

Complete Krav Maga

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Complete Krav Maga

When Israel became a nation in 1948, they began teaching Krav Maga to the Israeli Defense Forces (IDF). In addition to a lineup of particularly brutal holds, strikes, and take downs, they teach the use of the M-16 as a melee weapon and multiple, lightning fast ways to take a gun away from an opponent and then kill him with it. Krav Maga in Action:

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