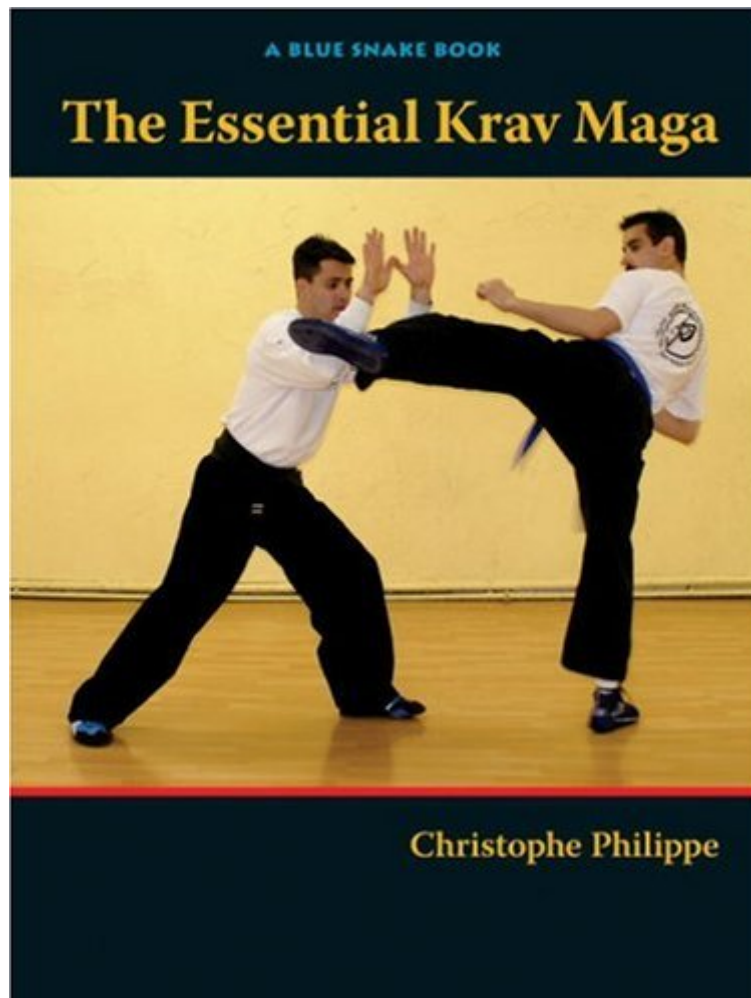


The Essential Krav Maga PDF



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The Essential Krav Maga by Christophe Philippe ISBN 1583941681

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-color photographic sequences demonstrating

the techniques.

The Essential Krav Maga Review

This The Essential Krav Maga book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of The Essential Krav Maga without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry The Essential Krav Maga can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This The Essential Krav Maga having great arrangement in word and layout, so you will not really feel uninterested in reading.