

## Complete Krav Maga The Ultimate To Over 200 Self Defense And Combative Techniques Darren Levine

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Complete Krav Maga: The Ultimate Guide to Over 250 Self-Defense and Combative Techniques Paperback – June 14, 2016. by. Darren Levine (Author) › Visit Amazon's Darren Levine Page.

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All the moves are described in depth from beginning Yellow Belt to advanced Black Belt, yet they are easy to learn because one of Krav Maga's strengths is its simplicity. Based on the principle that it is best to move from defense to attack as quickly as possible, Complete Krav Maga offers fast-escape maneuvers from attacks and holds. It then follows them up with specific counterattacks, including punches, kicks and throws.

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Based 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.

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Total Krav Maga is not just a set of training DVDs – but a comprehensive home study course that will take you from know-nothing to confident practitioner. With this series you will actually learn each technique to a deep level, understand its use, and practice with unique and skill-building drills.

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