

Krav Maga: Use Your Body As a Weapon

Krav Maga is a self-defense system that was developed by the Israeli military. It is a practical and effective system that can be used by people of all ages and fitness levels. Krav Maga teaches you how to use your body as a weapon, and it can help you to defend yourself against attackers of all sizes and strengths.



Krav Maga: Use Your Body as a Weapon by Boaz Aviram

★★★★☆ 4.4 out of 5

Language : English
File size : 117463 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 531 pages



The History of Krav Maga

Krav Maga was developed by Imi Lichtenfeld, a Hungarian-born Jew who moved to Israel in the 1930s. Lichtenfeld was a boxer and wrestler, and he used his knowledge of these martial arts to develop a self-defense system that was specifically designed for the Israeli military. Krav Maga was first used by the Israeli military in the 1948 Arab-Israeli War, and it has since been adopted by law enforcement and military units around the world.

The Principles of Krav Maga

Krav Maga is based on the following principles:

- **Simplicity:** Krav Maga techniques are simple and easy to learn. This makes it a practical system for people of all ages and fitness levels.
- **Effectiveness:** Krav Maga techniques are designed to be effective against attackers of all sizes and strengths. This makes it a valuable self-defense system for anyone who wants to be able to protect themselves.
- **Reality-based:** Krav Maga techniques are based on real-world self-defense scenarios. This means that they are effective in a variety of situations.

The Benefits of Krav Maga

Krav Maga offers a number of benefits, including:

- **Improved self-confidence:** Krav Maga can help you to improve your self-confidence by teaching you how to defend yourself. This can be a valuable asset in all aspects of your life.
- **Increased fitness:** Krav Maga is a physically demanding activity that can help you to improve your fitness. This can lead to a number of health benefits, such as reduced stress, improved cardiovascular health, and increased strength and flexibility.
- **Self-defense skills:** Krav Maga can teach you how to defend yourself against a variety of attacks. This can be a valuable skill to have in today's world.

How to Learn Krav Maga

There are a number of ways to learn Krav Maga. You can take classes at a local gym or martial arts school, or you can learn online. If you are

interested in learning Krav Maga, the best way to get started is to find a qualified instructor who can teach you the basics.

Krav Maga is a valuable self-defense system that can benefit people of all ages and fitness levels. It is a practical and effective system that can help you to defend yourself against attackers of all sizes and strengths. If you are interested in learning how to protect yourself, Krav Maga is a great option.

Buy the book now

****Relevant :****

A man and woman practicing Krav Maga, a self-defense system developed by the Israeli military.

****Attractive SEO title:****

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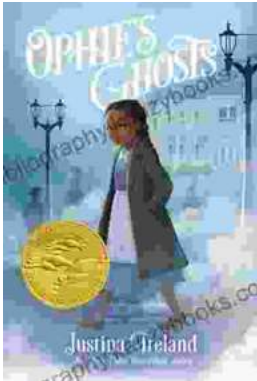


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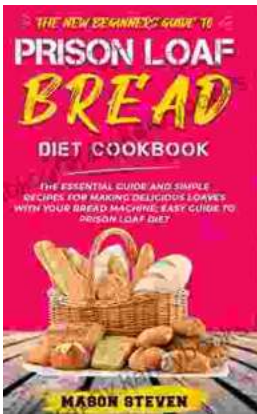
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