

Download Ebook  
Krav Maga Manual

# Krav Maga Manual

Krav Maga is today's cutting edge self-defense and hand to hand combat system. Initially developed by Grandmaster Imi Sde-Or

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(Lichtenfeld) for the Israel Defense Forces and other national security services, Krav Maga has been thoroughly adapted to meet civilian needs. The method was designed so that ordinary citizens,

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young and old,  
men and women  
alike, can  
successfully use it,  
regardless of their  
physical strength.  
This is the first and  
only authorized  
comprehensive  
manual on the  
Krav Maga  
discipline, written

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by its founder, Imi Sde-Or, and his senior disciple and follower, Eyal Yanilove. This volume especially focuses on the various facets of dealing with an assailant armed with a sharp-edged weapon, a

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blunt object, or a  
firearm.

In this expanded  
edition of the  
2017 mega-  
bestseller,  
updated with  
brand new  
sections like DO  
WHAT MAKES YOU  
HAPPY, SUGAR  
COATED LIES and

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DON'T NEGOTIATE  
WITH WEAKNESS,  
readers will  
discover new ways  
to become  
stronger, smarter,  
and healthier.  
Jocko Willink's  
methods for  
success were born  
in the SEAL Teams,  
where he spent

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most of his adult life, enlisting after high school and rising through the ranks to become the commander of the most highly decorated special operations unit of the war in Iraq. In *Discipline Equals Freedom*, the #1

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New York Times  
bestselling  
coauthor of  
Extreme  
Ownership  
describes how he  
lives that mantra:  
the mental and  
physical  
disciplines he  
imposes on  
himself in order to



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achieve freedom in all aspects of life. Many books offer advice on how to overcome obstacles and reach your goals--but that advice often misses the most critical ingredient: discipline.

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Without discipline, there will be no real progress. Discipline Equals Freedom covers it all, including strategies and tactics for conquering weakness, procrastination,

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and fear, and  
specific physical  
training presented  
in workouts for  
beginner,  
intermediate, and  
advanced  
athletes, and even  
the best sleep  
habits and food  
intake  
recommended to

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optimize  
performance.  
FIND YOUR WILL,  
FIND YOUR  
DISCIPLINE--AND  
YOU WILL FIND  
YOUR FREEDOM  
Teach Yourself  
Self-Defense!  
Inside this four-  
part self-defense  
training manual,

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you will learn: \*

The Principles of Self-Defense. The information in this section is more valuable from a self-defense point of view than any of the individual techniques. \*

Basic Self-Defense Techniques.

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

Advanced Strikes & Strategies. Use these tactics when the basic self-defense techniques are too aggressive, such

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as in a "friendly"  
pub or schoolyard  
brawl. \* Weapon  
Disarms.

Advanced lessons  
on how to disarm  
an attacker and  
fight multiple  
opponents. This is  
the only self-  
defense training  
manual you need,

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because these are the best street fighting moves around. Get it now. Discover Real Street Fighting Tactics \* The best target areas for self-defense and which strikes to use. \* How to



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achieve street  
fighting  
knockouts. \*

Ground fighting  
techniques for self-  
defense. \* Easy to  
apply strategies  
for attack and  
defense. \* The  
correct way to use  
choke holds and  
how to escape

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them. \* The best self-defense objects from everyday items. \* Weapon vs weapon street fighting training. \* How to adapt what you learn to any situation. Adapted From Proven Street

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## Fighting Styles

This no-nonsense self-defense training manual focuses on the most effective techniques from a wide variety of martial arts, including (but not limited to): \* Jeet Kune Do (Bruce

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Lee's martial art) \*

Vortex Control

Self-Defense

(eclectic self-  
defense) \*

Kali/Escrima Arnis

(Filipino weapon-  
based martial arts)

\* Wing Chun

(efficient Chinese  
martial art) \* Krav

Maga (Israel

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military) \*  
Systema (Russian  
military) \* Mixed  
Martial Arts  
(strikes and  
ground fighting)  
...and more.  
Limited Time  
Only... Get your  
copy of The Self-  
Defense  
Handbook today

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and you will also  
receive: \* Free SF  
Nonfiction Books  
new releases \*  
Exclusive discount  
offers \*  
Downloadable  
sample chapters \*  
Bonus content ...  
and more! Teach  
yourself self-  
defense that

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works, because this is one of the best street fighting books around. Get it now.

Shotokan Karate is one of the most effective forms of self-defense but it is this area that is most ignored in

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traditional  
Shotokan dojos.  
This modest  
manual is  
different from  
most Shotokan  
Karate texts  
because it focuses  
on the self-  
defense  
application of  
karate. Traditional



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Shotokan karate concentrates on three primary areas. They are basics or Kihon, Kata or forms, and sparring or kumite. The sparring may consist of five times sparring, three times

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sparring, one time sparring, semi-free sparring and free sparring. Self-defense training is seldom practiced and this manual hopes to fill that gap for students of Shotokan and other traditional styles of Karate.

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This manual covers the basic principles of self-defense, use of force factors in self-defense, simple and effective self-defense techniques to counter arm grabs, body grabs,

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choke attacks,  
punching and  
kicking attack  
counters, club  
attacks, knife  
attacks, gun  
attacks, ground  
attacks and  
multiple attacker  
self-defense  
techniques.

**Krav Maga Tactical**

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Survival  
The Ultimate  
Guide to Over 230  
Self-Defense and  
Combative  
Techniques  
The Contact  
Combat System of  
the Israel Defense  
Forces  
Krav Maga  
MS Ludwig Xv13

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## The Wing Chun Compendium, Volume One

This book is designed for krav maga trainees, security-conscious civilians, law enforcement officers, security professionals, and military personnel alike who wish to refine their essential

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krav maga  
combatives, improve  
their chances of  
surviving a hostile  
attack and prevail  
without serious injury.  
This book stresses  
doing the right things  
and doing them in the  
right way. Right  
technique + Correct  
execution = Maximum  
Effect.--Publisher.  
Boaz Aviram is the

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Third in Lineage Israel  
Defense Forces (IDF)  
Krav Maga Chief  
Instructors at the  
Combat Fitness  
Academy succeeding  
Immi Lichtenfeld and  
Eli Avikzar. The  
original IDF Krav  
Maga Curriculum  
entailed twenty-one  
hour core training  
curriculum in which  
ballpark two hundred



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and fifteen techniques were drilled in specialized sequences to maximize efficiency and tactical navigation of reaching opponent's pressure points first with devastating results. This twenty-One Hour Core Curriculum was rehearsed over three week period to allow

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instructors' evaluations and sufficient training. In this manual the author is about to make anyone with sufficient one hundred hours of intensive training in the original Core Curriculum a Krav Maga and hand-to-hand Combat Expert. Current Hand-to-hand Combat Training

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Methods and Martial Arts at large tend to neglect the human reaction limits and therefore add many drills and techniques that are not suitable to Hand-to-hand Combat!

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

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the 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 self defense  
system. Written by  
third degree black belt  
and USKMA lead

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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 of American Krav Maga.

Marine Corps  
Reference Publication  
(MCRP) 3-02B.

Marine Corps Martial

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Arts Program (MCMAP), is designed for Marines to review and study techniques after receiving initial naming from a certified Marine Corps martial arts instructor or martial arts instructor trainer. It is not designed as a self-study or independent course. The true

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value of Marine Corps Martial Arts Program is enhancement to unit training. A frilly implemented program can help instill unit esprit de corps and help foster the mental, character, and physical development of the individual Marine in the unit. This publication guides individual

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Marines, u leaders,  
and martial arts  
instructors/instructor  
trainers in the proper  
tactics, techniques,  
and procedures for  
martial arts training.  
MCRP 3-02B is not  
intended to replace  
supervision by  
appropriate unit  
leaders and martial  
arts instruction by  
qualified instructors.



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Its role is to ensure 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 developing individual and unit martial arts programs. For policy

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on conducting martial arts training, refer to Marine Corps Order 1500.59, Marine Corps Martial Arts Program (MCMAP).

## WARNING

Techniques described in this manual can cause serious injury or death. Practical application in the training of these techniques will be

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conducted in strict adherence with training procedures outlined in this manual as well as by conducting a thorough operational risk assessment for all training.

The Flower of Battle  
The Marine Corps  
Martial Arts Program  
Hanbo Jutsu: Use of  
hanbo, cane and

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walking stick for self  
defense

SHOTOKAN

KARATE:

PRACTICAL

COMBAT KARATE

FOR THE STREET

How to Defend

Yourself Against

Armed Assault

The Classic Manual of

Combat

Krav Maga

Tactical

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Survival  
presents proven  
solutions to  
dangerous, real-  
life situations.  
Krav Maga is the  
official self-  
defense system  
of the Israeli  
Defense Forces  
and has been  
battle-tested by  
police, armed  
forces, private

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security  
personnel and  
security-minded  
individuals  
around the globe  
for 60 years.  
Krav Maga  
teaches you how  
to quickly size  
up a dangerous  
situation and  
neutralize your  
attackers before  
they gain the

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upper hand. This martial arts book is full of examples of real-world life-threatening situations, and in each case the clear, step-by-step photographs and text illustrate an effective solution—showing

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you how to  
disrupt your  
attacker's  
strategy, disarm  
them, damage or  
destroy their  
ability to harm  
you, and quickly  
disengage so you  
can move to a  
more secure  
location. Krav  
Maga Tactical  
Survival covers



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the following  
essential  
techniques:  
Upper Body  
Combatives  
(hammer-fist  
strikes, hook  
punches, head-  
butts, front  
kicks and more)  
De-escalation  
techniques  
Spoiling knife  
and firearm

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draws

Neutralizing

knife and

firearm attacks

Dealing with

unarmed attacks

(clothing grabs,

chokes and bear

hugs) Executing

pick-ups and

throws

Contains

photographic

sequences and

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instructions for  
over 230  
movements from  
the Krav Maga,  
the self-defense  
system of the  
Israeli Defense  
Forces.

BECAUSE NOT ALL  
KRAV MAGA IS THE  
SAME TM Israeli  
krav maga is the  
official self-  
defense system

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of the Israel  
Defense Forces.  
Krav maga  
training shares  
the same  
principles for  
civilians, law  
enforcement, and  
military  
personnel alike  
to deliver them  
from harm's way.  
Goals however,  
are different

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for law  
enforcement and  
military  
personnel. This  
book is designed  
for security-  
conscious  
civilians, law  
enforcement  
officers,  
military  
personnel, and  
security  
professionals

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alike who want to improve their chances of not just surviving an armed attack, but increase the odds of prevailing without serious injury. Krav maga's popularity in professional law enforcement,

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military, and security circles is attributable to its practicality, simplicity, quick retention, easy learning curve, and brutal effectiveness. This effectiveness is built on a few

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

Contents include: Mind-sets, reactions, and tactics in



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response to  
violence The  
highest-level  
counters against  
multiple armed  
attacks and  
threats Core  
kick, clinch,  
and tackle  
defenses Core  
ground survival  
tactics Multiple-  
opponent  
strategies and

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tactics Impact  
weapon defenses  
Edged weapon  
defenses Firearm  
disarms and  
retention  
Includes 954  
detailed  
photographs The  
most up-to-date  
tactics  
presented in  
this book focus  
on the most

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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

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the Israeli  
government and  
headed by  
Grandmaster Haim  
Gidon.

Responsible  
people seek krav  
maga training as  
a shield against  
violence.

How to Defend  
Yourself against  
Armed Assault.

The Next Level

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of Fitness and  
Self-Defense  
Kill Or Get  
Killed  
Real World  
Solutions to  
Real World  
Violence -  
Disrupt . Damage  
. Destroy .  
Disengage  
Manual completo  
Krav Maga. Nueva  
edición ampliada

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y actualizada  
Manual completo  
de Krav Maga  
The Emergency  
Survival Manual  
(Outdoor Life)

**BECAUSE NOT  
ALL KRAV MAGA  
IS THE SAME(R)**

This book  
introduces and  
codifies big-picture  
thinking to take you

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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 Kahn, you will find practical, battle-tested stratagems and insights that are

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equally applicable  
across the spectrum  
of martial arts and  
fighting systems.

The text is  
supported by 180  
dynamic separate  
photo series  
representing a rich  
krav maga gamut of  
self-defense  
strategies and  
tactics. Topics



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include: The Best  
Use of a Training  
Partner The  
Difference Between  
Anger and Rage  
Recognizing Your  
Own Triggers to  
Avoid Violence  
Contending with  
Road Rage Conflict  
Avoidance and  
Escape  
Physiological

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Reactions to  
Threats and  
Violence Legal Use  
of Force  
Requirements  
Defensive  
(Dis)Engagement  
Mindset Anatomical  
Targeting and Self-  
Protection  
Preemptive Linear  
Strikes Absorbing  
and Moving with an

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Attack Fighting  
Ranges Combatives  
Power and Balance  
Self-Defense Fight  
Timing Tactical  
Retreating When  
and How to  
Counterattack  
Defending against a  
Skilled Fighter  
Deceptive Fighting  
Ground Survival  
Defending an

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Ambush Multiple  
Opponents Breaking  
Up a Fight As good  
tactical minds  
generally think alike,  
whatever your  
martial arts or  
defensive tactics  
background, this  
book is designed to  
synergize any  
previous  
professional self-

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defense knowledge to enhance your personal survival blueprint. Krav Maga Fundamental Strategies draws on ideas and techniques from nearly every level of the Israeli Krav Maga curriculum, including violence avoidance and

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prevention. The result is an adaptable strategy supported by tried and true defensive tactics, coupled with sound defensive principles, all of which will serve to deliver you from harm's way.

Treasured for centuries by karate's

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top masters, the  
Bubishi is a classic  
Chinese work on  
philosophy,  
strategy, medicine,  
and technique as  
they relate to the  
martial arts.

Referred to as the  
"bible of karate" by  
famous master  
Chojun Miyagi, for  
hundreds of years

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the Bubishiwas a secret text passed from master to student in China and later in Okinawa. All of karate's legendary masters have studied it, applied its teachings, or copied passages from it. No other classic work has had as



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dramatic an impact on the shaping and development of karate as the Bubishi. Karate historian and authority Patrick McCarthy spent over ten years researching and studying the Bubishi and the arts associated with it.

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The first English translation of this remarkable martial arts manual includes numerous explanations and notes. McCarthy's work also includes groundbreaking research on Okinawan and Chinese history, as well as the fighting

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and healing traditions that developed in those countries, making it a gold mine for researchers and practitioners alike. For the final word on the true origins and spirit of classic Okinawan martial arts, one need look no further. This

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karate book is one of the best karate training supplements available.

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. But you don't have

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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

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instructional  
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

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regimen. Master these original, kick-ass work outs, and you'll have 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!

The complete  
*Page 79/186*

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beginner's guide to  
Krav Maga An  
instructional book  
for athletes  
interested in this  
type of self-defense  
Updated edition that  
contains the basic  
rules and new tips  
to improve your  
form and prevent  
injury This training  
manual is ideal for



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anyone curious about Krav Maga. This noncompetitive self- defense technique began in the Israeli Defense Force (IDF). The guide's author, Boaz Aviram, has been a member of the IDF for years. Krav Maga brings together skills and

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training from many martial arts, ranging from jiu-jitsu to judo to boxing. It shares with its students critical lessons in maintaining awareness and making each strike count in self-defense. In its instructional and updated edition,

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Krav Maga: Use Your Body as a Weapon teaches athletes about their own anatomy and muscles to help them avoid injury. Aviram provides concrete and reliable information on how to tackle your opponent in the more efficient and

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effective way. Some methods include:  
Paying attention to possible escape routes  
Using your opponent's weakest areas to your advantage  
Using common objects at hand to fight with  
Preemptive counterattacks  
This book offers the

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basic philosophy and use of hand-to-hand training as it began, and the author meticulously describes the basis of each skill to help the reader and athlete understand it clearly. With more than 1,000 photos and 150 techniques, Krav Maga: Use

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Your Body as a a  
Weapon belongs on  
the bookshelf of  
everyone interested  
in this technique.

Skyhorse

Publishing, as well  
as our Sports  
Publishing imprint,  
is proud to publish a  
broad range of  
books for readers  
interested in

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sports—books about baseball, pro football, college football, pro and college basketball, hockey, or soccer, we have a book about your sport or your team. In addition to books on popular team sports, we also publish books for a wide

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variety of athletes  
and sports  
enthusiasts,  
including books on  
running, cycling,  
horseback riding,  
swimming, tennis,  
martial arts, golf,  
camping, hiking,  
aviation, boating,  
and so much more.  
While not every title  
we publish becomes



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a New York Times  
bestseller or a  
national bestseller,  
we are committed to  
publishing books on  
subjects that are  
sometimes  
overlooked by other  
publishers and to  
authors whose work  
might not otherwise  
find a home.

How to Defend

*Page 89/186*

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Yourself Against the  
12 Most Common  
Unarmed Street  
Attacks  
Krav Maga Extreme  
Institute

Krav Maga Defense  
Krav Maga Training  
Manual  
The Ultimate Guide  
to Over 250 Self-  
Defense and  
*Page 90/186*

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## Combative Techniques

Here is a manual for anyone interested in the basic use of the Hanbo, cane and walking stick for self-defense. This Pro-Bushi Basic Manual covers the essential techniques and tactics needed to defend yourself

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against most common types of attacks. The Hanbo, cane and walking stick are one of the few legal weapons that can be carried on planes or in court rooms.

Assess. Respond. Protect. From break-ins to basement flooding to broken

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bones, in the Total  
Emergency Survival  
Manual you ' ll find  
everything you need  
to be prepared for  
any emergency that  
comes your way.

Who ' s better suited  
to write a book  
about handling  
emergencies than  
an Emergency and  
Risk Management

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Consultant and the CEO of Mutual Aid Response Services (MARS). Joseph Pred is the go-to-guy for assessing and handling emergencies. When you combine his knowledge with that of the experts at Outdoor Life magazine what do

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you get? An epic book filled with lifesaving skills. This book also covers what to do before the first responders arrive...or if they never do. Basic Tools & Skills: Everything you need to know to assess and start handling an emergency.

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From stocking a first aid kit and treating burns, cuts and broken bones, to protecting yourself when using pepper spray and performing CPR.

Home and Family Safety: Protect your house and keep you and your family safe. Learn how to



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deal with a lost child, handle house fires, public transit scares, car accidents, and help a sick or hurt pet.

Community Safety:  
All the ways you can aid your neighbors and keep your community safe.

From what to do if you see a house

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being broken into  
and dealing with  
school tragedies, to  
coping with a major  
natural disaster and  
handling a toxic spill  
– and everything in  
between. When  
disaster strikes you  
want to be ready,  
and you can be with  
the Total  
Emergency Survival

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Manual.

The Wing Chun  
Compendium  
explains the theory  
of wing chun from a  
technical, lifestyle,  
and philosophical  
perspective. Written  
by Wayne  
Belonoha—a  
certified Ving Tsun  
Instructor and  
National Certified

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Coach, 7th Level,  
Master Degree—the  
compendium offers  
hundreds of tips and  
techniques  
specifically  
designed to help  
readers advance to  
the next stage. The  
Wing Chun  
Compendium is  
divided into eight  
sections, including

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Theory, Techniques, Drills, Chi Sau (Sticky Hands), Forms, Pressure Points, Health and Fitness, and Terminology. Students of all levels will find tips for improving technique and gaining benefits from the book's instruction in over

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20 of the top skill-building drills and exercises, such as the Maai Sang Jong and Bong Guek (Sticky Legs) drills. Covering all three hand forms (Siu Nim Tau, Cham Kiu, and Biu Ji), it also provides a detailed examination of each movement and

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application and features an extensive terminology section that includes the Chinese characters and both Cantonese and Mandarin pronunciations for over 200 of the most common wing chun terms. The compendium

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concludes with  
Grandmaster Sunny  
Tang's special  
article, "Reflections  
of Siu Nim Tau After  
30 Years."

As the official  
defensive tactics  
system of Israeli  
police, military, and  
elite special  
operations units,  
krav maga has



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proven its effectiveness from front lines and back streets to prisoner transport and "take no prisoners" missions. For the first time, "Black Belt Krav Maga" teaches and illustrates the discipline's most lethal fighting and self-defense moves

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in book format.

These no-holds-barred street fighting techniques are designed to do one thing and one thing only: end a fight as quickly as possible by completely disabling an opponent.

Extensive counterattacks are

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illustrated for the most dangerous situations, including neutralizing attackers armed with guns, knives, and other weapons. The program in Black Belt Krav Maga trains readers to function during the stress and shock of a sudden, violent

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encounter and react with a perfectly coordinated counter attack--quickly, automatically, and with deadly accuracy.

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**The Flower of Battle**

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DEFENSE AND  
FIGHTING**

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**SYSTEM FOR  
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official fighting  
system of the Israeli  
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Maga has been battle-  
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instinctive  
movements and  
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**level of physical  
fitness; disrupt an  
opponent's  
balance—while  
keeping theirs; make  
use of leverage to  
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stronger attacker;  
become faster and  
more powerful;  
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use weapons—and  
"weapons of**

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Maga.? ?IMI  
LICHTENFELD,  
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Maga Krav Maga, el  
sistema oficial de  
defensa personal de  
las Fuerzas de  
Defensa de Israel, te  
ofrece un método  
fácil de aprender, y  
muy eficaz, que hace  
hincapié en**

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instintivos, técnicas  
prácticas y  
situaciones realistas  
de entrenamiento. El  
Manual Completo de  
Krav Maga, basado  
en el principio de que  
es mejor pasar lo  
más rápidamente  
posible de la defensa  
al ataque, enseña  
maniobras de**

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**liberación rápida  
combinadas con  
potentes  
contraataques. Ya  
seas grande o  
pequeño, hombre o  
mujer, joven o viejo,  
es posible emplear el  
Krav Maga para  
protegerte  
explotando las  
vulnerabilidades del  
agresor. Aprender**

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capacidades y  
confianza en ti  
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aggressor's  
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are described  
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detail, along  
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movement

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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 movements—both from the

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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, etc. The

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

Contents of

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Maga? Krav Maga  
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author Gershon  
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Kahn is a self-  
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history of  
this  
discipline and  
its founder.  
An internation  
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shared his views, but his tactics were no match for armed adversaries. So he focused on creating a form of fighting that combined all the martial

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years,  
explores how  
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evolved and  
how to use it  
to transform  
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examines its  
core  
principles,  
including:  
Neutralizing

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threats: This is the first and foremost objective.

Simplicity:

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Constant motion: The



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to  
incapacitate  
the opponent  
with a  
continuous  
series of  
movements that  
are  
aggressively  
defensive.

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