



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

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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 Krav Maga, you're in the right place. Krav Maga is not something you learn overnight and it not something you can learn by simply listening to an audiobook. As with any martial arts systems, you need to train your body as well as your mind to master each movement and technique. Designed for those completely new to Krav Maga, *Krav Maga for Beginners* will introduce you to Krav Maga like never before by walking you through the mind of the developers of this self-defense system originally created for the Israeli military.

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