



Krav Maga for Beginners: A Step-by-Step Guide to the World's Easiest-to-Learn, Most-Effective Fitness and Fighting Program

Darren Levine, Ryan Hoover

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LEARN THE ULTIMATE DEFENSE AND FIGHTING SYSTEM FOR BEGINNERS

As the official fighting system of the Israeli Defense Forces, Krav Maga has been battle-tested and has been proven successful. Its emphasis on instinctive movements and efficient counterattacks makes it an easy-to-learn and highly effective program for anyone—male or female, large or small, young or old.

Krav Maga for Beginners presents the system's fundamental techniques, its most useful real-world moves and its comprehensive fitness program. Whether you are looking to improve your fighting skills or gain the confidence to escape from a personal assault unharmed, *Krav Maga for Beginners* provides everything you'll need to reach your fighting goal.

With over 360 step-by-step photos, *Krav Maga for Beginners* makes it easy to learn the world's most effective self-defense and fighting system:

- Escape Danger
- Counterattack
- Neutralize & Defeat

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