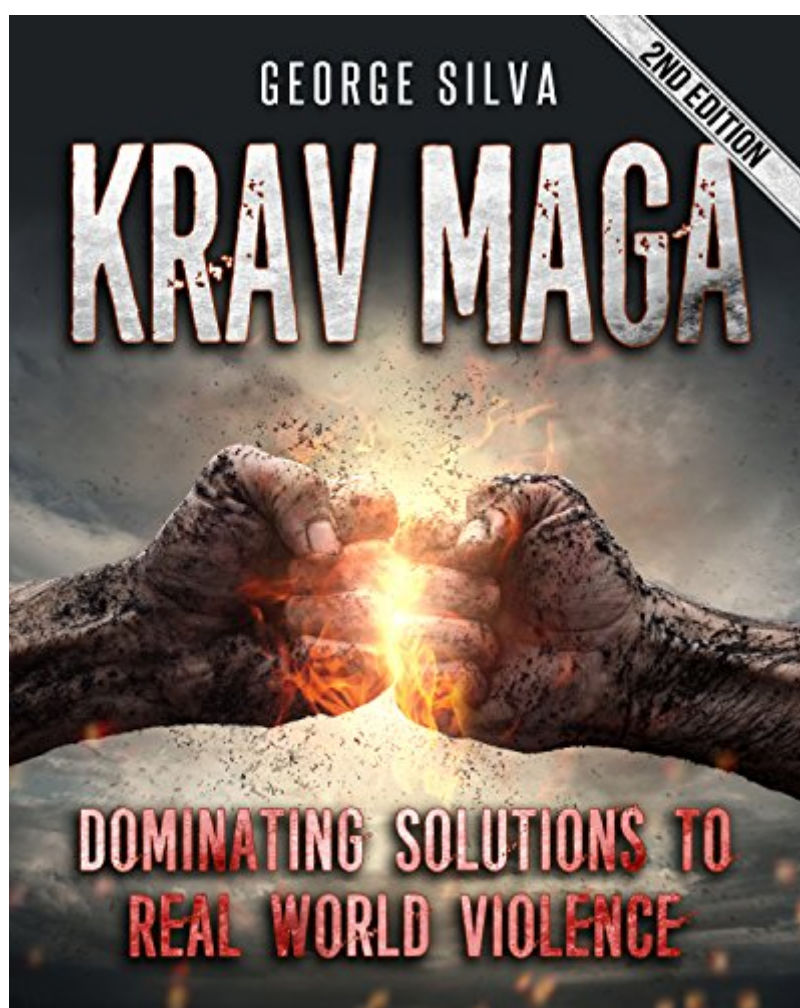


The book was found

Krav Maga: Dominating Solutions To Real World Violence (Krav Maga, Self Defense, Martial Arts, MMA, Home Defense, Fighting, Violence)



Synopsis

Handle Street Violence with Krav Maga!2nd Edition!!! Updated 3/15/2016 ——— FREE BONUS at The End - Download Now! Are you ready to face an attack? Can you defend yourself and your family? Is it time to gain some new fighting skills?With Krav Maga: Dominating Solutions to Real World Violence, you'll learn everything you need to know to use reasonable force to get out of trouble with minimal injury to yourself.Learn simple but aggressive movements that punch straight to the heart of self-defense!In Krav Maga: Dominating Solutions to Real World Violence, youâ™ll learn the hand-to-hand combat system of the Israeli military. It was designed to be learned quickly and used effectively by people of all ages, genders, body types, and fitness levels. There are no rules, forms, or combinations of moves to learn â“ just simple self-defense techniques that use the bodyâ™s natural reactions.Read this book for FREE on Kindle Unlimited - Order now!In this insightful guide, youâ™ll learn the philosophy and principles of Krav Maga. For example, Krav Maga techniques are easily adaptable to many situations. Instead of focusing on flashy techniques and perfect execution, this martial art gets results with aggressive, practical fighting techniques.Youâ™ll even learn how to use impact weapons with Krav Maga!Hurry! Download Krav Maga: Dominating Solutions to Real World Violence right away! Just scroll to the top of the page and select the Buy Button.Download Your Copy TODAY!

Book Information

File Size: 4490 KB

Print Length: 118 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 31, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B01A2BL6CW

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #50,530 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8 inÂ Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #16 inÂ Kindle Store > Kindle eBooks

> Health, Fitness & Dieting > Exercise & Fitness > Martial Arts #23 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Coaching

Customer Reviews

This book covers the history and development, principles, and more about krav maga. It explores its birth, it goes in depth about the "neutralize as fast as possible" approach, and explains how the participant can become an expert or master in the style. I strongly believe that everyone needs to learn enough physical skills to save your life if ever the need arises. I'll continue to read books and watch videos about Krav maga and try to learn and improve for a myself defense. I would highly recommend this book to anyone interested in learning Krav Maga.

Krav Maga is a system of survival, a system that deals with safety issues on a personal basis. When we are in the position of a real attack, there is only one form of defense that can help us that has minimum amount of injury to our self and that is Krav Maga. This training focuses on simple techniques for self-defense using the natural reactions of the body. Self-defense is something that everybody should learn, especially with the current situations in our surrounding. This book aims to give us an idea of what may happen to us if someone attack us and we response back with the techniques that we learn on Krav Maga. On my personal opinion, i think its much better if the author includes some illustrations or photos that shows how every move is made for better understanding. But overall, this book is an awesome source of information.

Krav Maga is a word I've never heard before and being curious I purchased this book to learn about this word but learned so much more. In these times when defenseless people are being attacked it is very important to learn how to defend ones selves. So I'm learning that Krav Maga is totally different from Karate, Judo and Tai Chi, the word Krav Maga means close combat and its technique is simple but aggressive. As I read through the frequently asked questions it answers my questions and has addressed my concerns also. Krav Maga is for everyone including myself and in an effort to learning how to defend myself this book is helpful, it is the first step that I've taken in honor of self defense.

Self defense is something that is very important nowadays. Especially for women. Krav maga is something new to me and upon reading this book i agree to what it says that you can't be taught a technique or method as a counterattack in a certain situation because it is not what's happening in

the real world. It's good to know that krav maga is designed for problem solving aside from it used for addressing violent attacks. And the most interesting part about it is it says in this book it is a self defense that will teaches you not to get hurt which is quite interesting. This is a very informative book about a new self defense. Something that someone could uses to go home and walk away with safety.

What's here is good material. However, there are a LOT of typos, and many things not defined. You won't know what is meant by live side and dead side, for example. But this is a good start, and worth downloading.

This book not only describes real world solutions to violence, but also dives deeper into assailant motivations and patterns, which allows readers to understand how to best avoid needing krav maga for self defense. That said, the techniques described in detail are incredibly effective and are based on a system that has been developed through years of intensive training and experience. This is an excellent book for military personnel , law enforcement officers, everyday civilians and anyone that is interested in training in Krav Maga. Great book. A rather easy read to follow. Would be much better though if it had illustrations.

I've read lot of interesting points which at now I honestly don't understand fully since I really don't have the basics on it. Basically, it's on Martial Arts, Self Defense. It's a good thing to learn and protect yourself. Krav Maga is a self-defense technique I think. The training focuses on simple techniques for self-defense using the natural reactions of the body. Krav Maga is a system of survival, a system that deals with safety issues on a personal basis. This book can go to places and help people who are actually interested with this kind of thing.

I must admit that I didn't know much about Krav Maga prior to reading this book. I really thought that it's another martial art. After reading this book, I know how wrong I was since it's not a martial art at all but a self-defense system. Book gives a very nice basic overview of Krav Maga and its principles. You can find some basic moves, what sort of equipment you can use when learning Krav Maga, how to use impact weapons, and how to defend from them etc. The book is short, concise and gives some nice introduction to Krav Maga.

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