

Read Book
Complete Krav
Maga The Ultimate
Complete
Guide To Over 200
Krav Maga And
Combative
The Ultimate
Techniques
Guide To
Over 200 Self
Defense And
Combative
Techniques

Read Book

Complete Krav

Darren Levine

*The ultimate guide to
Israeli combat and
defense strategies*

Complete Krav

Maga The Ultimate

Guide to Over 230 Self-

Defense and

Combative

Techniques Simon and

Schuster

Sports Martial arts

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Complete Krav
Maga The Ultimate
Guide To Over 200
Self Defense And
Combative
Techniques
Darrin Levin
serving the purpose of
gambling entertainment
and fitness were bound
to extract the lethal
techniques from fear
of court persecution. In
the Israeli Defense
Forces (IDF), a
superior Hand to Hand
Combat Training
System was developed
and named Krav
Maga. Its advantage

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Maga The Ultimate
Guide To Over 200
Self Defense And
Combative
Techniques
Developing
was providing training
methods with optimal
self defense
capabilities while
maintaining strict
safety during training.
The key to this system
is the correct hierarchy
of prioritization!
However, Krav Maga
known to civilians
around the world is not
the IDF Krav Maga,

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Maga The Ultimate
Guide To Over 200
Self-Defense And
Combative
Techniques
But rather another
form of Martial Arts
marketed to civilians.
Boaz Aviram, the 3rd
in a lineage of IDF
Fighting Fitness

Academy Krav Maga
Chief Instructors,
presents in this book the
most efficient and
effective form of self
defense and Hand to
Hand Combat training

Read Book
Complete Krav
Maga The Ultimate
method ever developed.
Guide To Over 200
150 techniques
Self Defense And
presented: 1,000 film
Combative
strip formatted photos
Techniques
in with 60,000 words
Darrin Levine
of advice.

*A Must-Have Resource
for all Warrior*

*Athletes Regardless of
your skill or fitness
level, The Ultimate
Mixed Martial Arts*

Training Guide - with
Page 6/204

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Complete Krav
Maga The Ultimate
more than 300 step-by-
Guide To Over 200
step photographs,
Self-Defense And
detailed callouts, and
Combative
comprehensive
Techniques
instruction - is the
Personal Training
personal trainer you
need to accomplish
your workout goals
and sharpen your
techniques. You'll
learn: • Cardio and
strength training
exercises like mountain

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Complete Krav
Maga The Ultimate
Guide To Over 200
Self Defense And
Combative
Techniques
By Dan Lovino

*climber push-ups,
partner closed guard sit-
up reaches, and the*

Muay Thai scarecrow

• *Striking and defense
techniques such as the*

jab, cross, hook,

overhand, Muay Thai

knee, inner/outer thigh

kick, and head kick •

Wrestling and

countering techniques

including the dirty

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Maga The Ultimate
Guide To Over 200
Self Defense And
Combative
Techniques
Down Low
boxing clinch, the over-
under clinch, and the
Muay Thai clinch •
Takedowns like the hip
throw, shoot takedown,
and single and double
leg takedown • Jiu-jitsu
passing and escape
techniques for the full
mount, knee mount,
closed guard, open
guard, and more •
Winning submission

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Maga The Ultimate
moves like the arm bar,
Guide To Over 200
Kimura, omoplata,
Self Defense And
guillotine, ankle lock,
Combatives
and triangle choke •
Techniques
Drills to improve your
Down Locking
punching and kicking
speed and accuracy •
Mental exercises to
sharpen your focus,
reduce your fears, and
increase your
concentration • Diet
and nutrition

Read Book
Complete Krav
Maga The Ultimate
techniques the pros use
Guide To Over 200
to stay in top fighting
Self-Defense And
condition - whether
Combative
they're in training
Techniques
mode or cutting weight
Before a Match

*Whatever your
personal fitness and
fighting ambitions
might be, The Ultimate
Mixed Martial Arts
Training Guide is your
all-in-one resource to*

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Complete Krav
Maga The Ultimate
*peak physical
conditioning, clear
mental focus, increased
confidence, and
superior fighting skills.*

*How to Defend
Yourself Against
Armed Assault
An Essential Guide to
the Renowned
Method--for Fitness
and Self-Defense
Jiu-Jitsu Strategies and*

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Complete Krav
Maga The Ultimate
Tactics for Self-
Defense
(Downloadable Media
Included)

The Ultimate Guide to
Over 200 Self-defense
and Combative
Techniques

Techniques for Fitness,
Self Defense, and
Competition

The Contact Combat
System of the Israel

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Maga The Ultimate
Defense Forces
When the Fight Goes to
the Ground
Bruce Lee Jeet Kune
Do is the iconic book
presenting the
martial art created
by Bruce Lee as
explained in the
master's own words.
In 1970, Bruce Lee
suffered a back

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Maga The Ultimate
injury that confined
Guide To Over 200
him to bed. Rather
Self Defense And
than allowing this to
Combative
slow his growth as a
Techniques
martial artist, he
Darren Levine
read feverishly on
Eastern philosophy
and Western
psychology and self
help books,
constructing his own
views on the totality

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Maga The Ultimate
of combat and life. It
Guide To Over 200
was during this time
Self Defense And
that Lee wrote 7
Combative
volumes containing
Techniques
his thoughts, ideas,
Darren Levine
opinions, and
research into the art
of unarmed combat,
and how it applies to
the everyday life.

Some of this
material was

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Maga The Ultimate
*posthumously
published in 1975,
but much more
existed. This
landmark book
serves as a more
complete
presentation of
Bruce Lee's notes on
his art of Jeet Kune
Do. The
development of his*

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Maga The Ultimate
*unique martial art
form, its principles,
core techniques, and
lesson plans are
presented here in
Lee's own words. It
also features Lee's
illustrative sketches
and his remarkable
treatise on the
nature of combat,
success through*

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Guide To Over 200
Self Defense And
Combative
Techniques
Darren Levine

*martial arts, and the
importance of a
positive mental
attitude in training.
In addition, there
are a series of
"Questions Every
Martial Artist Must
Ask Himself," that
Lee posed to himself
and intended to
explore as part of his*

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Maga The Ultimate
own development,
Guide To Over 200
but never lived to
Self Defense And
complete. Jeet Kune
Combative
Do: A
Techniques
Comprehensive
Darren Levine
Guide to Bruce Lee's
Martial Way is a
book every Bruce
Lee fan must have.
BECAUSE NOT ALL
KRAV MAGA IS
THE SAME(R) This

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Maga The Ultimate
Guide To Over 200
Self-Defense And
Combative
Techniques
Darren Levine

*book introduces and
codifies big-picture
thinking to take you
to the next level of
self-defense
expertise. The*

*material is designed
to conform to your
strengths; you need
not conform to the
system. In this latest
volume from David*

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Self Defense And
Combative
Techniques
Darren Levine

*Kahn, you will find
practical, battle-
tested stratagems
and insights that are
equally applicable
across the spectrum
of martial arts and
fighting systems. The
text is supported by
180 dynamic
separate photo
series representing a*

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Complete Krav
Maga The Ultimate
rich krav maga
gamut of self-defense
strategies and
tactics. Topics
include: The Best
Use of a Training
Partner The
Difference Between
Anger and Rage
Recognizing Your
Own Triggers to
Avoid Violence

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Maga The Ultimate
*Contending with
Road Rage Conflict
Avoidance and
Escape
Physiological
Reactions to Threats
and Violence Legal
Use of Force
Requirements
Defensive
(Dis)Engagement
Mindset Anatomical*

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Maga The Ultimate
Guide To Over 200
*Targeting and Self-
Protection
Preemptive Linear
Strikes Absorbing
and Moving with an
Attack Fighting
Ranges Combatives
Power and Balance
Self-Defense Fight
Timing Tactical
Retreating When
and How to*

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Maga The Ultimate
Counterattack
Defending against a
Skilled Fighter
Deceptive Fighting
Ground Survival
Defending an
Ambush Multiple
Opponents Breaking
Up a Fight As good
tactical minds
generally think alike,
whatever your

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Maga The Ultimate
martial arts or
defensive tactics
200
background, this
Self Defense And
Comaptive
Techniques
Darren Levine
book is designed to
synergize any
previous

professional self-
defense knowledge
to enhance your
personal survival
blueprint. Krav

Maga Fundamental

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Maga The Ultimate
Strategies draws on
Guide To Over 200
ideas and techniques
Self Defense And
from nearly every
Combative
level of the Israeli
Techniques
Krav Maga
Darren Levine
curriculum,
including violence
avoidance and
prevention. The
result is an
adaptable strategy
supported by tried

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Maga The Ultimate
and true defensive
Guide To Over 200
tactics, coupled with
Self Defense And
sound defensive
Combative
principles, all of
Techniques
which will serve to
Darren Levine
deliver you from
harm's way.

*With extensive, step-
by-step photographs
and instructions, this
jiu-jitsu guide is an
effective tool for*

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Maga The Ultimate
mastering this
Guide To Over 200
ancient martial art.
Self Defense And
The original
Combative
Japanese martial art
Techniques
developed by the
Darren Levine
elite samurai class
during Japan's
feudal era, Jiu-jitsu
is the forerunner of
Judo and the
precursor of today's
ultimate fighting

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Maga The Ultimate
styles, such as mixed
Guide To Over 200
martial arts (MMA).
Self Defense And
For centuries, this
Combative
method of unarmed
Techniques
self-defense proved
Darren Levine
so successful in
combat that it was
kept secret and
taught only to a
select few. Based on
the author's study
with instructors at

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Maga The Ultimate
the Tokyo police
Guide To Over 200
academy, this
Self Defense And
martial arts book
Combative
presents all the
Techniques
traditional
Darren Levine
techniques of Jujitsu,
also known as Jiu-
jitsu. These
techniques teach you
valuable restraining
methods that force
your opponent to

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Guide To Over 200
Self Defense And
Combative
Techniques
Darren Levine

*submit without abuse
by using pressure
points. It shows you
tips for search and
seizure, and the
almost extinct art of
Hojojutsu—how to tie
people up without
using any knots.*

*Japanese Jiu-jitsu:
Secret Techniques of
Self-Defense*

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Maga The Ultimate
addresses and
demonstrates the full
range of Kaisho
Goshin Budo Taiho
Jitsu Ryu (Tokyo
police self-defense).

Learn specific
techniques such as:
The use of hands
Throwing an
opponent Attacking
vital points with

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Maga The Ultimate
strikes and kicks The
Guide To Over 200
use of weapons (like
Self Defense And
the staff). This
Combative
fascinating Jiujitsu
Techniques
book, designed as a
Darren Levine
training manual,
also serves as a
remarkable
illustrated guide to
the secret art of
Japanese samurai
self-defense.

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Guide To Over 200
Self Defense And
Combative
Techniques
Darren Levine

*As the official
defensive tactics
system of Israeli
police, military, and
elite special
operations units,
krav maga has
proven its
effectiveness from
front lines and back
streets to prisoner
transport and "take*

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Maga. The Ultimate
no prisoners"
Guide To Over 200
missions. For the
Self Defense And
first time, "Black Belt
Combative
Krav Maga" teaches
Techniques
and illustrates the
Darren Levine
discipline's most
lethal fighting and
self-defense moves in
book format. These
no-holds-barred
street fighting
techniques are

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Maga The Ultimate
Guide To Over 200
Self Defense And
Combative
Techniques
Darren Levine

*designed to do one
thing and one thing
only: end a fight as
quickly as possible
by completely
disabling an
opponent. Extensive
counterattacks are
illustrated for the
most dangerous
situations, including
neutralizing*

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Maga The Ultimate
attackers armed with
Guide To Over 200
guns, knives, and
Self Defense And
other weapons. The
Combative
program in Black
Techniques
Belt Krav Maga
Darren Levine
trains readers to
function during the
stress and shock of a
sudden, violent
encounter and react
with a perfectly
coordinated counter

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Complete Krav
Maga The Ultimate
attack--quickly,
Guide To Over 200
automatically, and
Self Defense And
with deadly
Combative
accuracy.

Unarmed Combat
Darren Levine
Krav Maga - Israeli
System of Self-
Defense: 100 Attack
and Defense
Movements.

Complete Krav
Maga

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Maga The Ultimate
*Krav Maga - Use of
Guide To Over 200
the Human Body as
Self Defense And
a Weapon
Combative
Philosophy and
Techniques
Application of Hand
to Hand Fighting
Darren Levine
Training System
Krav Maga Defense
An Approach to Ip
Man Style Wing
Chun
The Next Level of*

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Guide To Over 200
*Fitness and Self-
Defense*
Self Defense And
Weight Training
Comparative
Techniques
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Weight Training
for Martial Arts is
the most
comprehensive
and up-to-date
martial arts-
specific training
guide in the world
today. It contains
descriptions and

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Maga The Ultimate
photographs of
Guide To Over 200
the most effective
Self Defense And
weight training,
Combative
flexibility, and
Techniques
abdominal
Darren Levine
exercises used by
martial artists
worldwide. This
book features year-
round martial arts-
specific weight-
training programs

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Self Defense And
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Techniques
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guaranteed to
improve your
performance and
get you results. No
other martial arts
book to date has
been so well
designed, so easy
to use, and so
committed to
weight training.
This book is the

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most informative
Guide To Over 200
and complete
Self Defense And
resource for
Combative
building muscles,
Techniques
speed, and
Darren Levine
stamina to enable
the body to excel
in judo, karate,
aikido, kung fu,
jujitsu, taekwondo,
kempo, muay thai,
and all other

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martial arts forms.
Guide To Over 200
The book provides
Self Defense And
martial artists with
Combative
an abundance of
Techniques
easy to follow
Darren Levine
training

techniques needed
to be effective in
the martial arts,
such as flexibility,
joint stabilization,
balance, and

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muscle
development.
From recreational
to professional,
martial artists all
over the world are
already benefiting
from this book ' s
techniques, and
now you can too!
This instructional
Brazilian Jiu-Jitsu

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book with
Guide To Over 200
downloadable
Self Defense And
video offers a
Combative
complete guide to
Techniques
ground fighting
Darren Levine
principles and
techniques to use
when the fight
goes to the
ground. In a street
defense scenario,
the ground is a

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Guide To Over 200
Self Defense And
Combative
Techniques
Darren Levine

dangerous place to
be. While it's a
good idea to
actively learn
defensive
strategies for

ground fighting, it
is important to put
those skills into
the context of how
you want to use
them. Whether

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Maga The Ultimate
you're an
Guide To Over 200
experienced submi
Self Defense And
ssion-grappling
Combative
competitor, a
Techniques
traditional martial
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artist training in a
stand up striking
style, or law
enforcement
professional,
Ground Defense
provides you with

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an essential
Guide To Over 200
system of self-
Self Defense And
protection for
Combative
street-oriented
Techniques
ground scenarios.
Darren Levine
When the Fight
Goes to the
Ground establishes
the risks and
hazards of various
ground defense
scenarios,

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Maga The Ultimate
presenting
Guide To Over 200
effective strategies
Self Defense And
for neutralizing
Combative
and minimizing
Techniques
them. You will
Darren Levine
learn a wide range
of tools for
defense, including
the targeting of
vital areas, body
shifting/control
techniques, and

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Guide To Over 200
Self Defense And
Combative
Techniques
Darren Levine

the concept of
"weapons of
opportunity." All
of these
techniques are
easy to learn and
apply, providing
an adaptable skill
set for anyone,
regardless of size,
strength or
gender. These

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Maga The Ultimate
tools are then
Guide To Over 200
shown in various
Self Defense And
combinations, with
Combative
examples of how
Techniques
to use them
Darren Levine
against specific
types of attacks,
including simple
hold-downs,
ground and pound,
submission
grappling pins,

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chokes, arm locks,
Guide To Over 200
leg locks, knife
Self Defense And
attacks and
Combative
multiple assailant
Techniques
scenarios. In
Darren Levine
addition, this
martial arts book
gives you useful
training
suggestions and
regimens,
addressing

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graduated skill
Guide To Over 200
development,
Self Defense And
challenges
Combative
presented by
Techniques
different body
Darren Levine
types, and safety
practices at all
levels of training.
Learn to master
ninjutsu
techniques and the
Budo warrior

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Maga The Ultimate
ethos with this
informative and
entertaining
martial arts guide.
Welcome to the
secret world of the
ninja master! The
Illustrated Ninja
Handbook is your
ultimate guide to
the esoteric
knowledge and

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teachings of the
Guide To Over 200
ancient Japanese
Self Defense And
shinobi. It
Combative
provides ninjitsu
Techniques
devotees with the
Darren Levine
first detailed
understanding of
this shadowy and
mysterious martial
art form. This
handbook contains
step-by-step

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Maga The Ultimate
instructions that
Guide To Over 200
allow you to
Self Defense And
master the 40
Combative
most devastating
Techniques
ninja fighting
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techniques. It was
created with the
blessing of
legendary ninjutsu
master Soke
Masaaki Hatsumi,
who taught for

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Maga The Ultimate
many generations
Guide To Over 200
in the Bujinkan
Self Defense And
School—generally
Combative
recognized as the
Techniques
leading ninjutsu
Darren Levine
school in the

world. The
Bujinkan Dojo
encompasses nine
separate ryu-ha or
martial arts
schools that are

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Self Defense And
Hatsumi. Bujinkan
Combative
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based in Japan
and headed by
Hatsumi. Bujinkan
ninjas use both
armed and
unarmed fighting
techniques, with
weapons such as
swords, bamboo
shinai, and staffs.
They also learn to
defend themselves

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Maga The Ultimate
unarmed against
Guide To Over 200
weapons attacks.
Self Defense And
Author Remigiusz
Combative
Borda studied and
Techniques
taught Bujinkan
Darren Levine
ninjutsu for many
decades, and in
this book presents
the unique system
created by
Masaaki
Hatsumi—the

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Maga The Ultimate
34th Grandmaster
Guide To Over 200
and head of the
Self Defense And
Togakure-ryu
Combative
Ninjutsu lineage.
Techniques
The Illustrated
Darren Levine
Ninja Handbook is
based on hundreds
of years of actual
ninja combat
experience and
contains the
traditional

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Maga The Ultimate
knowledge of the
legendary Shinobi
warrior clan who
were instrumental
in helping found
the Tokugawa
Shogunate.

Master the moves
of krav maga—the
international self-
defense and
physical fitness

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sensation
Guide To Over 200
Increasingly
Self Defense And
popular around
Combative
the world, krav
Techniques
maga is the
Darren Levine
renowned hand-to-
hand Martial Arts
defense fighting
designed by the
Israeli military
forces. Swift,
powerful, and

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simple, it is an
effective method
for fending off any
kind of
attacker—and it is
also an amazing
workout.

Regardless of size,
strength, and
fitness level,
anyone can master
the essentials of

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Self Defense And
Combative
Techniques
Darren Levine

krav maga—and
reap the rewards
of increased
safety, confidence,
and conditioning.
With moves you
can learn in as
little as five
minutes, or train
and practice for
long-term success,
Krav Maga covers

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all the below:
*What is Krav
Maga all about
*Instruction on
how to protect
your body's

vulnerable target
and learn weapons
defense combat

*Use an
opponent's
momentum to fuel

Read Book
Complete Krav
Maga The Ultimate
your counterattack
Guide To Over 200
*Escape all kinds
Self Defense And
of grips and holds
Combative
*Combine training
Techniques
punches, kicks,
Darren Levine
and other moves
into a powerful
conditioning
workout---to lose
weight, increase
core strength, and
improve muscle

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tone *Use specially
Guide To Over 200
designed drills and
Self Defense And
a 12-week training
Combative
program to
Techniques
become a
Darren Levine
kravist---a smart
and prepared
fighter Written by
one of America's
foremost krav
maga experts, this
exciting new guide

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Self Defense And
Combative
Techniques
Darren Levine

opens the door to
an empowering
and important set
of techniques that
you or anyone can
master.

Japanese Jiu-jitsu
Brazilian Jiu-Jitsu
The Book of Krav-
Maga - The bible
Get fit fast with
this high-intensity

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Maga The Ultimate
martial arts
Guide To Over 200
workout
Self Defense And
The Marine Corps
Combative
Martial Arts
Techniques
Program
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The Ultimate
Guide
Complete Kicking
An Approach to Ip
Man Style Wing
Chun is a practical
new beginner's guide

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to Wing Chun by a
Guide To Over 200
certified instructor
Self Defense And
in the Ip Man
Combative
lineage. Pan
Techniques
American Triple
Darren Levine
Gold Medalist
Wayne Belonoha
provides the
fundamentals of the
art as a
comprehensive
mind/body training

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Guide To Over 200

Self Defense And

Combative

Techniques

Darren Levine

program. Written in accessible language

and including more than 400 full-color

photos, the book

emphasizes benefits

including weight

reduction, stress

management,

personal defense and

safety, and self-

discipline through

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Complete Krav
Maga The Ultimate
meditation.
Guide To Over 200
Krav Maga, which
Self Defense And
means "contact
Combative
combat" in Hebrew,
Techniques
is an easy-to-underst
Darren Levine
and/remember

aggressive system of
self-defense. Idiot's
Guides: Krav Maga
will not only define
what it is, but also
review the principles

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Maga The Ultimate
Guide To Over 200
Self Defense And
Combative
Techniques
Darren Levine

and systems of techniques and training to ensure survival. Combining in-depth information and easy-to-understand illustrated instructions, this guide will be a wonderful tool to help train both men

Read Book

Complete Krav

Maga The Ultimate

and women on how

Guide To Over 200

to protect

themselves, deal

with threatening

situations, and

reverse dangerous

situations where

they're at a

disadvantage. Idiot's

Guides: Krav Maga

covers: - The

origination of Krav

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Maga The Ultimate

Guide To Over 200

Self Defense And

Combative

Techniques

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Maga: its history, birthplace, philosophy, and why it was created. - The core essentials of Krav Maga's theory and practice. - A review of how to condition the body and mind to outside threats and violence. - An understanding

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of not only the
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it is part of the
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- The thought
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possible. - How Krav

Maga differs from

martial arts in terms

of not following

handed down

fighting rules and

techniques. - A

breakdown of the

belts in Krav Maga

(yellow, orange,

green, blue, brown,

black), what it takes

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to attain them, and

the differences

between them. - Step-

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popular stances,

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movements,

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muscles, and

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Instruction on

protecting the body

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defense, in addition

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escapes.
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ULTIMATE
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DEFENSE AND
Techniques
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As the official
fighting system of
the Israeli Defense
Forces, Krav Maga
has been battle-
tested and has been

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proven successful.

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Its emphasis on

Self Defense And

instinctive

Combative

movements and

Techniques

efficient

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counterattacks

makes it an easy-to-

learn and highly

effective program for

anyone—male or

female, large or

small, young or old.

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Maga The Ultimate
Krav Maga for
Beginners presents
the system's
fundamental
techniques, its most
useful real-world
moves and its
comprehensive
fitness program.
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or gain the
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confidence to escape

Self Defense And

from a personal
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assault unharmed,

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everything you'll

need to reach your

fighting goal. With

over 360 step-by-

step photos, Krav

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makes it easy to
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system: •Escape
Danger

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- Neutralize &

Defeat

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Taekwondo from
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belt and beyond.

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Sang H. Kim shares
his expert knowledge
of fundamental,

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jumping, spinning
and multiple kicks.

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instruction for over
40 kicks, including
the purpose of the

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kick, key points to
pay attention to
when practising,
step-by-step
execution of the kick,
the best targets for
each kick,
applications for
sport fighting and
self-defence, plus the
most common
kicking mistakes and

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how to fix them. As you progress, you'll also learn exercises designed to improve your kicking flexibility, power, speed and balance. This book goes beyond the basics and explains the concepts behind awesome kicks

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including how to generate power using your whole body in every kick, how to generate maximum impact, how to use body mechanics to kick higher, and how to get the most out of every practice session. This is the

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ultimate reference

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for martial artists of

all styles who want

to master the art of

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kicking. Kicks

included: Front

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Knee Kick; Raising

Kick; Outside

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Kick; Axe Kick;
Whip Kick; Twist
Kick; Pushing Kick;
Flying Side Kick;
Back Kick; Turn
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Kick; Hopping
Kicks; Jumping
Kicks; Jumping Spin
Kicks; Multiple
Kicks; Combination
Kicks.

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Krav Maga for
Women

*Developed for the
Israel military forces
and battle tested in
real-life combat, Krav
Maga has gained an
international*

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reputation as an easy-
to-learn yet highly 200
effective art of self-
defense. Clearly
written and
extensively illustrated,
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details every aspect of
the system including
dozens of hand-to-
hand combat moves,
over 20 weapons
defense techniques
and a complete

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physical conditioning
workout program. All
the moves are
described in depth
from beginning Yellow
Belt to advanced
Black Belt, yet they
are easy to learn
because one of Krav
Maga's strengths is its
simplicity. Based on
the principle that it is
best to move from
defense to attack as

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quickly as possible,
Complete Krav Maga
offers fast-escape
maneuvers from
attacks and holds. It
then follows them up
with specific
counterattacks,
including punches,
kicks and throws. The
authors show how
anyone (big or small,
man or woman) can
practice self defense

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by using Krav Maga to
protect weak spots,
exploit an assailant's
vulnerabilities and turn
the attacker's force
against him. Complete
Krav Maga teaches
the reader how to get
in shape, gain
confidence and feel
safer and more secure
every day.

David Kahn, U.S.
Chief Instructor of the

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Israeli Krav Maga Association, is back again with Krav Maga Defense: How to Defend Yourself Against the 12 Most Common Street Attacks. Created by the Israeli army for self-defense, krav maga is gaining popularity around the world—especially here in the United

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States. Kahn is a self-
defense expert, 200
teacher, and served
as a board member of
the original Israeli
Krav Maga
Association. Kahn will
teach you how to gain
the upper hand in the
twelve most common
unarmed street
attacks the average
person is likely to
encounter. He'll show

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you how to
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outmaneuver
Self Defense And
takedowns, rear
Combative
chokes, ambush
Techniques
attacks, sucker
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punches while texting,
knees to the groin,
among other street
safety skills. Kahn has
instructed everyone
from members at the
local Y to executives,
celebrities, and all
major federal U.S. law

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enforcement
agencies, as well as
all five branches of the
U.S. military. His
simple, no-nonsense
approach to self-
defense is perfect for
men and women of all
fitness levels. Don't
become tomorrow's
headline; Krav Maga
Defense will teach you
to protect yourself
today.

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Self-Defense And

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Forces. Krav maga

training shares the

same principles for

civilians, law

enforcement, and

military personnel

alike to deliver them

from harm's way.

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Guide To Over 200
Self Defense And
Combative
Goals however, are
different for law
enforcement and
military personnel.

This book is designed
for security-conscious
civilians, law
enforcement officers,
military personnel,
and security
professionals alike
who want to improve
their chances of not
just surviving an

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Maga The Ultimate
armed attack, but
increase the odds of
prevailing without
serious injury. Krav
maga's popularity in
professional law
enforcement, military,
and security circles is
attributable to its
practicality, simplicity,
quick retention, easy
learning curve, and
brutal effectiveness.
This effectiveness is

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built on a few core
tenets and simple
building blocks. And
General principles are
applied and
customized to suit the
needs of a dynamic
violent situation.

Contents include:
Mind-sets, reactions,
and tactics in
response to violence
The highest-level
counters against

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multiple armed attacks
Guide To Over 200
and threats Core kick,
Self Defense And
clinch, and tackle
Combatives
defenses Core ground
Techniques
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Multiple-opponent
strategies and tactics
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defenses Edged
weapon defenses
Firearm disarms and
retention Includes 954
detailed photographs
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tactics presented in
this book focus on the
most common violent
scenarios. These
techniques derive
from the author's
translation of the
Israeli Krav Maga
Association (IKMA)
curriculum. The IKMA
is the governing body
for krav maga,
recognized by the
Israeli government

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and headed by
Grandmaster Haim
Gidon. Responsible
people seek krav
maga training as a
shield against
violence.

*What can an ancient
Israeli self-defense
system can do for
your body? Just ask J-
Lo, who thanks Krav
Maga for her
celebrated derriere.*

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Techniques
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*But you don't have to
be a movie star to
have bootylicious
behind-all you need is
this book! The
Everything fitness
dream team has
developed workouts
that will transform your
body into a lean,
mean fighting machine-
Krav Maga style! With
more than 100
instructional*

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photographs, this step-
by-step guide shows
you how to: Jab your
way to a strong core;
Power up your calves
and quads; Amp your
abs with power
training; Maximize
muscles with weight
training; Start-and
stick!-to a training
regimen. Master these
original, kick-ass work
outs, and you'll have

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the body-and the
defense moves-you've
always wanted! With
The Everything Krav
Maga for Fitness
Book, sweating has
never been so much
fun!

A Step-by-Step Guide
to the World's Easiest-
to-Learn, Most-
Effective Fitness and
Fighting Program
Black Belt Krav Maga

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The Self-Defense And
Handbook
The Ultimate Guide to
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A Complete Guide to
Unarmed Combat
Techniques
Krav Maga for
Beginners
GET IN THE BEST

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Self Defense And
Techniques With
Advanced Krav
Maga Based on

the principles
of enhancing
natural
instincts and
using
appropriate
force for self-

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weapons
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defense, anyone
Combative
can master the
Techniques
maga - the
international
self-defense
Martial Arts
and physical
fitness
sensation
designed by the

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Forces. This
Self-Defense And
follow up to
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Krav Maga: An
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Essential Guide
to the Renowned
Duran Levine
Method - for
Fitness and
Self-Defense,
explores
essential
combative
tactics

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including
Guide To Over 200
standing,
Self Defense And
clinch, and
Comprehensive
extensive
Techniques
groundwork from
yellow, orange
and green belt
levels, to help
you update and
improve your
skills. In this
guide to
advance

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techniques and
training, David
Kahn will teach
you: *How krav
maga saved
Ernest Kovary,

Imi

Lichtenfeld's
oldest living
student, the
day WWII began
*The mindset of
effective self-

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defense *Upper
Guide To Over 200
and lower body
Self Defense And
combatives and
Competitive
defenses

*Powerful
Techniques
Danzon
retzev workouts
*New techniques
for mastering
escapes against
chokes, grabs,
and takedowns
*Krav maga
groundwork and

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instruction
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defense And
principles
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strength, size,
age, or gender,
you can learn
advanced
techniques for
fending off any
attacker -
swiftly,

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powerfully, and
Guide To Over 200
simply. And the
Self Defense And
conditioning
Combative
you will
Techniques
achieve by
Practical
practicing
Ligvine
these
techniques will
tone your
muscles,
improve your
reflexes, and
get you

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fit.From the
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Haim Gidon's
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representative
in the fitness
and combat
techniques of
krav maga, this
is the most up

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Krav Maga is
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efficient and
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fighting and

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system in
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existence
Combative
today. Used by
Techniques
military, law
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enforcement,
and civilians
alike, this
system trains
you to apply
principles
through various
techniques in

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the fastest
method to
deliver the
greatest amount
of damage with
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mind: go home
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age, or
athletic
ability, Krav

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armed/unarmed
attacks and
multiple
attackers, and
to protect your
loved ones.

Krav Maga
Principles and

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with an
attacker and
guide you
through the
first level of
Krav Maga.
Through these
step by step

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instructions,
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you will learn
Self Defense And
to defend
Combative
yourself in
Technique
various attack
and defense
Burton Line
scenarios
including hand
to hand
fighting,
various chokes
and grabs,
fighting from

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the ground, and
defending
against a
handgun.

Whether you are
Starting Online
your Krav Maga
journey or just
want to learn a
few basic, self-
defense
concepts, this
book will give

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you what you
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from a self-
Defense Line
defense point
of view than
any of the
individual
techniques. *

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Simple and
effective moves
to escape your
attacker(s) and
get to safety.
* Advanced

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techniques are
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such as in a
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lessons on how
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attacker and
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most effective
techniques from
a wide variety
of martial
arts, including

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(Bruce Lee's
martial art) *
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Arnis (Filipino
weapon-based
martial arts) *

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Self Defense And
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art) * Krav
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(Russian
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and ground
fighting) ...and

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situations.

Krav Maga is
the official
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system of the
Israeli Defense

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personnel and
security-minded
individuals
around the
globe for 60
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Maga teaches

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you how to quickly size up a dangerous situation and neutralize your attackers before they gain the upper hand. This martial arts book is full of examples of real-world life-

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threatening
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situations, and
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in each case
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the clear, step-
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by-step
photographs and
text illustrate
an effective so
lution—showing
you how to
disrupt your
attacker's
strategy,

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disarm them,
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damage or
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destroy their
Combativa
ability to harm
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you, and
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quickly
disengage so
you can move to
a more secure
location. Krav
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the following

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essential
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techniques:
Self Defense And
Upper Body
Combatives
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(hammer-fist
strikes, hook
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butts, front
kicks and more)
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and firearm

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Solutions to
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United States Krav
Maga Association's
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trainer and LE
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Brannon Hicks.
Everything for law
enforcement
officers is covered
from basic search
and cuffing to

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deadly weapon
defenses. Krav
Maga is easy to
learn, easy to
remember, and
above all, effective.

Learn the
philosophy,
techniques, drills
and teaching
template of the
Krav Maga system

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United States Krav
Maga Association.
See why everyday
people as well as
military personnel
and law
enforcement
members flock to
this easy to
remember, easy to
learn and effective

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Written by third
degree black belt
and USKMA lead
instructor Mark
Slane. This is not
just the complete
levels one through
five curriculum but
a complete guide to
learning as well as
teaching the system

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Program
(MCMAP), is
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Marines to review

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techniques after
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receiving initial
Combative
naming from a
Techniques
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instructor trainer.

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a self-study or
independent

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value of Marine
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Program is
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unit training. A
frilly implemented
program can help
instill unit esprit de
corps and help
foster the mental,
character, and

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physical
development of the
individual Marine
in the unit. This
publication guides
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u leaders, and
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tors/instructor
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3-02B is not
Techniques
intended to replace
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supervision by
appropriate unit
leaders and martial
arts instruction by
qualified
instructors. Its role
is to ensure

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standardized
execution of tactics,
techniques, and
procedures
throughout the
Marine Corps.

Although not
directive, this
publication is
intended for use as
a reference by all
Marines in

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developing
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individual and unit
Self Defense And
martial arts
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programs. For
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policy on
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conducting martial
arts training, refer
to Marine Corps
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**(MCMAP).
WARNING
Techniques
described in this
manual can cause
serious injury or
death. Practical
application in the
training of these
techniques will be
conducted in strict
adherence with**

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training procedures
Guide To Over 200
outlined in this
Self Defense And
manual as well as
Combative
by conducting a
Techniques
thorough
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operational risk
assessment for all
training.

Krav Maga is
today's cutting
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and hand to hand

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combat system.
Initially developed
by Grandmaster
Imi Sde-Or
(Lichtenfeld) for
the Israel Defense
Forces and other
national security
services, Krav
Maga has been
thoroughly adapted
to meet civilian

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**needs. The method
was designed so
that ordinary
citizens, young and
old, men and
women alike, can
successfully use it,
regardless of their
physical strength.
This is the first and
only authorized
comprehensive**

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Krav Maga
Self Defense And
discipline, written
Combative
by its founder, Imi
Techniques
Sde-Or, and his
Darren Levine
senior disciple and
follower, Eyal
Yanilove. This
volume especially
focuses on the
various facets of
dealing with an

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assailant armed
Guide To Over 200
with a sharp-edged
Self Defense And
weapon, a blunt
Combative
object, or a
Techniques
firearm.

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Self-Defense and
Combative
Techniques (Large
Print 16pt)
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Krav Maga for
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Personal Safety in
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Life Situations
Filipino Martial
Art

“Darren Levine has
my unqualified

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support and gratitude
Guide To Over 200
for his contributions to
Self Defense And
Krav Maga.” –Imi
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Lichtenfeld, founder
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Maga—from beginner
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advanced Black
Belt—are described in
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with step-by-step
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Punches, kicks, knee
strikes and defense
movements •
INTERMEDIATE:
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- **ADVANCED:**
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techniques Based on
the principle that it is
best to move from
defense to attack as
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teaches fast-escape
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with powerful
counterattacks.

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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.

If you're looking to learn effective self-defense this book is definitely for you.

Krav Maga is a self-

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defense system that was originally developed for IDF (Israel Defense Forces) and later adopted to law enforcement and civilian needs. You will enjoy clear descriptions as well as multiple pictures of each technique.

Whether you're just a

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Eskrima, which is also known as Arnis (De Mano) or Kali, is the indigenous martial art of the Philippine Islands. Dynamic and flexible, with a wide range of training

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Eskrima uses training
weapons (rattan sticks
and daggers) from the
earliest stages,
alongside purely
unarmed techniques.

These training
methods have been
found particularly
effective at increasing
co-ordination and
reflexes, providing a
fast track to

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qualities needed for
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This fascinating book
Techniques
traces the history and
Evolution
evolution of this art
form. It highlights
Eskrima's essential
principles and
concepts. The
instructional section
illustrates how the
Eskrimador is able to

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succeed in a wide range of combat situations involving fighting with both weapons and open-hands. Techniques, two-person flow drills, self-defence applications, training with specialized equipment, the philosophy of the art and 'self-defence and

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the law' are all covered
in depth.

Brazilian Jiu-Jitsu is a
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and Brazilian Jiu Jitsu
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Paiva. The book
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Techniques
Barron Louie
demonstrating the
moves that made the
author the most feared
competitor in BJJ
circles and now one of
the most sought-after
instructors. Jiu-Jitsu or
Jujutsu came into
prominence in the
early 90's when jiu-
jitsu expert Royce
Gracie won the first,
second, and fourth

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Ultimate Fighting
Guide To Over 200
Championships against
Self Defense And
much larger opponents
Combative
who were using other
Techniques
styles such as boxing,
Muay Thai, karate, and
wrestling. Since then it
has become one of the
most popular styles in
MMA due to its focus
on ground fighting.
Learn the techniques
that have proven

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dominant in Brazilian
Guide To Over 200
Jiu-Jitsu tournaments
Self-Defense And
and in the Mixed
Combative
Martial Arts cage:
Techniques
Takedowns The
Closed Guard Passing
The Closed Guard
Butterfly Guard Open
Guard Pass Side
Control Half Guard
Back Mount With
sections devoted to
both gi and no-gi

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techniques, whether
training for a Brazilian
Jiu-Jitsu tournament or
a Mixed Martial Arts
fight, Brazilian Jiu-
Jitsu is one book no
true competitor can
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Three leading Krav

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*Maga instructors
outline a street-tested
program for women
on how to defend
themselves while
neutralizing an
attacker, explaining
how to use the Israeli
personal defense
system to turn an
aggressor's size and
strength against him
while providing*

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for life-saving strikes,
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first thought about
writing this book, I
put myself in my
student's shoes. The
book is written in such
a way that is suitable
for those with Krav*

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Maga experience, as well as those who are just starting or have recently acquired an interest in the art. The techniques are explained through illustrations and simple didactic texts, making the reading enjoyable and easy to understand. This book is an easy-to-read

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practical and
objective guide to
learning movements,
fully illustrated with
Krav Maga's defense
and attack techniques.

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that start from basic
and progress to more
advanced situations,
you will learn the
technical details of
each circumstance -

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Techniques
Doron Lavine

*after all, in Krav
Maga, one detail can
make all the
difference. This book
is also an excellent
resource for my
students and those
who practice the art,
as it facilitates the
understanding of
each of the
movements practiced
during classes.*

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Book 1

*Presents a training
guide to krav maga
weapon defenses, and
includes information
on weapon awareness
training, control
holds, defense against
continuous attacks,
and hostage
situations.*

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the World's Most
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Techniques
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Krav Maga
Fundamental
Strategies
Krav Maga
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Yourself Against the
12 Most Common
Unarmed Street

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Krav Maga Tactical
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SAS and Special
Forces Self Defence
Handbook
Krav Maga: Real
World Solutions
to Real World
Violence

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Maga The Ultimate
**presents a no-
nonsense
approach to
neutralizing
attackers in close
quarters. Author
Gershon Ben
Keren explains
the philosophy
behind the Krav
Maga method,
which is the**

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***basis of the Israel
Defense Force's
(IDF) devastating
close combat
system. This
book lays out a
systematic
approach to self-
defense and
provides
illustrated
confrontation***

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**scenarios paired
with tailored
practical
responses.**

Darren Levine

**Accompanied by
clear, easy-to-
follow
photographs,
practical combat
skills are
described in step-
by-step detail,**

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***along with the
movement
patterns needed
to make them
effective in real-
life settings. All
of the photos in
the book were
shot in real-time,
demonstrating
what realistic mo-
vements—both***

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***from the
attacker's and
defender's
perspective—look
like. Where
applicable,
techniques have
been shot in the
scenarios in
which they occur
such as bars,
restrooms, ATMs,***

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etc. The situational components of such violent incidents are explained, so the reader can learn to identify, predict, and avoid violence before it occurs. Contents of this

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***Krav Maga book
include: What is
Krav Maga? Krav
Maga Yashir
Introduction to
author Gershon
Ben Keren Basic
Skills (Stances,
Movement,
Blocking and
Striking)—The
Timeline of***

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***Violence;
Controlling
Range; Relative
Body
Positioning;
Groin Kick;
Driving Knee Self-
Defense
Scenarios—Knife
Disarming; Gun
to Front of Body;
Abductions and***

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Knife Shank;
Improvised
Weapons
Unarmed
Assaults and
Dynamic
Components of V
iolence—Preventin
g a Front
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Applying an***

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Defending Knees
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