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Krav Maga: An Essential Guide to the Renowned Method--for Fitness and Self-Defense

David Kahn

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Master the moves of *krav maga?*the international self-defense and physical fitness sensation

Increasingly popular around the world, *krav maga* is the renowned hand-to-hand Martial Arts defense fighting designed by the Israeli military forces. Swift, powerful, and simple, it is an effective method for fending off any kind of attacker?and it is also an amazing workout.

Regardless of size, strength, and fitness level, anyone can master the essentials of *krav maga?*and reap the rewards of increased safety, confidence, and conditioning. With moves you can learn in as little as five minutes, or train and practice for long-term success, *Krav Maga* covers all the below:

*What is Krav Maga all about
*Instruction on how to protect your body's vulnerable target and learn weapons defense combat
*Use an opponent's momentum to fuel your counterattack
*Escape all kinds of grips and holds
*Combine training punches, kicks, and other moves into a powerful conditioning workout---to lose weight, increase core strength, and improve muscle tone
*Use specially designed drills and a 12-week training program to become a kravist---a smart and prepared fighter

Written by one of America's foremost krav maga experts, this exciting new guide opens the door to an empowering and important set of techniques that you or anyone can master.

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