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Krav Maga: The Ultimate Beginners Guide to Krav Maga (Paperback)

By Wayne Li

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 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 MagaThe Principles of Krav MagaBenefits of Learning Krav MagaHow To Get Started in Krav MagaBasic Krav Maga Techniques (With Videos)Krav Maga StancesKrav Maga Punches StrikesKrav Maga Defenses Against PunchesKrav Maga Defenses Against KicksKrav Maga Knee TechniquesKrav Maga...



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Without doubt, this is actually the best job by any publisher. It is written in basic phrases instead of difficult to understand. You will like the way the author publish this publication.

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