



Krav Maga Weapon Defenses: The Contact Combat System of the Israel Defense Forces

David Kahn

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Winner — 2013 USA Best Books Award

Winner — 2013 IP's Book Award

Finalist — 2013 Book of the Year Award by ForeWord Magazine

Regardless of strength, size, age, or gender, you can learn krav maga techniques to fend off an armed attacker.

Israeli Krav Maga is the Israel Defense Force's official self-defense system. The system is simple, instinctive, adaptable, and if necessary, brutally effective to thwart a life threatening assault. Krav maga is particularly world renowned for its weapon defenses.

This book presents the most up-to-date and effective techniques to prevail against armed threats and attacks. These techniques are incorporated into the green, blue, brown, and black belt levels of the Israeli krav maga curriculum.

Many of these updated defenses have never been seen before. Grandmaster Haim Gidon has improved and evolved this material with the late krav maga founder Imi Lichtenfeld's formal approval.

Contents include these important topics:

- Weapon awareness training; functionality, range, and deployment
- Dominant control holds over a stunned assailant
- Edged weapon defenses
- Impact weapon defenses
- Handgun defenses
- Rifle defenses
- Defending against weapons while on the ground
- Defending against continuous attacks
- Non-conventional weapon threats
- First-party hostage situations
- Kravist weapon defense drills

The conditioning and hand-eye coordination achieved by practicing these techniques will tone your muscles, improve your reflexes, and get you street prepared. This is the most up-to-date, authoritative, and advanced guide to the world's premier weapons defense tactics.

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