

# KRAV MAGA



2015 Combat Mindset & Mental Conditioning Course. Register Today!



website:

[www.firstdefensekravmaga.com](http://www.firstdefensekravmaga.com)

phone:

703-835-9054

email:

[info@firstdefensekravmaga.com](mailto:info@firstdefensekravmaga.com)



First Defense Krav Maga  
291 Sunset Park Drive  
Herndon, VA 20170

## May 2015 FDKM Newsletter

Summer is just around the corner! Time to train!

Summer is just around the corner! We're hoping everyone is ready to kick their Krav Maga training up a notch and start sweating a little bit more. We've got lots of events and seminars planned for the upcoming summer months. We hope everyone can join us as we strengthen our Krav community and host even more unique training sessions.

One of the most important aspects of being part of KMG, is the continual goal of excellence which is gained through ongoing training. I just recently returned from an Instructor's Update in Redmond, WA. It was great time to brush up on some higher level material with Eyal. This week Bridget and I are in Ramsey, NJ participating in KMG's Women's & Kid's Instructor Course. In June, I'll be headed out to KMG Headquarters in Israel for their annual Directors meeting & some Expert level training. I'll be headed out to Las Vegas in July for the Martial Arts Super Show with members of the national team and Eyal to promote KMG. And after that, I'll stick around to participate in the Combat Mindset and Conditioning Course. I hope to see some of our First Defense Members join me at this KMG event!

We've kicked May off with our Third Youth Session, Striking skills & Drills. In addition to our regular session, we will also be teaching a special two hour Youth Seminar on Anti-bullying on Sunday May 17th. For the adults, the Summer Foundations Course will begin on Wednesday May 13th. Our next FDKM Members Seminar will be about outdoor survival. We'll be hosting it at Lake Fairfax, with an overnight camping trip. Last but not least, First Defense will be at this year's Herndon Festival! We need

some volunteers, so if you're available to help out please contact Ann.

Thanks for reading & see you all in class!  
Nick Masi & the First Defense Krav Maga team

## UPCOMING EVENTS



### Summer Krav Maga Foundations Course

Register today to learn some fundamental skills used in Krav Maga. This 8-week course will begin on Wednesday May 13th at 7pm.

[Register >](#)



### Anti-Bullying Seminar

We're hosting a special 2 hour session on Anti-bullying for 7-12 year old's on Sunday May 17th, 10 am-noon.

[Email>](#)



### Summer Student Special

We're offering a special summer rate for Teachers and students. Great chance to get 3 solid months of Krav Maga training before heading back to school. \*\*Valid School ID required

[Sign Up>](#)

## In First Defense Krav Maga News

## Recent Practitioner Promotions



Big Congratulations to everyone who recently tested for their next Krav Maga Practitioner rank.  
Practitioner Level 1: Mike M., Tony D., Chris D., Daniella T., and Andrew B.

Practitioner Level 3: Michael H.

Practitioner Level 4: Eric L., Jason M.

Practitioner Level 5: Nick M., Michael S.

Next Testing will be scheduled for late July/early August.

## Youth Session #3: Striking Skills & Drills



Our Krav Maga youngsters just finished up our second session, Ground Skills & Tactics. They all did a great job during their belt/stripe promotions. Our third session which focuses on striking skills just began this past Saturday. We've got a couple of spots open for anyone who may be interested in enrolling their child.

---

## Special 2 hour Anti-Bullying Seminar

May 17th, 10 am-noon



Join us Sunday May 17th from 10 am-noon for a special 2 hour seminar on Anti-bullying. Free for all current Youth Session members & Current KM Adult Members children. Only \$10 for friends & Family & \$20 for public. Please RSVP with Ann if you are planning on attending. For more information, email ann at [ann@firstdefensekravmaga.com](mailto:ann@firstdefensekravmaga.com)

---

## First Defense Camping & Wilderness Survival Trip

Saturday June 6th- Sunday June 7th, Lake Fairfax Camp Grounds



We had a lot of feedback last year that many of you would've liked to have done this workshop out doors. So mark your calendars! Michael Schindler will be teaching this workshop outdoors at Lake Fairfax. Bring you're camping gear, we've reserved a section of the campgrounds just for First Defense. We'll have more information and details about this event. Please RSVP by May 22nd if you'd like to participate, contact ann at [ann@firstdefensekravmaga.com](mailto:ann@firstdefensekravmaga.com).



### FDKM Happy Hour!!!

Let's kick off your three day weekend with a Happy Hour! **Thursday May 21st, at 8 pm, World of Beer at Reston Town Center.** Nick & our Instructor college group can join us after class. Let's meet up and grab some cold ones. Or enjoy a gigantic pretzel!

[Location >](#)



### 2015 Herndon Festival

First Defense Krav Maga will have a booth at this year's Herndon Festival. Saturday May 30th & Sunday May 31st. We'll need some Volunteers to man the booth & do demos. Or just come out in your FDKM T-shirt to support us as you enjoy the Festival.

[Volunteer >](#)



### CLOSED Memorial Day Weekend

First Defense will be closed May 23rd- Monday 25th in observance of Memorial Day. Class will resume as scheduled on Tuesday May 26th.

[Schedule >](#)

## Summer Stink!

Avoid stinky gear this summer.

**If you can smell yourself,**



**others have been able to for a while.**

The hotter it gets, the more we sweat! Just a friendly reminder to stay mindful hygiene this summer. It makes for a more pleasant experience for everyone. Some quick tips.

- Remember to remove sweaty clothes & equipment from gym bag at the end of the day.
- Wear hand wraps under your gloves (especially the community gloves!) and give gloves a chance to dry and air out after class.
- If possible, try not to keep gym bag in the car for long periods of time, especially on humid days.

## Feature Onnit Product of the Month



T+

This is a stimulant free, pre-workout powder that is designed to increase strength and power output better than training alone. This formula is also designed to improve athletic performance and assist with muscle recovery.



## First Defense Referral Program

Did you know that First Defense Krav Maga offers a \$10 discount for every person that you refer that signs up for a membership? Better yet, both of you receive \$10 off your membership! So everyone wins.

Think about it: 5 referrals join as members, they each get \$10 off their monthly rates. But, you get \$50 off! (both accounts must be current and in good standing to receive the discount)

### 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.

---

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

---

## 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 Lauren 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.

Forward this  
email

STAY CONNECTED

