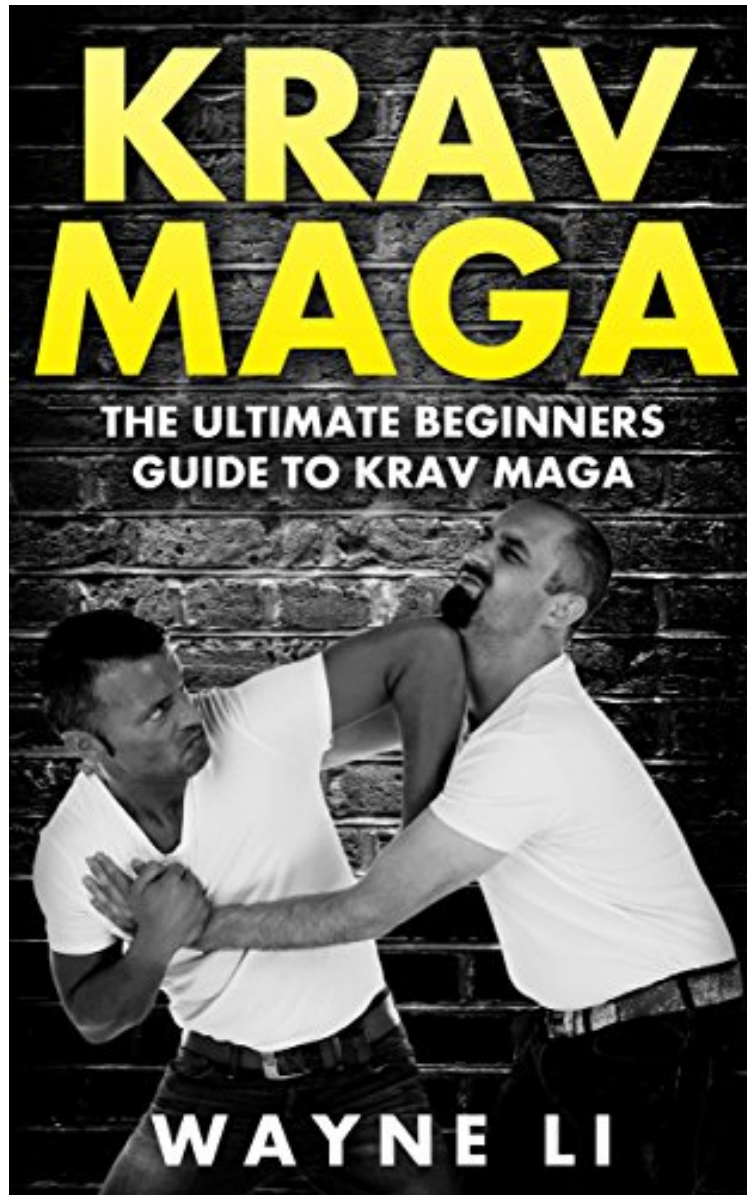


[Library ebook] Krav Maga: The Ultimate Beginners Guide To Krav Maga (English Edition)

Krav Maga: The Ultimate Beginners Guide To Krav Maga (English Edition)

Von Wayne Li

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Von Wayne Li : Krav Maga: The Ultimate Beginners Guide To Krav Maga (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Krav Maga: The Ultimate Beginners Guide To Krav Maga (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich.

O.K.Von Mr. MagnusThis is a good introduction into the basics of this self defense.What I miss are some pictures and it is not possible to look on the video links from the paper white so this is not to good.Alos the descriptions are a little bit short.So may be it would make sense to read this book on an other media like PC or Tablet or something like that.

KurzbeschreibungI can't remember how I first heard about Krav Maga, but I do remember being immediately fascinated. All martial arts have an appeal to most men and their fighting spirit, but Krav Magas draw owes less to the mystique of many of the traditional disciplines and more to a distinct aura of bad-assitude. Its a simple and effective street fighting self-defense system thats more martial than art. A well-trained practitioner of Krav Maga is basically a walking human weapon.What I discovered is that Krav Maga is a brutally effective tactical mixed martial art and self-defense system that lives up to its reputation. If you too have ever wondered what Krav Maga is all about, I have written you this primer.Here is what you will learn in this bookIntroduction / What is Krav Maga?History of Krav MagaThe Principles of Krav MagaBenefits of Learning Krav MagaHow To Get Started in Krav MagaBasic Krav Maga Techniques (With Videos)Krav Maga StancesKrav Maga Punches StrikesKrav Maga Defenses Against PunchesKrav Maga Defenses Against KicksKrav Maga Knee TechniquesKrav Maga How To Fall If Knocked To The GroundKrav Maga Groundwork Grappling TechniquesKrav Maga Ground Fighting TechniquesKrav Maga Defenses Against WeaponsKrav Maga Defenses Against Bear HugsKrav Maga Defenses Against ChokesKrav Maga Defenses Against Wrist GrabsKrav Maga Defenses Against Hair GrabsKrav Maga Defenses Against Other GrabsKrav Maga Defenses Against Carjackings, Hostage Situations, etc.Krav Maga Defenses Against Multiple OpponentsAnd much more...Would You Like To Know More?Download now to learn how to build a powerful daily routine. Scroll to the top of the page and select the buy now button.KurzbeschreibungI can't remember how I first heard about Krav Maga, but I do remember being immediately fascinated. All martial arts have an appeal to most men and their fighting spirit, but Krav Magas draw owes less to the mystique of many of the traditional disciplines and more to a distinct aura of bad-assitude. Its a simple and effective street fighting self-defense system thats more martial than art. A well-trained practitioner of Krav Maga is basically a walking human weapon.What I discovered is that Krav Maga is a brutally effective tactical mixed martial art and self-defense system that lives up to its reputation. If you too have ever wondered what Krav Maga is all about, I have written you this primer.Here is what you will learn in this bookIntroduction / What is Krav Maga?History of Krav MagaThe Principles of Krav MagaBenefits of Learning Krav MagaHow To Get Started in Krav MagaBasic Krav Maga Techniques (With Videos)Krav Maga StancesKrav Maga Punches StrikesKrav Maga Defenses Against PunchesKrav Maga Defenses Against KicksKrav Maga Knee TechniquesKrav Maga How To Fall If Knocked To The GroundKrav Maga Groundwork Grappling TechniquesKrav Maga Ground Fighting TechniquesKrav Maga Defenses Against WeaponsKrav Maga Defenses Against Bear HugsKrav Maga Defenses Against ChokesKrav Maga Defenses Against Wrist GrabsKrav Maga Defenses Against Hair GrabsKrav Maga Defenses Against Other GrabsKrav Maga Defenses Against Carjackings, Hostage Situations, etc.Krav Maga Defenses Against Multiple OpponentsAnd much more...Would You Like To Know More?Download now to learn how to build a powerful daily routine. Scroll to the top of the page and select the buy now button.