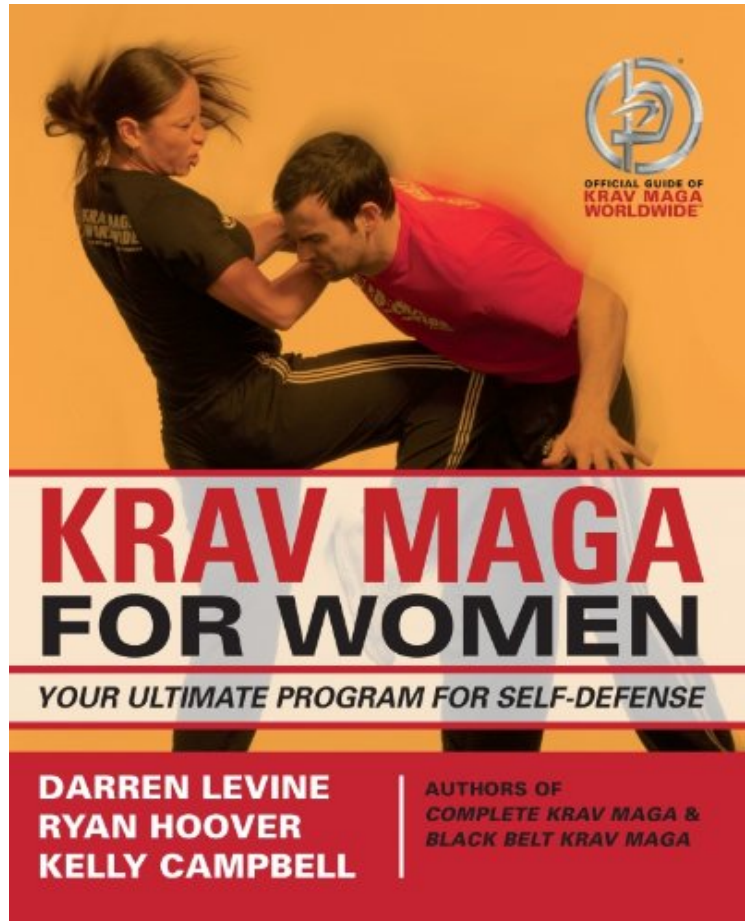


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## Krav Maga for Women: Your Ultimate Program for Self Defense

Von Darren Levine, Ryan Hoover, Kelly Campbell  
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**Von Darren Levine, Ryan Hoover, Kelly Campbell : Krav Maga for Women: Your Ultimate Program for Self Defense** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Krav Maga for Women: Your Ultimate Program for Self Defense:

Kundenrezensionen Hilfreichste Kundenrezensionen 0 von 1 Kunden fanden die folgende Rezension hilfreich. Nein für unsere Girlies (nur meine Meinung) Von Kunde Ganz Gut - jedoch nicht 100% zu empfehlen. Ein Sammelsurium an Krims Krams aus dem Kampfsport Bereich und sonst gar nix. Krav Maga ist beschriftet und macht auch keinen Spaß durch z.B. die ganzen sinnlosen, ungesunden und unausgegorenen Drills 0 von 0 Kunden fanden die folgende Rezension hilfreich. Helpful high-quality book Von Customer If you haven't yet read any of the other Krav Maga Worldwide books (Krav Maga for Beginners, Complete Krav Maga, and Black Belt Krav Maga), you may be completely happy with this one. It contains a relatively wide variety of techniques. These are well described and the photographs and step-by-step instructions are very good. They are so good, in fact, that when it comes to describing such techniques in a book, I can't really imagine how it could be done much better. If, however, you've already read the other books of the series, you may be slightly disappointed as - even though this one definitely focuses on women -

there is not much additional information.

**Kurzbeschreibung** **LEARN THE ULTIMATE DEFENSE SYSTEM FOR WOMEN** With its emphasis on instinctive movements and efficient counterattacks, Krav Maga is the ideal self-defense system for any woman regardless of strength, size or age. Targeting its easiest-to-learn and most effective moves, Krav Maga for Women presents techniques and tips that quickly give you the skills and mindset to defend yourself against an attacker. As the official defensive tactics system of the Israeli Defense Forces, Krav Maga has been battle-tested on the front lines and backstreets. With Krav Maga for Women, you can gain the physical and tactical tools to protect yourself and loved ones. With more than 300 step-by-step photos, Krav Maga for Women makes it easy to learn the worlds best self-defense system, including: **DISABLING STRIKES EFFECTIVE ESCAPES REAL-WORLD DEFENSES**