



## Krav Maga: Learn How to Defend Yourself from Would-Be Attackers (Paperback)

By Charlie Caine

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Truth be told, danger is something that you have to live with. Thousands of crimes are committed every day, often inflicted on innocent individuals who are unguarded against these attacks. This is not geared to scare you but instead empower you because you can help yourself from being victimized through self-defense. There are many martial arts styles that you can choose from, and each of them has their respective advantages. This particular book introduces you to the art of Krav Maga. Combining different combat disciplines and applying it to realistic fight situations, Krav Maga has many variations developed to suit the needs of its learners. This book covers a brief background, introduces you to several standards of the system, and also highlights techniques that will be easy to follow during training and easy to remember and apply when the time of need arises. Like any combat practice, learning Krav Maga takes focus and practice. By following the procedures mentioned in these pages, you will have the confidence to defend yourself and your loved ones from would-be assailants anytime and anywhere.



**READ ONLINE**  
[ 1.78 MB ]

### Reviews

*This kind of publication is every thing and taught me to seeking ahead and a lot more. It really is rally interesting throgh reading through time. I realized this ebook from my i and dad recommended this publication to understand.*

-- **Dax Herzog**

*This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Ida Herman**

## Related Books



### **Suzuki keep the car world (four full fun story + vehicles illustrations = the best thing to buy for your child(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: Unknown in Publisher: Qingdao Publishing List Price: 58.00 yuan Author: Publisher: the Qingdao Publishing ISBN: 9.787.543.682.832 Yema: Revision:...



### **Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



### **Here Comes a Chopper to Chop off Your Head**

Hardback. Book Condition: New. Not Signed; Today's parents are increasingly replacing nursery rhymes with the latest pop songs, and fairy tales - now thought too scary for little ones - with cute stories about farmyard animals and talking trains. Until recently, weird...



### **Pencil Drawing Techniques Box Set 2 in 1: Drawing for Beginners: 53 Outstanding Zentangle Patterns to Use in Your Own Masterpieces!: (With Pictures, 53 Outstanding Zentangle Patterns to Use in Your Own Masterpieces! Drawing, Zentangle,**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Pencil Drawing Techniques BOX SET 2 IN 1: Drawing For Beginners: 53 Outstanding Zentangle Patterns To Use In Your Own...



### **TJ is not the same growth: growth of students in England education documentary(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2004-08-01 Publisher: read before the contemporary world beat: All books are the Youth Pre-employment Training software download generated...



### **Dads Who Killed Their Kids True Stories about Dads Who Became Killers and Murdered Their Loved Ones**

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Dads Who KillWhat would drive a father to murder his own children? The idea of anyone killing a child, especially...