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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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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.

Complete Krav Maga (Paperback) | St. Louis Public Library ...

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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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 first horizontally.

The Complete Beginner's Guide to Krav Maga | BlackBeltAtHome

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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.

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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