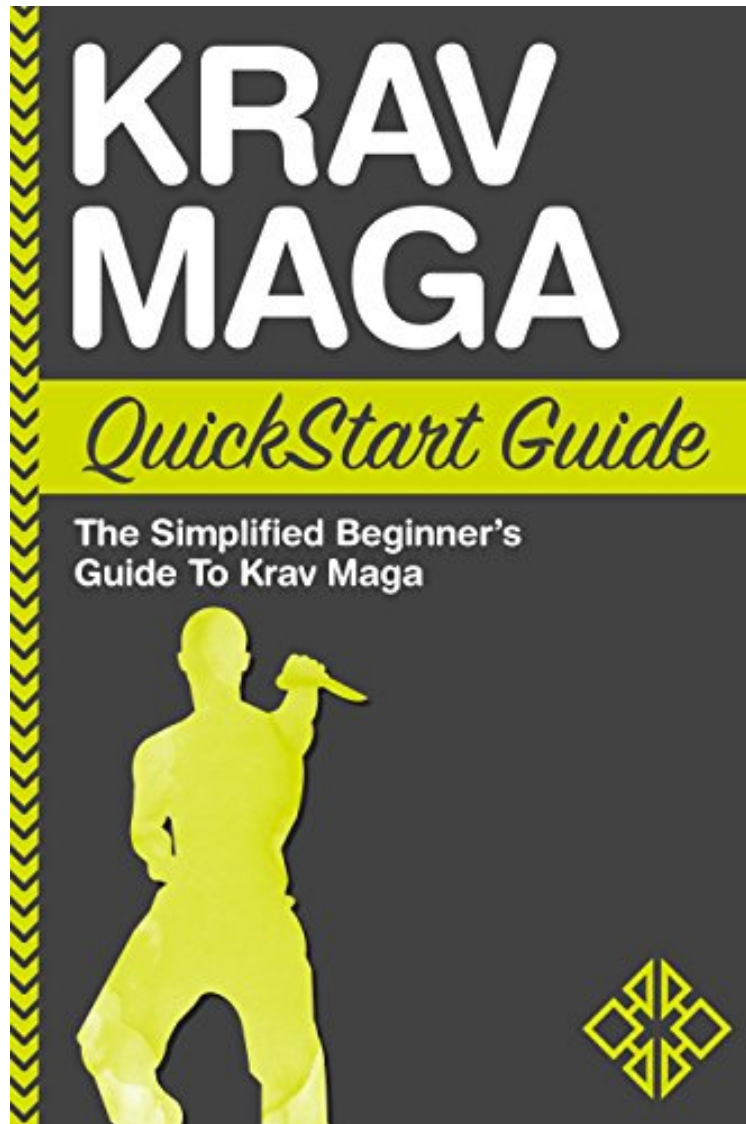



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## **Krav Maga: QuickStart Guide: The Simplified Beginner's Guide to Krav Maga (Krav Maga, Krav Maga Training Book 1) (English Edition)**

*Von ClydeBank Recreation*

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**Von ClydeBank Recreation : Krav Maga: QuickStart Guide: The Simplified Beginner's Guide to Krav Maga (Krav Maga, Krav Maga Training Book 1) (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Krav Maga: QuickStart Guide: The Simplified Beginner's Guide to Krav

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KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich.  
Interesting ! Good basics !Von Mr. MagnusO.k. I'm not an expert for martial arts or self-defence although I had a lot of training during the years in both of it. So I think I know a little about it.The book gives you a good introduction into the basic principles and techniques of Krav Maga.O.K. you can't learn a self defence from a book you have to practice !But after reading you know what's about and I think you have a good idea about the basics.I didn't gave 5 stars because I miss some more pictures and drawings and some explanations weren't really logical for me. But never the less in the general a great book which I really recommend !

KurzbeschreibungLearn 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!Crucial 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. Thats right, a 100% Money-Back Guarantee! What reason do you have to not give this book a try?Scroll Up To The Top Of The Page And Click The Orange "Buy Now" Icon On The Right Side, Right Now!ClydeBank Media LLCAll Rights ReservedKurzbeschreibungLearn 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. 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