



Krav Maga: Disrupt, Damage, Destroy, Disengage: Practical Solutions to Real World Challenges (Paperback)

By Adam Fisher

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Just like most people in the world we all want to be able to defend ourselves against an attacker. Krav Maga was created in the 1930s to help the Jews in Bratislava, Czechoslovakia against unwanted fascists. It wasn't taught in a studio; it was taught by Imre Lichtenfeld to his friends and neighbors so they could defend themselves in the streets against the violence there. Lichtenfeld took what he had been taught in boxing and wrestling and tweaked it into what we know as Krav Maga today. He worked with the Israeli Military to teach their soldiers new skills to help them in combat. Krav Maga has changed and been refined over the years, but the principle remains the same. Krav Maga ideas include: Seeing how important it is and learning to expand on the instinctive responses while under stress. Stay aware of your surroundings while you deal with threats so you can look for escape routes, other attackers, and objects that can be used to hit an opponent. Using easy and simple strikes that are repeatable. Targeting the attack on...



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Reviews

The publication is easy to read better to understand. It is written in basic words and phrases rather than hard to understand. You won't truly feel monotony at anytime of your respective time (that's what catalogues are for about if you question me).

-- **Kaya Rippin**

Thorough guide! It's this sort of excellent read. It is really simplified but unexpected situations in the 50 % in the book. You are going to like just how the blogger created this publication.

-- **Prof. Lela Steuber**