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Complete Krav Maga: The Ultimate Guide to Over 230 Self-defense and Combative Techniques Paperback – 19 Jul 2007 by Darren Levine (Author), John Whitman (Author)

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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 first horizontally.

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Krav Maga (/krɑːv məˈɡɑː/; Hebrew: קרנב מגא‏ [ˈkrav maˈga], 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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Complete Krav Maga The Ultimate

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