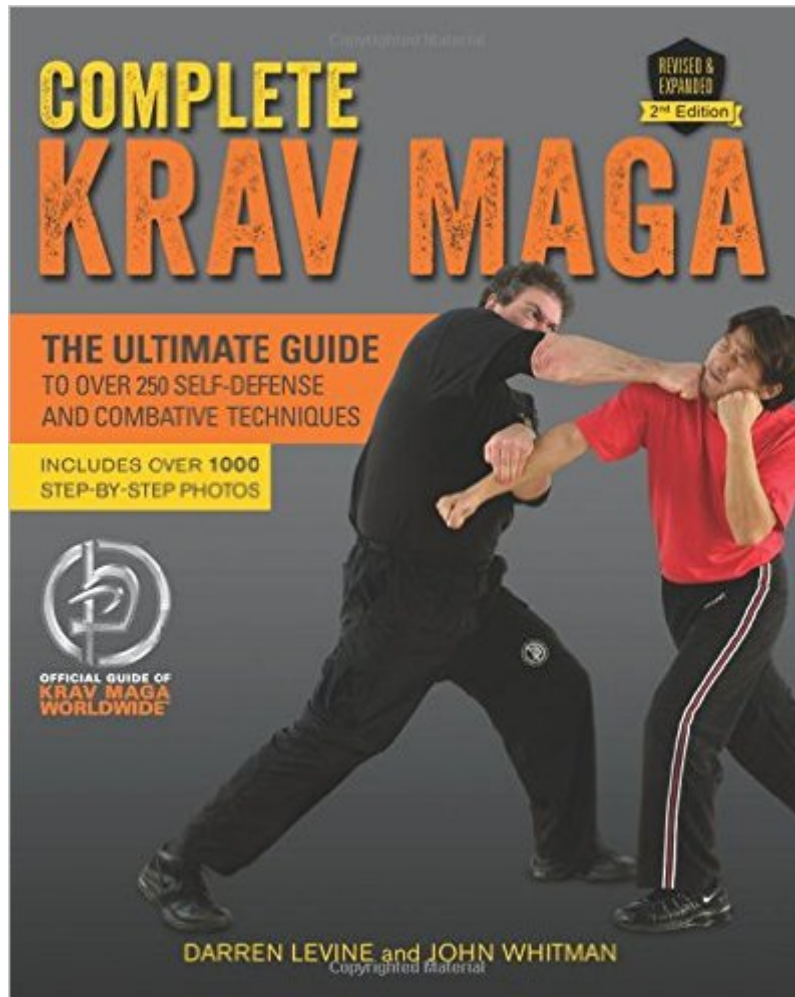


The book was found

# Complete Krav Maga: The Ultimate Guide To Over 250 Self-Defense And Combative Techniques



## Synopsis

• Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga. • Imi Lichtenfeld, founder of Krav Maga

**THE TOP-SELLING GUIDE TO KRAV MAGA IN AN UPDATED AND EXPANDED EDITION**

All the defense moves in Complete Krav Maga "from beginner Yellow Belt to advanced Black Belt" are described in depth and illustrated with step-by-step photos:

- BEGINNER: Punches, kicks, knee strikes and defense movements
- INTERMEDIATE: Counterattacks against knives, guns and sticks
- ADVANCED: Advanced strikes and ground fighting techniques

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.

## Book Information

Paperback: 384 pages

Publisher: Ulysses Press; 2 Rev Exp edition (June 14, 2016)

Language: English

ISBN-10: 1612435580

ISBN-13: 978-1612435589

Product Dimensions: 7.3 x 1 x 9.1 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars • See all reviews (35 customer reviews)

Best Sellers Rank: #13,313 in Books (See Top 100 in Books) #11 in Books > Sports & Outdoors > Individual Sports > Martial Arts #216 in Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

Although this is very well put together, I should point out that if you already have the first addition as well as the "Black Belt Krav Maga" book you have all the techniques in this book. Basically it's the original "Complete Krav Maga" plus about 20 techniques from "Black Belt Krav Maga". I should've waited to preview it first because I already own all the books by Darren Levine.

First of all, let me say that this is a five star book. The reason this review gives it four stars is because the second edition did not add much new content from the first, and it all contained in another of Levine's books, which is titled something along the lines of 'Black Belt Krav Maga Techniques'. Regardless, this is an amazing reference book for Krav Maga. The photos capture the

essence of each technique, and the written descriptions are clear, concise, and informative. The book is organized by belt level, then further divided by situation, so navigating to where you want to get to is easy. The index is also appreciated, since this book really does contain a lot of techniques(250+). Obviously, you will get more out of this if you have a professional teacher, but this is a great book for someone interested, getting started, or is experienced in Krav Maga.

This is a fantastic resource for Krav Maga students. I started studying Krav Maga and Kali about 4 months ago and I purchased this to help me review the Krav Maga techniques I learned in class. It's a phenomenal book; it's very well organized and the pictures, although black and white, are clear and capture the right "moment" when demonstrating a technique. (Having also studied Karate, Aikido, and Judo, I've read a bunch of other books of this type and it always annoys me when the pictures fail to capture the essence of a technique, but luckily that's not the case here). The techniques in the book are organized according to belt or level - I'm probably too new to appreciate it - but I'm sure this would be very helpful to others. The writing is exceptionally clear and to the point. There is a brief introduction but otherwise this gets right into the content. Overall, I think this will be a great resource for me, a worthwhile addition to my library, and I am totally happy with my purchase. I completely recommend this book to you and I hope you find this review helpful. Good luck training!

Great book for the basics ... Find a KMW location & learn more, this system seems to keep growing and evolving. It encompasses so much that makes sense for real defense & not just what looks good, my instructors have been patient teachers

This is a great book. There is a basic book out there but this is much more complete for just a little more, a little more value. You will learn about Krav Maga and see some good moves when it comes to defense. If looking to more confident in combat skill this will help you out.

The pictures were way too small in the ebook version to really get a good idea and there were not enough of them. As is with most of this kind of book the descriptions are hard to understand or so vague they can't be understood. IMO, this book was a waste of my money.

I bought this book before I had actually started training in Krav Maga and found it interesting, but without proper instruction the techniques in this book won't be nearly as effective. Now that I have

been training in Krav Maga and understand all the basics, this book is much more helpful as a review to practice my skills and techniques.

This is a must have resource for anyone that practices Krav Maga. It is written in a clear, easy to understand format and has lots of pictures to illustrate the moves that are being performed. Great book!

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(Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio  
Book 3)

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