

Krav Maga How To Defend Yourself Against Armed Assault

Presents the essentials of krav maga, the hand-to-hand defense system designed by the Israeli military forces to fend off any kind of attacker.

"In this book, the author explains and demonstrates the swift and powerful self-defense and fighting skills of this martial art originally developed for the Israel Defense Forces by Imi Sde-Or (Lichtenfeld)"--Provided by publisher.

"A book for everyone". When I 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 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 practical and objective guide to learning movements, fully illustrated with Krav Maga's defense and attack techniques. Containing exercises that start from basic and progress to more advanced situations, you will learn the technical details of each circumstance - 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.

An accessible primer on the disciplinary form's principles explains how to draw on street fighting skills in order to build self-defense capabilities and promote overall fitness, in a resource that includes coverage of such areas as strength training, fat burning, and escaping a threatening situation. Original.

The result of extensive research, including an analysis of over 140 active shooter/killer incidents, Krav Maga Extreme Survival provides an apolitical view of personal safety—concentrating on practical methods to survive violent situations. In his third book, Gershon Ben Keren explains how Krav Maga techniques can be used to survive some of the most relevant, extreme situations including carjackings, home invasions and attempted mass killings. The book also details predator profiling methods to aid in the prediction, prevention and avoidance of violence. Demonstrating effective solutions that have been tried and tested in both the real world and through reconstructions of real-life events, each section of Krav Maga Extreme Survival presents detailed instructions alongside a series of photographs that show how to defend yourself and others against:

- Attacks in workplaces, homes and public places
- Instances of domestic violence including violent and abusive relationships
- Assailants armed with knives, handguns, long barrel firearms, explosives, and improvised weapons
- Attacks in cars and other confined and restricted spaces
- Vehicular rammings
- Unarmed attackers
- One-on-one assaults and attacks targeting a group

Emphasizing a dynamic assessment of your environment, combined with a rapid response, Krav Maga Extreme Survival teaches practitioners to neutralize an assailant's

advantage early, before the situation escalates.

A knowledge of the pressure points can be incredibly beneficial to a Krav Maga practitioner for both fighting and healing. An understanding of where the body is most susceptible to pain can give your techniques—be the holds, chokes, or strikes—an added impact. In addition, pressure point attacks impair the ability of your opponent and so give you a strong advantage. A knowledge of pressure points can also allow you to take care of your own injuries and the injuries of the people you train with. Familiarity and experience with these healing practices will make you a more valuable member of your dojo and a more fearsome opponent. This book will be talking about pressure points in Krav Maga and their applications in both healing and self-defense. In the later part of this book, we shall discuss about the types of pressure points in the body.

How to Defend Yourself against Armed Assault.

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 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.

Master the moves of krav maga—the international self-defense and physical fitness sensation increasingly popular around the world, krav maga is the renowned hand-to-hand Martial Arts defense fighting designed by the Israeli military forces. Swift, powerful, and 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 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 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 your counterattack
- *Escape all kinds of grips and holds
- *Combine training punches, kicks, and other moves into a powerful conditioning workout---to lose weight, increase core strength, and improve muscle tone
- *Use specially designed drills and a 12-week training program to become a kravist---a smart and prepared fighter

Written by one of America's foremost krav maga experts, this exciting new guide opens the door to an empowering and important set of techniques that you or anyone can master.

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

They will learn how to; enhance their level of physical fitness; disrupt an opponent's balance—while keeping theirs; make use of leverage to defeat a larger, stronger attacker; become faster and more powerful; inflict pain up close; use weapons—and "weapons of opportunity"; and much more! Anyone interested in martial arts, in how physics applies to sports and combat, and in how a physicist wins a fight will love *The Physics of Krav Maga*.

The first of its kind - an illustrated guide to the hottest new fitness trend from a top expert in the field. Increasingly popular as a self-defence method and fitness program, Krav Maga is the Israeli military's renowned method for fending off attackers. Based on the principles of doing minimal harm and enhancing our natural instincts for self-protection, anyone can master its moves - regardless of strength, size, age or gender. In this excellent beginner's guide David Khan presents the basic techniques and principles. Topics include: Anticipating an attack Understanding the bodies vulnerable targets Mastering essential defence techniques, and more

If you're looking to learn effective self-defense this book is definitely for you. Krav Maga is a self-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 beginner or seasoned practitioner, you will greatly benefit from information contained in this program.

Krav Maga, which means "contact combat" in Hebrew, is an easy-to-understand/remember aggressive system of self-defense. *Idiot's Guides: Krav Maga* will not only define what it is, but also review the principles 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 and women on how 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 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 of not only the physical aspect of Krav Maga, but how it is part of the bigger picture of personal protection.
- The thought process of the attacker and how to avoid potentially dangerous situations, if 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 to attain them, and the differences between them.
- Step-by-step illustrated directions on the popular stances, positions, movements, kick/punch strikes, falls, joint locks, deflections, and techniques from the basics to advanced moves.
- How to use body weight, your most powerful muscles, and momentum to defeat an attacker.
- Instruction on protecting the body and weapons defense, in addition to mastering escapes.

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.

A companion volume to *Krav Maga* presents an illustrated, instructional guide to advanced techniques and conditioning regimens of this self-defense and fitness program developed by the Israeli military and includes training drills, exercise workouts, self-defense methods for women, and more. Original. 40,000 first printing.

Krav Maga: Real World Solutions to Real World Violence 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 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 scenarios paired with tailored practical responses. Accompanied by clear, easy-to-follow

photographs, practical combat skills are described in step-by-step detail, 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 movements—both 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, 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 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 Violence; Controlling Range; Relative Body Positioning; Groin Kick; Driving Knee Self-Defense Scenarios—Knife Disarming; Gun to Front of Body; Abductions and Hostage Taking; Knife Shank; Improvised Weapons Unarmed Assaults and Dynamic Components of Violence—Preventing a Front Headlock; Applying an Effective Guillotine; Defending Knees in a Clinch and more!

Burton Richardson's *Silat for the Street* blends the most brutally efficient silat techniques with the training methods and tactics of elite-level MMA. The reader will learn how to defend against larger, stronger, trained attackers, including those with an MMA background. *Silat for the Street* is a functional, practical book for:

- * The pencak silat practitioner who wants to learn the important details that make silat work and how to apply the art against a trained MMA fighter.
- * The MMA practitioner who wants to learn a system of true street self-defense that blends very well with MMA training, and how to alter their sport training to be street effective.
- * The traditional martial artist who wants to learn another method that is highly adaptable and is open to another perspective on highly functional street self-defense.
- * The beginner martial artist who wants to learn in a well-organized step-by-step presentation.
- * The advanced martial artist who wants to understand the minute details that make silat work and to learn how to apply the art against an MMA-trained fighter.

Silat for the Street differs from other silat books by focusing on practical fighting applications instead of just displaying the "artistic" but often nonfunctional portions. Richardson is known worldwide for using his background as a scientist to rigorously test the techniques of various arts in the crucible of combat against top MMA athletes. People trust Richardson's findings because they know he only shows what works under pressure. His ability to organize and explain detailed concepts in an easy-to-understand way makes the book accessible to individuals of all levels of expertise. It is the only book of its kind on silat.

BECAUSE NOT ALL KRAV MAGA IS THE SAME™ Israeli krav maga is the official self-defense system 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 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 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 built on a few 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 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 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 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 and headed by Grandmaster Haim Gidon. Responsible people seek krav maga training as a shield against violence.

Krav Maga for Women Your Ultimate Program for Self Defense Ulysses Press

Krav Maga is the most efficient and effective fighting and self-defense system in existence today. Used by military, law enforcement, and civilians alike, this system trains you to apply principles through various techniques in the fastest method to deliver the greatest amount of damage with one goal in mind: go home safe. Regardless of your size, sex, age, or athletic ability, Krav Maga can be a vital tool as you learn to defend yourself against armed/unarmed attacks and multiple attackers, and to protect your loved ones. Krav Maga Principles and Techniques provides you the knowledge and skills you need when faced with an attacker and guide you through the first level of Krav Maga. Through these step by step instructions, you will learn to defend yourself in various attack and defense scenarios including hand to hand fighting, various chokes and grabs, fighting from the ground, and defending against a handgun. Whether you are starting on your Krav Maga journey or just want to learn a few basic, self-defense concepts, this book will give you what you need to survive an encounter.

A groundbreaking self-defense and fitness book for women by a ballerina-turned-self-defense expert. Learn how to become your own weapon of self-defense and fitness so that you can create and target your best life. After ballerina Avital Zeisler was savagely attacked as a young woman, she lived in fear—until she took action to train with experts in self-defense from around the world. Seeking a method specific to women and using Krav Maga as a base, she created her own self-defense program: the Soteria Method. It was an immediate sensation, and is now in demand by everyone from corporate executives to Hollywood stars—such as Amanda Seyfried, Megan Boone, and Keri Russell, to name a few—who seek her classes both for the self-defense and for the intense, body-sculpting workout. Unique and empowering, Weapons of Fitness will help get you into incredible shape—and just might save your life.

Originally developed as an elite fighting tactic for the Israel Defense Forces, today Krav Maga has become a popular self-defense method, appealing to government units, martial artists, and even the average person. This innovative Krav Maga book depicts cutting-edge techniques and training methods, covering the core topics that are applicable in a variety of professional and personal situations - in particular the combat mindset and fighting stress. This book gives the reader techniques to perform under all stressful conditions. Originally tailored for law enforcement and military personnel, its methods can also be used by all martial artists, combative sports athletes, and anyone learning self-defense techniques. Written by Master Eyal Yanilov, the successor of Krav Maga's founder, Imi Sde-Or, this book covers all the core topics of Krav Maga that have been proven to be successful in professional and personal situations.

BECAUSE NOT ALL KRAV MAGA IS THE SAME(Reg TM)This 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 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 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 - Contending with Road Rage - Conflict Avoidance and Escape - Physiological 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 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 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-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 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.

"Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga." –Imi Lichtenfeld, founder of Krav Maga

THE TOP-SELLING GUIDE TO KRAV MAGA IN AN UPDATED AND EXPANDED EDITION

All the defense moves in Complete Krav Maga—from beginner Yellow Belt to advanced Black Belt—are described in depth and illustrated with step-by-step photos:

- BEGINNER: Punches, kicks, knee strikes and defense movements
- INTERMEDIATE: Counterattacks against knives, guns and sticks
- ADVANCED: Advanced strikes and ground fighting techniques

Based on the principle that it is best to move from defense to attack as quickly as possible, Complete Krav Maga teaches fast-escape maneuvers combined with powerful counterattacks. Whether you are big or small, male or female, young or old, you can use Krav Maga to protect yourself by exploiting an assailant's vulnerabilities. KRAVolution--the official trainer for the French Foreign Legion. Krav Maga is a modern and proven self-defense system. Easy to learn because it is based on natural reflexes, it is extremely efficient to use against one or more attackers. There is only one goal: to survive violent conflicts as unscathed as possible. Developed by the Israeli army and formerly an insider tip in military training, this close combat system is booming worldwide. Krav Maga is not a traditional or competitive martial art but pure self-defense. It's all about survival. Its techniques are constantly developed and adapted to current threat situations. In his book Krav Maga: Effective Techniques for Self-Defense, his second on this self-defense method, the author methodically explains more than 100 Krav Maga techniques for self-defense--including more than 300 detailed photos--by using the principles that make this system so successful. It includes information on both well-founded basics as well as advanced techniques, depending on the distance to the attacker. The effective techniques for self-defense in this book help to demonstrate what Krav Maga is all about, gives exercise tips for more successful and safe execution, and provides information to help the reader further develop the learned techniques, making this the official book about Krav Maga training.

Krav Maga, for those who may not know, is a fighting and self-defense system. This fighting

style is designed as an intuitive and practical self-defense system for people all shapes, sizes, and ages. It doesn't just try to teach you to fight, but instead to develop your own instinctual reactions. Krav Maga came about in the 1950s and worked to combine the most effective techniques in several different fight training and martial arts. Civilians began being taught during the late 70s after it was developed for the Israeli Army. It's proven itself to be effective for all walks of life, especially in the military and law enforcement. Maybe you're not quite ready to go to a class, and you want to see what you can learn on your own. Then this book is perfect for you. Throughout this book you will learn: Upper and lower body attacks How to defend yourself against a weapons attack How to de-escalate a fight Defense against an unarmed attack And much more While it is probably unlikely that you will ever have to use these techniques in an actual fight, it is still a helpful skill to know and learn just encase. Grab a friend that doesn't mind helping, and start learning some self-defense today.

Developed for the Israel military forces and battle tested in real-life combat, Krav Maga has gained an international reputation as an easy-to-learn yet highly effective art of self-defense. Clearly written and extensively illustrated, Complete Krav Maga details every aspect of the system including dozens of hand-to-hand combat moves, over 20 weapons defense techniques and a complete 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 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 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.

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

David Kahn, U.S. Chief Instructor of the 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 States. Kahn is a self-defense expert, 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 you how to outmaneuver takedowns, rear chokes, ambush attacks, sucker 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 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.

Three leading Krav 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 illustrated guidelines for life-saving strikes, kicks and throws. Original.

Your Introductory Guide to Krav Maga - 2nd Edition! Free bonus inside! (Right After

Conclusion) - Get limited time offer, Get your BONUS right NOW! This is an introduction to the amazing world of Krav Maga, a self-defense option unlike any other! In Krav Maga: Contact Combat, you'll learn about this comprehensive self-defense technique. Learn about the history behind Krav Maga, its origins and how it grew to be an international phenomenon. Get a better understanding of how it is meant to help its students deal with a variety of attacks in multiple settings. As you will discover, this book covers: * How Krav Maga founder was inspired to create it from village attacks * Origins with the Israeli military * Adapted for Civilians' Self-Defense * The Levels of Krav Maga * Who can use Krav Maga * International growth and acceptance * Teaching how to avoid confrontations No matter who you are, self-defense is important in the world we live in. Krav Maga was created for the military but has been adapted for civilians. No matter your walk of life, Krav Maga is an option for you! Not only can it teach you how to defend against attacks, but it can also teach you techniques on how to avoid the confrontation in the first place. This is a form of self-defense created to protect Jewish villages from Fascist attacks in the 1930s. Today, it is taught to help civilians protect themselves with natural movements and techniques. Read this book for FREE on Kindle Unlimited - Download NOW! Everyone needs to know how to protect themselves in a world filled with violent attacks, bullying and so much more. This guide will help you understand how Krav Maga works, wetting your appetite to try a class for yourself. Thanks to the easy to understand movements and techniques, you too could easily become a practicing student of the Krav Maga form of self-defense. Just scroll to the top of the page and select the Buy Button. Download Your Copy TODAY!

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 no prisoners" missions. For the first time, "Black Belt Krav Maga" teaches and illustrates the discipline's most lethal fighting and self-defense moves 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 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 encounter and react with a perfectly coordinated counterattack--quickly, automatically, and with deadly accuracy.

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

Neutralizing knife and firearm attacks
Dealing with unarmed attacks (clothing grabs, chokes and bear hugs)
Executing pick-ups and throws

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 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 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 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!

Krav Maga is a modern and proven self-defense system. Easy to learn because it is based on natural reflexes, it is extremely efficient to use against one or more attackers. There is only one goal: to survive violent conflicts as unscathed as possible. Developed by the Israeli army and formerly an insider tip in military training, this close combat system is booming worldwide. Krav Maga is not a traditional or competitive martial art but pure self-defense. It's all about survival. Its techniques are constantly developed and adapted to current threat situations. In his book *Krav Maga: Effective Techniques for Self-Defense*, his second on this self-defense method, Carsten Draheim methodically explains more than 100 Krav Maga techniques for self-defense—including more than 300 detailed photos—by using the principles that make this system so successful. It includes information on both well-founded basics as well as advanced techniques, depending on the distance to the attacker. The effective techniques for self-defense in this book help to demonstrate what Krav Maga is all about, and it also includes exercise tips for more successful and safe execution and provides information to help the reader further develop the learned techniques, making this the official book on Krav Maga training.

Krav Maga is the unarmed part of Israeli combat, and a contact sport of defense techniques that are growing in popularity around the world. It is different from traditional mixed martial arts in that it is based on the evolving lessons learned on the battlefield and in fighting terrorists. Krav Maga combines boxing, Judo, and Brazilian Jiu-Jitsu. In this thrilling book, MMA aficionados learn the history and development of the sport, from Imi Lichtenfeld, Haim Gidon, and Eyal Yanilov. Acclaimed star fighters and trainers aid readers in the discovery of Krav maga including, including Katrina Reynolds, Moti "The Hammer" Hortenstein, Sam Sade, A. J. Draven, and David Kahn. Readers also learn about the basics of MMA self-defense and safety. This engaging volume provides eye-catching step-by-step photos on how to defend against common chokes, grabs, and bear hugs. *The complete 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 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 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, 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 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 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 Your Body as 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 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 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 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.

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