

Krav Maga Manual

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Krav Maga Manual

As mentioned, Krav Maga ("Contact Combat" in Hebrew) is the official self-defense and fighting system used by the Israeli Defense Forces (I.D.F.), Israeli Police and Security Services. It is also taught in institutions associated with the Israeli Ministry of Education, and since 1964, Krav Maga has been taught to civilians all over the world.

by Matt Cheung [HTTP://WWW.ANGELFIRE.COM/ART/MAA](http://www.angelfire.com/art/maa)

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Krav Maga is a philosophy more than just a collection of certain strikes and blocks. Some martial arts are more concerned about looking pretty or winning a controlled fight – Krav is about saving your life. It is not something you do for fun in a fight club, or for a display in the middle of a mall during the holiday season.

The Complete Beginner's Guide to Krav Maga | BlackBeltAtHome

Krav Maga ("contact combat" in Hebrew) is a hard-hitting and efficient form of self-defense that was popularized by Israeli soldiers. Stressing practical, real-world fighting and a philosophy of self-defense, its popularity has grown worldwide over the past few decades.

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Professor Cale wrote the "Official Training Manual" for Krav Maga Tactical Training Options, a Defensive Tactics Program that has been approved in the U.S by most States and Government enties for Law Enforcement standards. Marty's experience and methods of teaching cutting edge tactics takes his courses to a level rarely seen.

Krav Maga Association

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Krav Maga Is for Everyone Built on simple principles, instinctive movements, and practical techniques, Krav Maga was made the official self-defense system of the Israel Defense Forces. To this day, it remains a favorite among law enforcement agencies, military personnel, and anyone interested in making the transformation of a lifetime.

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The defense system known as Krav Maga is aimed to defend against this type of attack and this instructional installment on the technique also offers a perfect strength enhancing workout. This is the final volume of a series of five on Krav Maga, the self defense system used by the Israeli Army.

[DOC] Complete Krav

Thisis krav maga delivered at its highest level—a phenomenal force multiplier. David provides instinctive, simple, and brutally efficient tools to prevail in a violent kinetic or nonkinetic hand-to-hand combat situation. The professional insights and tactics David presents are dead-on serious and practical—no nonsense.

Praise for David Kahn - YMAA

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