

KRAV MAGA FOR BEGINNERS

A STEP-BY-STEP GUIDETO THE WORLD'S EASIEST-TO-LEARN, MOST-EFFECTIVE FITNESS AND FIGHTING PROGRAM

DARREN LEVINE JOHN WHITMAN RYAN HOOVER

AUTHORS OF COMPLETE KRAV MAGA

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break a choke disarm someone with a gun or throw a punch there are several books on the market that fill that void Instead what this book does contain is practical information and over 40 valuable tips that every prospective student or beginner student should know when starting out in this popular self defense martial art This book is also not a long dense rambling door stopper of a book that will take you weeks to read and digest It is specifically designed to be brief and to the point in order to get you the just in time information you need in a format that can be read in a few sittings Quick concise helpful and targeted to your needs the brand new student to Krav Maga Krav Maga David Kahn, 2004-09-06 Master the moves of kray maga the international self defense and physical fitness sensation Increasingly popular around the world kray maga is the renowned hand to hand Martial Arts defense fighting designed by the Israeli military forces Swift powerful and simple it is an effective method for fending off any kind of attacker and it is also an amazing workout Regardless of size strength and fitness level anyone can master the essentials of krav maga and reap the rewards of increased safety confidence and conditioning With moves you can learn in as little as five minutes or train and practice for long term success Kray Maga covers all the below What is Krav Maga all about Instruction on how to protect your body s vulnerable target and learn weapons defense combat Use an opponent s momentum to fuel your counterattack Escape all kinds of grips and holds Combine training punches kicks and other moves into a powerful conditioning workout to lose weight increase core strength and improve muscle tone Use specially designed drills and a 12 week training program to become a kravist a smart and prepared fighter Written by one of America's foremost krav maga experts this exciting new guide opens the door to an empowering and important set of techniques that you or anyone can master When Disaster Strikes Matthew Stein, 2011-11-16 Disasters often strike without warning and leave a trail of destruction in their wake Yet armed with the right tools and information survivors can fend for themselves and get through even the toughest circumstances Matthew Stein's When Disaster Strikes provides a thorough practical guide for how to prepare for and react in many of life's most unpredictable scenarios In this disaster preparedness manual he outlines the materials you ll need from food and water to shelter and energy to first aid and survival skills to help you safely live through the worst When Disaster Strikes covers how to find and store food water and clothing as well as the basics of installing back up power and lights You ll learn how to gather and sterilize water build a fire treat injuries in an emergency and use alternative medical sources when conventional ones are unavailable Stein instructs you on the smartest responses to natural disasters such as fires earthquakes hurricanes and floods how to keep warm during winter storms even how to protect yourself from attack or other dangerous situations With this comprehensive guide in hand you can be sure to respond guickly correctly and confidently when a crisis threatens

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