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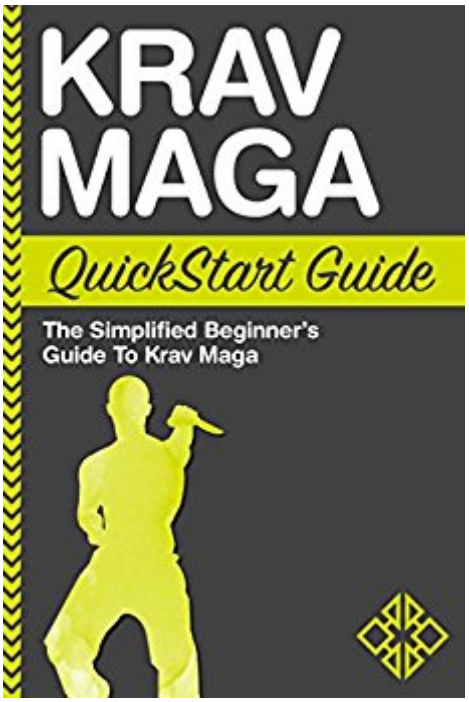

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Synopsis

Learn Krav Maga Through The Most Easy to Follow, Illustrated Guide Available - The Ultimate Beginner’s Guide to Krav Maga!***Krav Maga Broken Down Into Easy To Follow Steps With Detailed and Illustrated Descriptions!***You’ve heard about Krav Maga and want to learn the system but don’t know where to start? Look no further. No other book is going to teach you Krav Maga from the ground up - teaching you the history and philosophy of this self-defense system before introducing principles, techniques and strategy. Through this methodology, you’ll understand Krav Maga both mentally and physically, thus allowing you to master this effective self-defense system. If you want to master Krav Maga, you’re in the right place. Krav Maga is not something you learn overnight and it not something you can learn by simply reading a book. As with any martial arts systems, you need to train your body as well as your mind to master each movement and technique. Designed for those completely new to Krav Maga, "Krav Maga for Beginners" will introduce you to Krav Maga like never before by walking you through the mind of the developers of this self-defense system originally created for the Israeli military. Detailed and Illustrated Content of Krav Maga Techniques and Moves Makes This Book Like Having a Krav Maga Guru With You While You Learn!Krav Maga is one of the fastest growing martial arts styles for several reasons such as the relatively easy learning curve and the fact that the Techniques and Movements are Practical in Real World Scenarios. While many other martial arts styles are great in practice, not many challenge the immense practical implication of Krav Maga. Krav Maga is great in ACTION. Rather than focusing on style, Krav Maga emphasizes the quick and efficient neutralization of enemy threats in addition to effective techniques to deploy against armed assailants. "Krav Maga For Beginners" has been specifically designed with ease of learning in mind to ensure you don’t get stuck, lost or lose hope in the learning process. Never again will you need to waste your time searching the internet, watching videos and paying crazy amounts of money for online courses! Who Is This For?People With Zero To Little Krav Maga or Martial Arts Experience!Krav Maga Experts Looking To Brush Up On The Basics!People Looking To Learn Krav Maga For Health and Fitness!People Looking To Learn Krav Maga For Protection and Self Defense!What You’ll Learn...The History of Krav Maga Development!The Principles that Krav Maga is Built Upon!Proper Warm Up Drills and Exercises!The Most Important Kicks and Knee Attacks!Cruical Punch and Strike Defense Techniques!The Top Mistakes to AVOID That Those New To Krav Maga Make!Our Personal GuaranteeWe are so confident that methods outlined in this book will help you learn Krav Maga that we’re willing to let you try the book risk-free. If you are not fully satisfied with the product, simply let us know and we will provide a 100% full refund. ThatÃ¢â ¬â„¢s right, a 100%

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Customer Reviews

I got this for my nephew who is into martial arts, to encourage him to read a little more. Krav Maga means ÃƒÂ¢Ã â ¬Ã Å“contact combatÃƒÂ¢Ã â ¬Ã Â• in Hebrew and a little of the history and principles of this fighting style are explained here. The author emphasizes that the book alone cannot teach anyone to be a krav maga fighter, but my nephew still found it interesting. Many strikes, punches and kicks are explained and the included diagrams are helpful, as is the glossary of terms at the end of the book. Defensive moves against various attacks is also covered.

A friend of mine studies Krav Maga, so when I came across this book, I was intrigued.I like that

there are pictures of the moves and good descriptions, but I don't think this something that can be learned simply from reading.There are many good defense moves in this book, but I think I would have to actually go to a class to get the correct form and technique. That being said, it is an interesting book!

Fell short of what I was looking for. This is just a low level overview.

Krav Maga has fascinated me for a very long time. I tried when I was in my teen years, but didn't really go through with due to some personal circumstances. When I saw this Krav Maga book, i immediately started feel the desire coming back. Krav Maga is an Israeli martial arts born of necessity and brutal pragmatism. It is not something you learn overnight and it not something you can learn by simply reading this book. Yet, this is a good reference. There are pictures of the moves and good descriptions. I strongly believe that everyone needs to learn enough physical skills to save your life if ever the need arises.This book has all the basic information you need to start krav maga. Its not only the fighting skills you gain, but also the mental discipline.

I was stunned that this was FREE on . The author has the best illustrations that are easily followed so that the reader can actually mimic the moves needed. My only wish.. I would prefer to have this book in actual physical book form. You should be able to learn enough physical skills to save your life if ever the need arises to fight for survival. And, in today's world.. that could be anytime.. anywhere.

My take on the book, Krav Maga: For Beginners - A Comprehensive Introduction to Krav Maga (Krav Maga, Krav Maga Training, Krav Maga History). As some one who is looking into getting their family into some kind of martial arts classes. I choose to purchase and read this book. It is great for beginners probably not so much for experienced people. But over all itÃƒÂ¢Ã â ¬Ã â„¢s a great book. Everyone and anyone who is interested in this kind of ÃƒÂ¢Ã â ¬Ã Å“artÃƒÂ¢Ã â ¬Ã Â• this is a must read to find out if it is for you before you try it. The author really put effort into this book. ItÃƒÂ¢Ã â ¬Ã â„¢s a great read. Thanks.

ClydeBank Media is a legit Publisher.They publish actual books, rather than just glorified pamphlets, and this book is a perfect example.The book is professionally written, and easy to follow. The illustrations in the book are clear, not too big, and a nice addition.What more can I say that

hasn’t already been said? ClydeBank strikes again!-Slov&Turtle

This book not only teaches you the moves of Krav Maga, but also the reason and mindset behind the development of the fighting style. 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. Great depth, awesome book.

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