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Krav Maga: Learn How to Defend Yourself from Would-Be Attackers (Paperback)

By Charlie Caine

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Truth be told, danger is something that you have to live with. Thousands of crimes are committed every day, often inflicted on innocent individuals who are unguarded against these attacks. This is not geared to scare you but instead empower you because you can help yourself from being victimized through self-defense. There are many martial arts styles that you can choose from, and each of them has their respective advantages. This particular book introduces you to the art of Krav Maga. Combining different combat disciplines and applying it to realistic fight situations, Krav Maga has many variations developed to suit the needs of its learners. This book covers a brief background, introduces you to several standards of the system, and also highlights techniques that will be easy to follow during training and easy to remember and apply when the time of need arises. Like any combat practice, learning Krav Maga takes focus and practice. By following the procedures mentioned in these pages, you will have the confidence to defend yourself and your loved ones from would-be assailants anytime and anywhere.



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Reviews

Extensive information for ebook lovers. It typically is not going to expense too much. I discovered this book from my i and dad recommended this pdf to learn.

-- Prof. Gerardo Grimes III

Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- Doris Beier

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