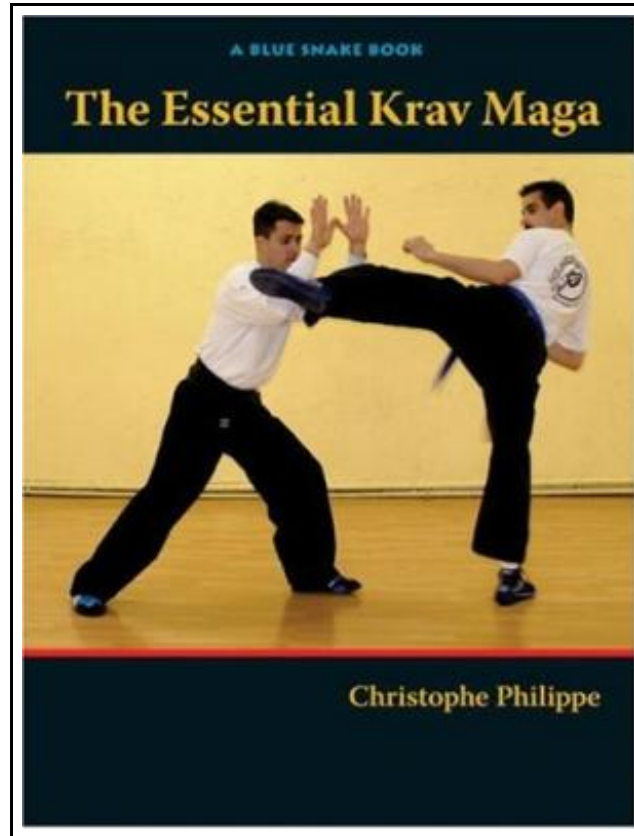


## The Essential Krav Maga



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### ***Reviews***

*It is simple in study safer to understand. It can be full of knowledge and wisdom Your way of life span is going to be enhance when you full looking at this book.  
(Lavina Torp)*

## THE ESSENTIAL KRAV MAGA



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North Atlantic Books,U.S. Paperback. Book Condition: new. BRAND NEW, The Essential Krav Maga, Christophe Philippe, Every day, innocent people are accosted and assaulted by criminals, many of whom carry weapons. The increasingly popular martial art of Krav Maga offers powerful methods and a direct approach to fighting back. Simplicity, speed and efficiency are the main characteristics of Krav Maga, which was founded for the Israeli armed forces and adopted by many other groups worldwide. This book, written by a police officer who has taught Krav Maga extensively, presents an array of self-defense techniques. Each chapter contains instructions for a different type of defense and is a complete lesson. These include defensive strategies against empty-handed assailants and those with a variety of weapons. The book explains how to protect a companion, a boyfriend or girlfriend, or a child, and even how to get away from a group of assailants. Author Christophe Philippe offers simple, thorough explanations accompanied by full-colour photographic sequences demonstrating the techniques.



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