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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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Level Up, Find Your Tribe & Get Your Fire Back. The Krav Maga Institute NYC (KMI) was established in 2010 with a mission to equip New Yorkers with the complete set of tools and education required to walk the streets of New York and live

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Complete Krav Maga: The Ultimate Guide to Over 230 Self-Defense and Combative Techniques: The Ultimate Guide to Over 200 Self-defense and Combative Techniques (Ingl é s) Tapa blanda – 31 enero 2007 de Darren Levine (Autor)

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All the moves are described in depth from beginning Yellow Belt to advanced Black Belt, yet they are easy to learn because one of Krav Maga's strengths is its simplicity. Based on the principle that it is best to move from defense to attack as quickly as possible, Complete Krav Maga offers fast-escape maneuvers from attacks and holds. It then follows them up with specific counterattacks, including punches, kicks and throws.

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Krav Maga is the Ultimate Well-Rounded Work-Out: How Training in Krav Maga can

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Complete Krav Maga includes techniques for Yellow through Brown Belt or Levels 1 through 5, from beginner up to the level immediately below black belt. The system is progressive and integrated, meaning that many of the moves and techniques at the higher levels build upon movements and techniques taught in lower levels.

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Krav Maga: an essential guide to the renowned method for fitness and self-defence. London: Piatkus, 2005. ISBN 0-01-303950-4. Levine, Darren. Complete krav maga: the ultimate guide to over 200 self-defense and combative techniques. Berkeley, CA: Ulysses, 2007. ISBN 1-56975-573-6. Philippe, Christophe.

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