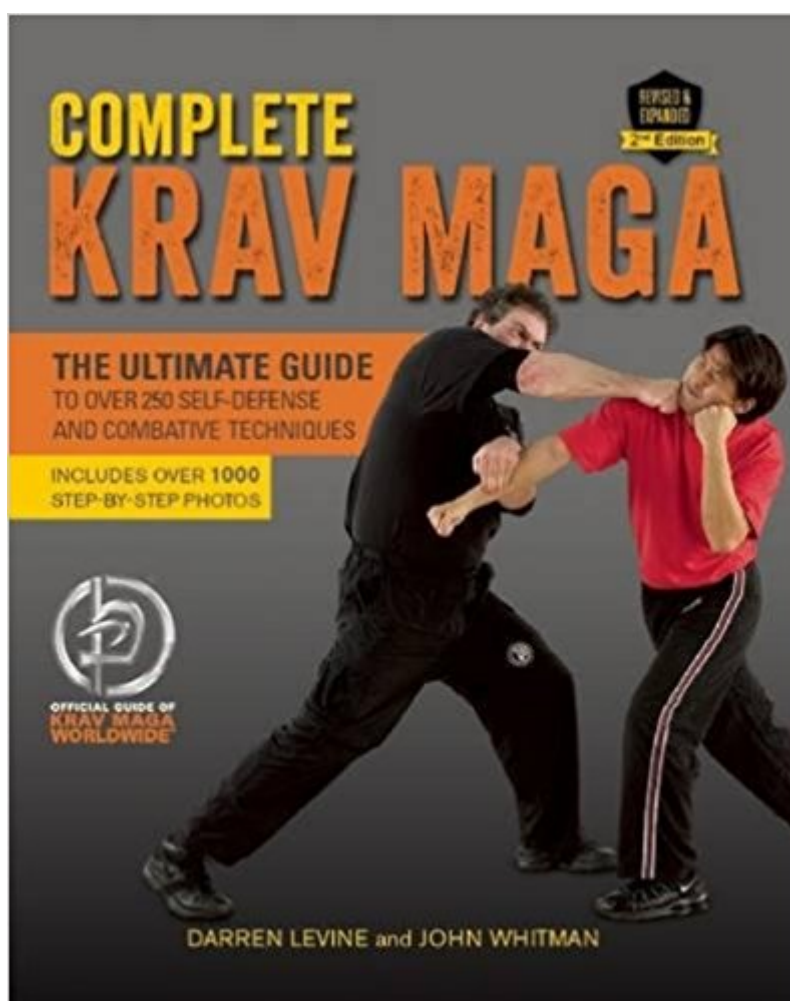


The book was found

Complete Krav Maga: The Ultimate Guide To Over 250 Self-Defense And Combative Techniques



Synopsis

“Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga. œlmi Lichtenfeld, founder of Krav MagaTHE TOP-SELLING GUIDE TO KRAV MAGA IN AN UPDATED AND EXPANDED EDITIONAll the defense moves in Complete Krav Maga •from beginner Yellow Belt to advancedBlack Belt•are described in depth and illustrated with step-by-step photos: BEGINNER: Punches, kicks, knee strikes and defense movements INTERMEDIATE: Counterattacks against knives, guns and sticks ADVANCED: Advanced strikes and ground fighting techniquesBased on the principle that it is best to move from defense to attack as quickly as possible, Complete Krav Maga teaches fast-escape maneuvers combined with powerful counterattacks. Whether you are big or small, male or female, young or old, you can use Krav Maga to protect yourself by exploiting an assailant’s vulnerabilities.

Book Information

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Customer Reviews

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Complete Krav Maga|John|Whitman|9781569755730|21.95|Ulysses Press|07/03/2007|102000|

First of all, let me say that this is a five star book. The reason this review gives it four stars is because the second edition did not add much new content from the first, and it all contained in another of Levine’s books, which is titled something along the lines of ‘Black Belt Krav Maga

Techniques'. Regardless, this is an amazing reference book for Krav Maga. The photos capture the essence of each technique, and the written descriptions are clear, concise, and informative. The book is organized by belt level, then further divided by situation, so navigating to where you want to get to is easy. The index is also appreciated, since this book really does contain a lot of techniques(250+). Obviously, you will get more out of this if you have a professional teacher, but this is a great book for someone interested, getting started, or is experienced in Krav Maga.

There is a lot of information, organized by move, with photos. It is a big book, with multiple moves and pictures on each page. It is direct and doesn't waste any time. Each section of types of moves is introduced with a short 1-2 page explanation of those moves.

This book along with Darren's Black Belt version are great. I study Krav Maga 5x per week and these manuals have helped me understand & learn the Krav Maga techniques more quickly by letting me review the points my instructors make when I am outside of class.

As a martial artist for the last ten years I found this book really nice to look through, I use it more as an idea book, If I'm looking for something to practice I can just pull open a page and do an application. That being said, the weapon defense in this book is poor and not to be trusted, I would never use any of their weapon defenses in a real situation. Overall four stars because of great hand to hand techniques, which do sometimes have to be modified, and poor weapon defense. Great use of images, makes every movement very clear.

Practical way of self defense

Reviewed this book. It seems to be simple to follow if you either one: have an understanding of Martial Arts or two: learning Krav Maga and using it as a guide during your journey in training in this Art Of Combat!

I bought this book before I had actually started training in Krav Maga and found it interesting, but without proper instruction the techniques in this book won't be nearly as effective. Now that I have been training in Krav Maga and understand all the basics, this book is much more helpful as a review to practice my skills and techniques.

Love the detail with this book. Handy for reviewing techniques for my krav class. I would recommend this book to anyone taking a krav class or wanting to learn more about krav.

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