great first step to bringing Krav Maga to the area.

In looking back over the year, it's obvious that none of this would be possible without our students. THANK YOU for being part of this community, supporting First Defense, and, most importantly, doing something good for yourself. Whatever your goals are, coming to class & training is the first step. As

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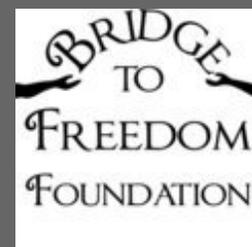
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we move into 2015, review your goals and renew your commitment to your personal and professional development.

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

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KMG Camps in Las Vegas

I want to start out by thanking all of the instructors that filled in teaching and assisting classes while I was in Vegas. You are a great help and I really appreciate you taking time to come in and help out!



I had a lot on my plate while I was out there. First was 4 days of training directly with Eyal for the creation & initial training session for the KMG-USA National Team. This team will be the "Expert Team" for the US, traveling around the country doing seminars, administering tests at Affiliate schools, and teaching Instructor courses. It's a real honor to be included in this group &, for me, it's an acknowledgement of the hard work I've put into developing First Defense and the instructor team here. It's an amazing group of people & I'm really looking forward to seeing the huge growth of KMG in the States.

After that training, I facilitated a meeting of Affiliate school owners. I'm not much of a lecturer, so luckily I had the help of Jon Bullock from the UK. Many of you met Jon last year during his knife seminar. We were also visited by another Northern Virginia school owner & American Kickboxing legend, Mr. Jeff Smith.

The main reason for being in Las Vegas, though, was the KMG Practitioner and Graduate Camps. These are 2 days of training followed by a day of testing. First Defense represented! We had the largest group of students from any school in the US and every one passed their test! Congratulations go to Chase who passed his

Practitioner 1, Pete & Bouba who passed Graduate 1 and Sam, Chris, Andy & Ines who earned their Graduate 2 rank. Jonathan Levy & Tito Otero, both guest instructors here at First Defense, earned their Expert 1 ranks.

It was an amazing weekend with over 60 participants in the camps. I'm proud of all the students who participated & look forward to bringing a much larger group next year!

Youth Sessions



We just finished up an amazing Anti-Abduction session with our ever-growing youth class. The next session, focusing on Krav Maga fundamentals, will start on January 3rd.

But a month is a long time wait for class again! We have added 2 **bonus** classes on December 6th and 13th to help pass the time until the next session. These classes are free to all current Youth members at First Defense. The topic of the bonus sessions is Shuai-chiao for kids.

Shuai-chiao is a Chinese martial art, a grappling art similar to Judo, that focuses on throws and takedowns. We currently offer Shuai-chiao Wednesdays from 5pm to 5:45pm if children would like to continue practicing Shuai-chiao after the winter break.

Closed for the Holidays



Our staff & instructor team dedicate a lot of their time to the studio - coming to classes some nights as students and some nights as instructors. While we know there are some folks that will miss class while we're closed, we feel it's important to give everyone a short break at the end of the year to rest, be with family & recuperate. First Defense will be closed from Christmas Eve through

New Years Day. That is, no classes from December 24th - January 2nd. We'll reopen on Saturday, January 3rd with our regular classes - Youth at 9am, Krav Maga at 10am & KM Basics at 11am.

Gear Packages on Sale!



First Defense Krav Maga is offering unique options this holiday season to get you or someone special started in the world's most popular and practical form of Self-Defense. We offer gift cards and gift certificates in any dollar amount that can be used for classes or merchandise.

We've also put together some suggested packages for you or your Krav Maga Fighter in your life. All items can be purchased individually or we can help customize a package for your unique needs. Check out our [website](#) and give Ann an [email](#) or call to place your order.

Onnit Supplements

We currently have four supplements for sale that can improve your Krav game. Our supplements are from a great company called Onnit. Below are brief descriptions of each supplement, but for more detailed information see [Onnit.com](#) or talk with Ann, Nick or Sandy.



Alpha Brain

This supplement will help you focus and use more of your brain power. Alpha Brain works by increasing oxygen flow to the brain and decreasing mental haziness to allow for clear focused thoughts.

Shroom Tech Sport

This supplement uses a combination of cordyceps from mushrooms, antioxidants, adaptogens, and B-12 to help your body perform to its fullest. It will help you improve your body's ability to use oxygen and resist fatigue.

Spirulina & Chlorella

Don't like eating your vegetables? But, hate that you're missing out on vital nutrients? Try this supplement. This supplement will help you detoxify your body as well as help improve your immune system health.

Vitamin C and L-Lysine

Help out your immune system and fight free radicals with this supplement.

Reminders

If you have had an address change or need to update your credit card please remember to update it on MindBody or talk to Ann or Sandy at the front desk.

Only shoes that have never been worn outside are allowed on the mats for class. If you don't have indoor-only shoes, bare feet or socked feet are fine, but we highly recommend getting some shoes for class. This will help keep our mats clean free of dirt, grime, and germs from the outside.

It is First Defense's policy that all men wear groin protection when they attend class. This is for your own safety. We do not want anyone to take a groin strike unprotected. We also want to remind all members that you should be wearing First Defense or KMG t-shirts and pants or shorts (w/ appropriate rank patch) when you're taking Krav Maga classes.

You should also be wearing your hand wraps during class, especially the striking class. Not only do they provide protection to hands and wrists, they also soak up a lot of the sweat that will otherwise end up in the mitts and gloves.

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](#), [Twitter](#), [LinkedIn](#), etc.