

# MANUAL COMPLETO DE **KRAV MAGA**

LA GUÍA DEFINITIVA PARA  
MÁS DE 230 TÉCNICAS  
DE COMBATE  
Y DEFENSA  
PERSONAL



GUÍA OFICIAL DE  
**KRAV MAGA**  
WORLDWIDE®



**DARREN LEVINE**  
**JOHN WHITMAN**

Prólogo de  
**BAS RUTTEN**  
EX CAMPEÓN DE LOS PESOS PESADOS DEL  
ULTIMATE FIGHTING CHAMPIONSHIP (UFC)

# Krav Maga Handbook

**Darren Levine, John Whitman**



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