



Krav Maga Tactical Survival: Personal Safety in Action

Gershon Ben Keren

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***Krav Maga Tactical Survival* presents proven solutions to dangerous, real life situations.**

Krav Maga is the official self-defense system of the Israeli Defense Forces, and has been battle-tested by police, armed forces, private security personnel and security-minded individuals around the globe for 60 years. Krav Maga teaches you how to quickly size up a dangerous situation and neutralize your attackers before they gain the upper hand.

This martial arts book is full of examples of real-world life-threatening situations, and in each case the clear, step-by-step photographs and text illustrate an effective solution—showing you how to disrupt your attacker's strategy, disarm them, damage or destroy their ability to harm you, and disengage quickly so you can move to a more secure location.

***Krav Maga Tactical Survival* covers the following essential techniques:**

- Upper Body Combatives (hammer-fist strikes, hook punches, head-butts, front kicks and more)
- De-escalation techniques
- Spoiling knife and firearm draws
- Neutralizing knife and firearm attacks
- Dealing with unarmed attacks (clothing grabs, chokes and bear hugs)
- Executing pick-ups and throws

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Annie Hendricks:

As people who live in the actual modest era should be up-date about what going on or facts even knowledge to make all of them keep up with the era that is always change and move forward. Some of you maybe may update themselves by examining books. It is a good choice for yourself but the problems coming to you actually is you don't know what one you should start with. This Krav Maga Tactical Survival: Personal Safety in Action is our recommendation to help you keep up with the world. Why, as this book serves what you want and want in this era.

Virginia Boone:

Spent a free time for you to be fun activity to perform! A lot of people spent their spare time with their family, or their friends. Usually they undertaking activity like watching television, planning to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could be reading a book might be option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try out look for book, may be the book untitled Krav Maga Tactical Survival: Personal Safety in Action can be great book to read. May be it might be best activity to you.

Jared Carter:

A lot of people always spent their free time to vacation or perhaps go to the outside with them family members or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you wish to try to find a new activity this is look different you can read any book. It is really fun for yourself. If you enjoy the book that you just read you can spent 24 hours a day to reading a e-book. The book Krav Maga Tactical Survival: Personal Safety in Action it is rather good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. If you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not to cover but this book possesses high quality.

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