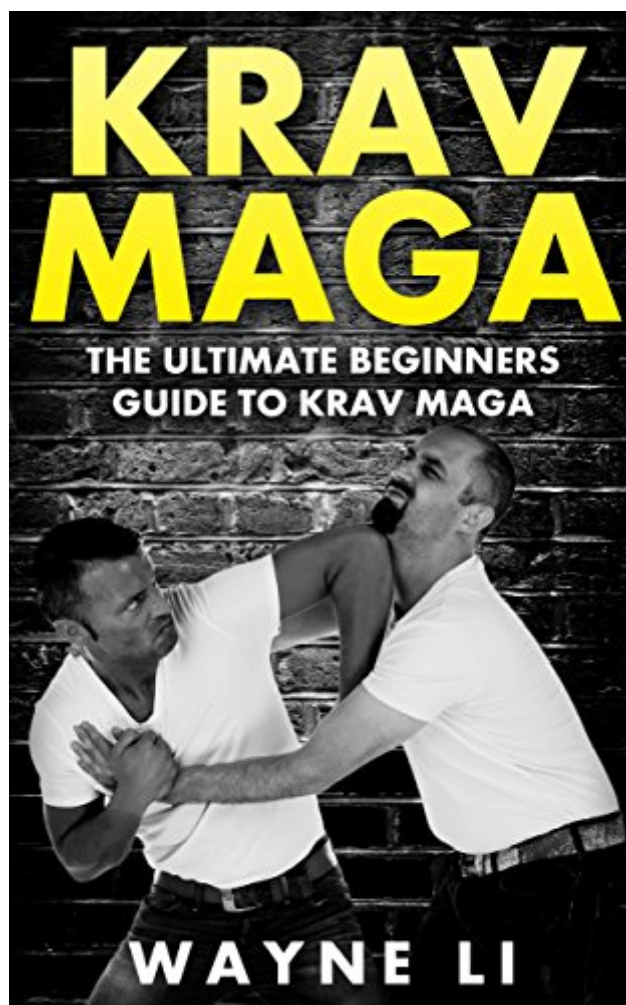


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Krav Maga: The Ultimate Beginners Guide To Krav Maga



Synopsis

I can't remember how I first heard about Krav Maga, but I do remember being immediately fascinated. All martial arts have an appeal to most men and their fighting spirit, but Krav Maga™s draw owes less to the mystique of many of the traditional disciplines and more to a distinct aura of bad-assitude. It's a simple and effective street fighting self-defense system that's more martial than art. A well-trained practitioner of Krav Maga is basically a walking human weapon. What I discovered is that Krav Maga is a brutally effective tactical mixed martial art and self-defense system that lives up to its reputation. If you too have ever wondered what Krav Maga is all about, I have written you this primer. Here is what you will learn in this book:

Introduction / What is Krav Maga?
History of Krav Maga
The Principles of Krav Maga
Benefits of Learning Krav Maga
How To Get Started in Krav Maga
Basic Krav Maga Techniques (With Videos)
Krav Maga Stances
Krav Maga Punches & Strikes
Krav Maga Defenses Against Punches
Krav Maga Defenses Against Kicks
Krav Maga Knee Techniques
Krav Maga How To Fall If Knocked To The Ground
Krav Maga Groundwork & Grappling Techniques
Krav Maga Ground Fighting Techniques
Krav Maga Defenses Against Weapons
Krav Maga Defenses Against Bear Hugs
Krav Maga Defenses Against Chokes
Krav Maga Defenses Against Wrist Grabs
Krav Maga Defenses Against Hair Grabs
Krav Maga Defenses Against Other Grabs
Krav Maga Defenses Against Carjackings, Hostage Situations, etc.
Krav Maga Defenses Against Multiple Opponents
And much more...

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Customer Reviews

Krav Maga has carved a name of itself for over a years but I never heard about until just now when a friend of mine told me about it. Krav Maga caught my curiosity on how this self-defense could make me a strong person. This book will serve as my guide to learn a lot of techniques of Krav Maga.

Krav Maga has a simple and effective street fighting self-defense system thatâ™s more martial than art. A well-trained practitioner of Krav Maga is basically a walking human weapon. In todayâ™s world we need to learn the basic of this self-defense for the number of crime rates are increasing which makes us at risks if we are not careful and aware of our surroundings.

This book taught me everything I wanted to know about Krav Maga or all about this art that can ignite my passion which gives me an excitement to be good on studying this one. I do believe that everything around us evolve so as this krav maga which has undergone numerous evolutions. I personally choose this book to help become strong and great in having a self-defense.

My Uncle Practices krav maga and thatâ™s what pushed me into researching more about this self defense system, that and also because our current environment isnâ™t as safe as it used to and we should always be alert and prepared in case we need to protect ourselves from danger. This book is very useful for me because it has everything I need to know about krav maga, itâ™s principles, history and benefits were all mentioned. Wayne Li also taught the readers about the different techniques used in krav maga.

In our world today crime can happen anywhere and it does not choose a location, age or a gender so we need to be ready and prepared on what will happen next. This book had carefully explained what Krav Maga is and how it can benefit us. I really like how it was presented and explained.

I consider myself a confident and cool guy, however sometimes people like to test me. Normally I can stand my own ground by being grounded and showing the other person that whatever he or she says, doesn't phase me. But lately there are some guys who live in my neighborhood who want to fight with me when they see me. Up until the previous week I managed to save myself by running away, but this was not the best solution in my opinion. So I bought this book in order to learn how to defend myself. I saw them two days ago and applied the principles of this book and I was able to defend myself against these guys. They now show me respect when they see me and I am able to safely walk in my own neighborhood.

Krav Maga as we know it today evolved through the years as fighting styles progressed. This book was explained in a very detailed manner that will help readers understand better what Krav Maga is and how it begins. This is my first time to appreciate this mixed martial arts and a great self-defense combining various techniques used in boxing, aikido, wrestling and a lot more.

Very well worded and presented information. Although I did not watch every linked video, each one I did was informative and concise to what was being presented. I would certainly recommend this to anyone interested in Krav Maga.

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