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Complete Krav Maga: The Ultimate Guide to Over 250 Self ...

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Krav Maga (/kr v m /; Hebrew: [k av ma a], lit. "contact-combat") is a military self-defense and fighting system developed for the Israel Defense Forces (IDF) and Israeli security forces that derived from a combination of techniques sourced from boxing, wrestling, aikido, judo and karate, along with realistic fight training.

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Krav Maga - Wikipedia

Based on the principle that it is best to move from defense to attack as quickly as possible, Complete Krav Maga teaches fast-escape maneuvers combined with powerful counterattacks. Whether you are big or small, male or female, young or old, you can use Krav Maga to protect yourself by exploiting an assailant ' s vulnerabilities.

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Punching. It is a good initial combative (a term we use for strikes in Krav Maga), that can lead to a natural flurry of strikes. Start in a guard stance, to do a straight punch off of your front arm (known as a jab), pivot on your front foot, extend your arm straight as you turn your fist horizontally.

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If you are serious about learning Krav Maga, this is the ultimate starting point. Whether you are a complete novice or currently taking classes at a Krav facility – you can integrate this course into your training regimen for accelerated learning.

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Complete Krav Maga: The Ultimate Guide to Over 250 Self ... contributions to Krav Maga. ” —Imi Lichtenfeld, founder of Krav Maga. The official self-defense system of the Israeli Defense Forces, Krav Maga offers you an easy-to-learn yet highly effective self-defense system that emphasizes instinctive movements, practical techniques and realistic training scenarios.

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