

# Krav Maga Self Defense For Everybody: The Ultimate Guide to Protecting Yourself

## What is Krav Maga?

Krav Maga is a self-defense system that was developed by the Israeli military. It is a practical and effective system that can be used by people of all ages and abilities. Krav Maga is based on the principle of using simple, effective techniques to defend yourself against a variety of attacks. It is a no-nonsense system that focuses on real-world self-defense scenarios.



## Krav Maga Self Defense For Everybody: A Complete Course by Dennis Fisher

★★★★☆ 4 out of 5

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|----------------------|-------------|
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| Screen Reader        | : Supported |
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| Lending              | : Enabled   |



## Why learn Krav Maga?

There are many benefits to learning Krav Maga. Some of the benefits include:

- Increased self-confidence

- Improved physical fitness
- Enhanced self-awareness
- Increased ability to defend yourself

## **Krav Maga Self Defense For Everybody**

Krav Maga Self Defense For Everybody is the ultimate guide to learning Krav Maga. It covers everything from basic techniques to advanced self-defense strategies. The book is written by a team of experienced Krav Maga instructors who have years of experience teaching self-defense to people of all ages and abilities.

The book is divided into three parts. The first part covers the basics of Krav Maga, including the principles of self-defense, the different types of attacks, and the basic techniques of Krav Maga. The second part of the book covers intermediate and advanced Krav Maga techniques. The third part of the book covers self-defense strategies for specific situations, such as defending yourself against a knife attack or a sexual assault.

Krav Maga Self Defense For Everybody is a comprehensive and well-written guide to learning Krav Maga. It is a valuable resource for anyone who wants to learn how to defend themselves.

## **Free Download your copy of Krav Maga Self Defense For Everybody today!**

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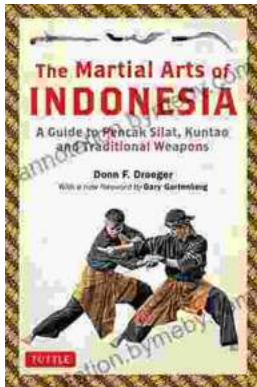


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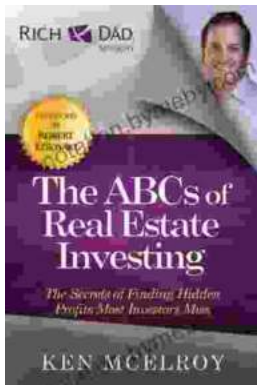
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