



Complete Krav Maga: The Ultimate Guide to Over 250 Self-Defense and Combative Techniques

By Darren Levine, John Whitman

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THE TOP-SELLING GUIDE TO KRAV MAGA IN AN UPDATED AND EXPANDED EDITION

All the defense moves in Complete Krav Maga from beginner Yellow Belt to advanced

Black Belt are described in depth and illustrated with step-by-step photos:

BEGINNER: Punches, kicks, knee strikes and defense movements

INTERMEDIATE: Counterattacks against knives, guns and sticks

ADVANCED: Advanced strikes and ground fighting techniques

Based on the principle that it is best to move from defense to attack as quickly as possible, "Complete Krav Maga" teaches fast-escape maneuvers combined with powerful counterattacks. Whether you are big or small, male or female, young or old, you can use Krav Maga to protect yourself by exploiting an assailant's vulnerabilities."

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- Sales Rank: #28023 in Books
- Brand: Ulysses Pr
- Published on: 2016-06-14
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x 1.00" w x 7.30" l, 1.59 pounds
- Binding: Paperback
- 384 pages

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About the Author

Darren Levine, a 6th-degree black belt, is the U.S. chief instructor of Krav Maga, and also a deputy district attorney serving on an elite unit with the Los Angeles District Attorney's Office. **John Whitman**, a 4th-degree black belt and president of Krav Maga Worldwide, trains civilian, military and law-enforcement agencies nationwide. Both authors live in Los Angeles.

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