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Krav Maga QuickStart Guide: The Simplified Beginner's Guide to Krav Maga

By ClydeBank Recreation
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3 of 3 review helpful Great intro to KM By A Dauria Great intro to KM As the book clearly states it's not very useful without actual live instruction I agree with that It's a good overview of the concepts and offers pretty clear descriptions of certain types of situational defense offense I found that it helped consolidate and expand on information I had learned from live instruction 5 of 6 review helpful 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

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