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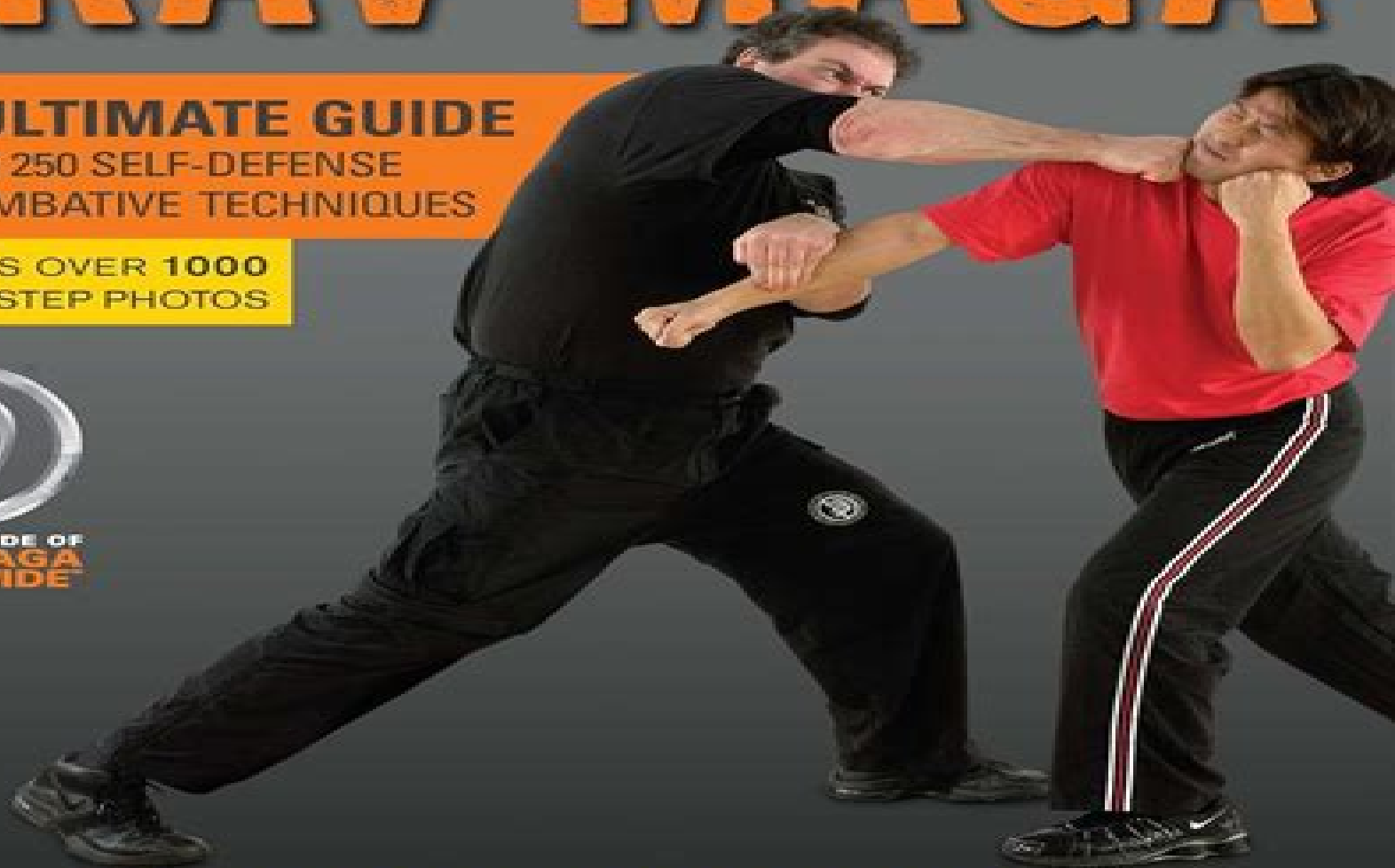
2nd Edition

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KRAV MAGA
WORLDWIDE



DARREN LEVINE and JOHN WHITMAN

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to learn because one of Krav Maga's strengths is its simplicity. Based on the principle that it is best to move from defense to attack as quickly as possible, Complete Krav Maga offers fast escape maneuvers from attacks and holds. It then follows them up with specific counterattacks including punches, kicks, and throws. The authors show how anyone, big or small, man or woman, can practice self defense by using Krav Maga to protect weak spots, exploit an assailant's vulnerabilities, and turn the attacker's force against him. Complete Krav Maga teaches the reader how to get in shape, gain confidence, and feel safer and more secure every day. Krav Maga - Best Techniques Greg Dziwowski, 2020-06-25. If you're looking to learn effective self defense, this book is definitely for you. Krav Maga is a self defense system that was originally developed for the IDF (Israel Defense Forces) and later adopted to law enforcement and civilian needs. You will enjoy clear descriptions as well as multiple pictures of each technique. Whether you're just a beginner or a seasoned practitioner, you will greatly benefit from the information contained in this program.

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Krav Maga Wayne Li, 2015-12-12. I can't remember how I first heard about Krav Maga, but I do remember being immediately fascinated. All martial arts have an appeal to most men, and their fighting spirit, but Krav Maga's draw owes less to the mystique of many of the traditional disciplines and more to a distinct aura of badassitude. It's a simple and effective street fighting self defense system that's more martial than art. A well-trained practitioner of Krav Maga is basically a walking human weapon. What I discovered is that Krav Maga is a brutally effective tactical mixed martial art and self defense system that lives up to its reputation. If you too have ever wondered what Krav Maga is all about, I have written you this primer. Here is what you will learn in this book: Introduction, What is Krav Maga, History of Krav Maga, The Principles of Krav Maga, Benefits of Learning Krav Maga, How To Get Started in Krav Maga, Basic

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